



**National  
Online  
Safety**

# Safeguarding and Child Protection at All Saints School

## Welcome to our Safeguarding Newsletter

Just before Christmas we became aware of further incidents of some of our students having contact with unknown individuals via social media. We know that young people with SEN are more likely to be groomed via social media.

We know there are gangs operating in the local areas, including Yarmouth, North Walsham, Cromer, Stalham and Aylsham that are involved with criminal activity such as the supply of drugs and sexual exploitation and will make contact with young people with the sole purpose of involving them in these activities. Please ensure that you are aware of who your child is talking to and messaging with online. If you have concerns, please do not hesitate to contact us so that we can support you further.

### Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CiN: Child in Need

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop

people being drawn in to extremism

CAMHs: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities

### Online Safety

#### Important e-safety notice: 'Jeffy' YouTube channel

We would like to bring to your attention to the growing popularity of the YouTube puppet show featuring the character Jeffy, produced by the Super Mario Logan channel. While the puppets and characters may initially appear child-friendly, the content of the videos is not suitable for children.

#### Age-rating reminders:

Grand Theft Auto – 18, Call of Duty – 16, Fortnite – 12

We are aware of a number of children in school who are playing these games which are rated above their age range. Please be mindful of what children are exposed to on these platforms.



### Operation Encompass

Our school participates in a national scheme called 'Operation Encompass', which is a joint partnership between the Police and schools.

One of the principles of Operation Encompass is that all incidents of domestic abuse are shared with schools, not just those where an offence can be identified. This system has been established to help schools provide in-house support to children who have been present at, exposed to or involved in any domestic abuse incident.

We know that children can be significantly harmed physically and/or emotionally during these situations and that it negatively affects their learning and behaviour. Therefore, as part of the Operation Encompass procedure, and to help mitigate the resulting negative impact, the school receives and email the morning after a child has been witness to or involved in any reported domestic abuse incident. We are then able to use this information to provide the right support to any child and their family as and when it is needed.

Please do not struggle; if you think you qualify for support we want to help so please contact us and we will look to do a referral

Email: [office@allsaintslessingham.co.uk](mailto:office@allsaintslessingham.co.uk)

Phone: 01692 582083

Sam Dangerfield (DSL and Headteacher) 07879 875925

Jo Paffett (DSL and SENCO) 07733 417296

Karla King (DSL and Support Manager) via office

Karen Berryman (DSL and Secretary) via office

**We welcome back PCSO Paul Johnson (PJ)**

### **Safer Schools Partnership Support Worker, Norfolk Constabulary**

PJ will be delivering the key messages below during year group assemblies, each lasting 30 to 40 minutes.

PJ will be covering with **all** year groups (inc' juniors) the importance of having consent when sharing personal details, photos of others and sensible/safe use of technology when gaming, using devices etc....



#### **Year 7- Online Safety Awareness**

*This presentation will be much the same as the 2022/2023 academic year presentation, with some minor updates, and will continue to discuss online bullying, harmful content, the contact young people may have with others online and sexting.*

#### **Year 8 - "Drugs and the Law"**

*Due to demand from schools, there will be more emphasis on the law around drugs in general in this session. We will talk about the different classifications of drugs and the law around purchasing things like alcohol and vapes. We will discuss possession and supply and will, of course, continue to raise awareness of County Lines, however this will not be the main focus of the session.*

Below are some examples of Cannabis sweets which are circulating in our community. Cannabis sweets and vapes are illegal and as a community, we must all be vigilant and report anything suspicious to the police who are also in touch with Trading Standards.



