

Safeguarding and Child Protection at All Saints School

Water Safety

With the warmer weather and longer daylight hours, people will head to the coast and open water environments to relax and spend time with friends and family. In a normal year, around 150 people lose their lives at the coast and we know that more than half of those never intended to be in the water. The RNLI helps thousands of people who end up getting into difficulty in, on or around the water when doing all types of activities. In 2020, RNLI lifeguards saved 110 lives, aided 25,172 people and responded to 10,687 incidents, however, lifeguards can't be everywhere.

<https://rnli.org/safety/beach-safety>



How can we keep children safe from harm?

- ◆ Tell your child it is okay to break the rules if they are in danger - encourage your child to yell, kick, scream, lie or run away if they feel they are in danger.
- ◆ Talk about uncomfortable feelings
- ◆ Say it early, often, and very clearly
- ◆ Give simple steps for scary situations
- ◆ Talk about "tricky people."
- ◆ Role-play
- ◆ Make kids the "boss" of their body
- ◆ Talk about online stranger safety

Where can you go to get help?

- * Any adult at school
- * Family / Carers at home
- * Organisations like Childline / NSPCC
- * The police
- * Just one Norfolk: <https://www.justonenorfolk.nhs.uk/>
- * Kooth: <https://www.kooth.com/>

Online Safety

The NSPCC website has a wealth of information and is easy to follow:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

The government also has a basic guide:

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

Self Harming

As a school, we have put together a leaflet regarding self-harming, the signs to look for and how you can support your child.

Please contact one of the DSL's if you need any help or advice. If you would like a paper copy of the attached leaflet, please contact the office.

Please do not struggle; we want to help so please contact us for further support.

Email office@allsaintslessingham.co.uk

School – 01692 582083

Sam Dangerfield (DSL and Headteacher) 07879 875925

Jo Paffett (DSL, Deputyhead and SENCO) 07733 417296

Karla King (DSL and Support Manager) via office

Karen Berryman (DSL and Receptionist) via office



Talking to your teenager about self harm

A Guide for Parents and Carers

Key Facts:

Self harm can:

- ⇒ Be used to **communicate feelings** such as distress, confusion or anger
- ⇒ Occur with a **mental illness** such as depression
- ⇒ Become **habitual** in an unhealthy way

"What I'm trying to say really is don't stop trying, even if things are bad right now: please find someone who you can trust and talk to them about it."

"Things will get better, there are people there for you in the lightest and in the darkest of times, so talk to people and get help."

Address the issue as soon as soon as possible

Be constructive in your concern, you can help your teenager realise the impact of their behaviour on themselves and on others.

Offer acceptance and help - validating their feelings.

- Be the one to make first eye contact
- Be a respectful listener
- Speak calmly and comfortingly
- Listen without interrupting
- Don't tell them what they are doing is wrong
- Give them the opportunity to express themselves in another way eg drawing
- Accept what is said rather than disputing it.

Do not pressure your teenager if they don't want to talk

Do watch for unusual behaviours and trust your instinct

Do not be judgemental

Set the scene for when you talk - somewhere quiet and confidential where you won't be interrupted. Allow time, be prepared for your teenager to initially deny they feel bad.

In terms of what to say—focus on your own observations and concerns, statements are better than questions.

Be tentative - don't start with sensitive questions.

Here are some examples things you can say:

- If you don't want to talk to me right now that's ok. I just want you to know that I noticed you're hurt and that I am here for you when you decide you are ready to talk.
- I would like to check with you again soon about how you are. Are you ok with this or would you prefer to come to me? Shall we set up when and how we do this?

- How does self-harm make you feel better?
- Is there any way I could help?
- I want you to know I am here to listen to you.

Don't dismiss by simplistic reassurance

Validate rather than dismiss - They may present their view by dismissing themselves 'I know it's silly but...' don't agree with them. Putting oneself down is about low self-esteem, which lies at the core of self-harm.

If you disagree with something do not get into a debate about this. Pros and cons may be more helpful.

Don't leave self-harm untreated - whilst some young people grow out of doing it, this is generally because they have found alternative tools to cope.

If getting your teenager to accept help is difficult, don't give up - keep trying.

Keep communication going.

Listen out for anything that might motivate your teenager and push that one factor. Support that interest.

Take your teenager seriously.

Ask for help.

Remember you can talk to us.

Tips on enhancing family resilience

- Show you care
- Accept your teenager's feelings, even if you can't understand them
- Model healthy ways of managing stress
- Show healthy ways of regulating emotion
- Show constructive ways of expressing negative emotions such as anger or fear
- Keep lines of communication open
- Be non-judgemental
- Make time for the family to be together
- Respect your teenager's need for privacy
- Respect your teenager's need for individuality
- Find out if your teenager is on any sites that promote self-harm and have clear rules
- Show you are open to discussion
- Watch out for rejecting statements
- Avoid over-checking
- Learn basic first aid

Where to go for more information and support:

JustOneNorfolk

<https://www.justonenorfolk.nhs.uk/our-services/healthy-child-programme-services-5-19>

Point 1

<https://www.ormiston.org/what-we-do/mental-health-and-wellbeing/point-1/>

Early Help

<https://www.norfolk.gov.uk/children-andfamilies/early-help-and-family-support/getearly-help-and-family-support>

MAP

<https://www.map.uk.net/>

Support organisations for families:

Healthy Child Programme by calling **Just One Number** on 0300 300 0123 or texting **Parentline** on 07520 631590. Opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays

First Response by calling 0808 196 3494. This number can be used by students, parents or carers

11-19's can text **Chathealth** on 07480 635060 for confidential advice from one of the team

11-25's **Kooth** <https://www.kooth.com/>

Childline - under 19's can call 0800 1111 for free support

Young Minds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm.

To speak to other Norfolk parents and carers, you can join our online community forum reached at this link

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/self-harm>