#### **Year 9 and Year 11 – "Understanding violence and the consequences of violent crime"**

*Our year 9 session was previously about Child Sexual Exploitation, and it remains one of the Constabulary's main priorities to prevent this. However, when reviewing the data, there is a clear trend of violent offending being the most common reason young people become both victims and perpetrators of crime.*

*Data on permanent exclusion also suggests that disruptive behaviour and assault are the most common reasons for permanent exclusion and that permanent exclusions peak at the age of 14. Around this age, young people also become more likely to be both victims and perpetrators of ALL types of crime. We felt it was necessary to introduce a session which looks at respecting others and our communities and the implications of violent, threatening and abusive behaviour. We will cover violence (including knife crime and weapons), bullying, anti-social behaviour and hate crime in this session.*

#### **Year 10 – "Abuse in Relationships"**

*This presentation will be much the same as the 2022/2023 academic year presentation. We will continue to discuss the differences between healthy and unhealthy relationship behaviours, and we will raise awareness of how unhealthy behaviours may become abusive. There will be more emphasis on consent, and we will discuss the laws that can protect victims in more depth.*

# Useful links



[Parents lift the lid on the damage county lines does to families | ITV News – YouTube](#)



Joined-up domestic abuse support in Norfolk

<https://nidasnorfolk.co.uk/>



## Ending Child Marriage / Forced Marriages

In 2023, the legal age of marriage in England and Wales rose to 18. Under 16's can no longer legally marry, even with parental consent.

Read more and watch the video here - <https://karmanirvana.org.uk/campaigns/past-campaigns/end-child-marriage/>



## Teen Relationship Abuse

Compass-ion have a range of short videos on teen relationship abuse.

Watch them here: [Teen Relationship Abuse Commercials - Compassion \(compass-ion.org\)](https://compass-ion.org/)



## Mankind Directory of Services

The ManKind Initiative charity has launched an online [Services Directory](#) containing information about local support services for male victims of domestic abuse.



## Links for financial support:

<https://www.justonenorfolk.nhs.uk/school-life/resources-for-families/money-worries/>



<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service/financial-help>



# What Parents & Carers Need to Know about SETTING UP NEW DEVICES FOR CHILDREN

At Christmas, millions of lucky children will be excitedly ripping the wrapping off new phones, tablets, computers or consoles. However, in the rush to let young ones enjoy their shiny gadgets, many parents neglect to set these devices up safely – increasing the chances of children going online and stumbling across adult content, making expensive downloads or installing unsuitable apps. A little time configuring the device properly can save a lot of anguish later. Here are our top tips to ensure that a dream gift on Christmas morning doesn't turn into a nightmare by New Year.

## PASSCODES FOR IPHONE/IPAD

If your child's getting their own iPhone or iPad, you can set parental controls that make it difficult for them to access inappropriate content or download expensive apps. Once the device is set up, go to the Settings app and tap Screen Time, then select Use Screen Time Passcode and enter a passcode. Keep it to yourself so your child can't switch the protection off.

## SCREEN TIME SETTINGS ON IPHONE/IPAD

Once you've set a Screen Time Passcode, you can adjust various safety settings. You could, for example, only allow communication with people from the Contacts app, place restrictions on App Store purchases and apply age limits to movies, music and web content. There are many more protective options available within the Screen Time settings section.

## FAMILY LINK FOR ANDROID

Parents can manage Android phones and tablets, as well as Google Chromebooks, through Google's Family Link app. This gives your child some independence (and their own Google account) but lets parents monitor which apps are being used, set limits on content and ensure that parental permission is required to install apps. Look for Family Link in the Google Play Store.

## ADD A CHILD TO FAMILY LINK

The easiest way to add a child's device to Family Link is to set it up with its own Google account. It's a good idea to create this before they use their new phone, tablet or Chromebook. Once they're logged in, open the Family Link app on your phone, press '+' in the top right and add a new family member using their Google account details. Then follow the on-screen instructions.

## FAMILY SHARING ON A MAC

Families using a Mac get similar screen time options to iPhone and iPad users. Again, if you're setting up a Mac for a child, make yourself the main admin and add them as a user. This is handled through Apple's Family Sharing service, which not only allows you to put controls on child accounts but share apps and other purchases with them too. Search 'family sharing' at <https://support.apple.com>.

## SET AN ADMIN ON PCS

On Windows PCs and laptops, it's important not to let your child share a general user account or be the main admin on the device. If you're booting up a new family PC or a child's own device, set it up using your own account details and you'll become the admin by default. Then set up children with their own separate account: Settings > Accounts > Family & Other Users > Add Other User.

## SET WINDOWS LIMITS

Once your child's account has been created, a parent admin can go back into the Family & Other Users menu and apply limits to it. These include restricting screen time, the type of games and apps that can be installed, web filters and more. Microsoft also includes reporting tools which, for example, can email you with a weekly summary of your child's activity on the device.

## TREAT AN XBOX LIKE A PC

The same control settings you use for a PC can be used to apply parental controls on an Xbox. Again, once your child is signed into the Xbox with their own account, you can then monitor and regulate their activity from a PC or web browser. Microsoft's dashboard allows you to manage voice communication through the console: so you can limit who can contact your child, for example.

## INSTALL XBOX FAMILY SETTINGS

If you don't have a PC, but your child does have an Xbox, it might be easier to use the Xbox Family Settings app for iPhone or Android. Here, you can restrict console screen time (particularly handy if the console is in a bedroom), restrict communication and monitor the types of game being played. There's also a feature where you can allocate spending money for games or in-game purchases.

## PLAYSTATION PARENTAL CONTROLS

With parental controls for the PS5, you'll need a PlayStation Network account (as the 'family manager') and the child will need their own account, which they should sign in with on the console. This all needs to be set up in advance, so you might want to do it before the big day. Go to [PlayStation.com](http://PlayStation.com) and search 'family account' for instructions.

## DISCUSS IT WITH YOUR CHILD

If you're planning to implement any kind of restriction or protection settings on your child's new device, we'd recommend having a discussion with your young one first about what these controls do, and what they are for. If you try to impose parental controls surreptitiously or with no advance warning, don't be surprised if your child tries to find a way around them.

## STAY VIGILANT

It's important to remember that none of these methods is 100% foolproof. Nobody will ever invent flawless filters or parental controls – not least because what's unacceptable to some parents is perfectly acceptable to others. So although devices' parental controls will help to keep your child safe online, they work best side by side with good old-fashioned parental vigilance.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



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# SORTED

Substance Use and Misuse Team

## THC Vaping Parent/Guardian Resource

### Introduction

There has been an increase in young people using vapes and in particular experimenting with THC vaping. THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention. This resource has been created to give information to support conversations with your child around THC vaping. You will read about THC vaping, the short term and long term effects as well as the legalities to help you make the most informed decisions to keep your child safe and happy.

### What is Vaping?

Vaping is the inhalation of vapor from a vaping device or e-cigarette. These devices are electronic, and they heat a liquid to a vapour to be inhaled. The liquid is usually a mixture containing nicotine, propylene glycol and/or vegetable glycerine, and flavourings. Other liquids can be added to the vape.

### What is THC Vaping?

The most common emerging trend amongst young people is to add THC oil to their vaping liquid. THC oil is a sticky thick, yellowy brown liquid which comes from the cannabis plant. THC is the chemical that gives the 'high' effect and it is illegal in the UK.



### How Do I Know My Child is Vaping?

Vaping tends to produce clouds of smoke that are scentless and disappear quickly, so it can be difficult to sense if your child is using a vape. Vaping is relatively new still, and little is known about the short term effects, however it is generally thought that vaping is less harsh than smoking as it is generally tobacco free and has less chemicals than cigarettes, which is why it is a popular method for stopping smoking. The short term effects of vaping can also vary depending on what is in the vaping liquid such as the nicotine content. However inhaling any substances is not entirely risk free. Below are some images of different styles of vape or e cigarettes.



### Short Term Effects Of Vaping THC

### How Do I Know My Child is Vaping THC?

Vaping THC will have similar effects to using cannabis. Vaping THC as opposed to smoking cannabis allows a larger amount of THC to be inhaled very quickly, potentially causing overdosing. The effects of vaping THC depends on the amount of THC/CBD in the vape, your child's mood, the environment and how often it is used. The short term effects are listed on the right and can be signs your child has vaped THC oil.



## ATTENTION

- Blood shot eyes
- Dazed/dreamy demeanour
- Short term memory loss
- Faint/feeling sick
- The giggles
- The munchies
- Dry mouth
- Paranoia
- Anxiety



You can watch more about the short term effects on this talktofrank video.  
[FRANK: Cannabis Side Effects - YouTube](#)



# Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking. [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk).

The long term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia

Mental Health -

- Anxiety and paranoia
- Hallucinations

These can happen during use, and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. [Cannabis: the facts - NHS \(www.nhs.uk\)](https://www.nhs.uk).

## Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. **However as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.**



## Will my child get into trouble for using THC Vapes?

**Cannabis is an illegal Class B drug.** There are consequences for the **illegal** possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

**Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.**

To read more about the legality of cannabis please see the government website [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk).

HELP



## How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

Below are local and national services to find more information and support for your child.

### Local

- Adolescent Development Services SORTED
  - [sorted@hillingdon.gov.uk](mailto:sorted@hillingdon.gov.uk)
  - 01895 250 721
- ARCH Hillingdon
  - 01895 207 777
  - [arch.hillingdon@nhs.net](mailto:arch.hillingdon@nhs.net)



### National

- Childline - 0800 1111
- Frank - [talktofrank.com](https://talktofrank.com)
  - 0300 123 6600
  - [frank@talktofrank.com](mailto:frank@talktofrank.com)
  - text - 82111
- youngminds - [youngminds.org.uk](https://youngminds.org.uk)
- ADFAM - [adfam.org.uk](https://adfam.org.uk)
- Samaritans - [samaritans.org](https://samaritans.org)
- The Childrens Society - [childrensociety.org.uk](https://childrensociety.org.uk)
- MIND - [mind.org.uk](https://mind.org.uk)
- CYPMHS - NHS mental health support
  - [nhs.uk](https://nhs.uk) - search CYPMHS





# theharbourcentre

24/7 support for victims of rape  
and sexual violence living in Norfolk

01603 276381  
contact@theharbourcentre.co.uk  
www.theharbourcentre.co.uk

Use the QR code to watch **Look what you did**, a short film that highlights the work  
of the Harbour Centre



THE HARBOUR CENTRE  
Sexual Assault Referral Centre

## Norfolk Constabulary

101 | [norfolk.police.uk](https://norfolk.police.uk)  
Always dial 999 in an emergency

## The Harbour Centre

01603 276381 | [theharbourcentre.co.uk](https://theharbourcentre.co.uk)

## National Victim Support

0808 1689 111 | [victimsupport.org.uk](https://victimsupport.org.uk)

## Leeway Domestic Violence Services

0300 561 0077 | [leewaysupport.org](https://leewaysupport.org)

## National Domestic Violence Helpline

0808 2000 247 |  
[nationaldomesticviolencehelpline.org.uk](https://nationaldomesticviolencehelpline.org.uk)

## NSPCC

0808 800 5000 | [nspcc.org.uk](https://nspcc.org.uk)

## Forced Marriage Unit

0207 008 0151 | [gov.uk/forced-marriage](https://gov.uk/forced-marriage)

## Galop, the LGBT+ anti-violence charity

0800 999 5428 | [galop.org.uk](https://galop.org.uk)

## Five Million Men National Helpline

0808 8005005 | [safeline.org.uk](https://safeline.org.uk)

## Men's Advice Line

0808 8010327 | [mensadviceline.org.uk](https://mensadviceline.org.uk)

Watch **Look what you did**, a short film,  
released as part of the 'time to stop'  
campaign, that highlights the work of the  
SARC in supporting victims of rape and  
sexual assault.

[www.theharbourcentre.co.uk/our-services](https://www.theharbourcentre.co.uk/our-services)



# RAPED OR SEXUALLY ASSAULTED

WHERE WOULD **YOU** GO IF YOU  
NEEDED HELP?

The Harbour Centre is a  
**Sexual Assault Referral  
Centre** providing medical care  
and one to one emotional &  
practical support to victims of  
rape, attempted rape and  
serious sexual assault (that  
includes penetration), whether  
you are a man, woman or  
child and if it happened  
recently or a long time ago.

24 Hour Helpline Number:

**01603 276381**

[www.theharbourcentre.co.uk](https://www.theharbourcentre.co.uk)

THE HARBOUR CENTRE  
Sexual Assault Referral Centre



## It's your choice

If you are over the age of 13 years old you will not be pressured into contacting the police. We are here to provide the support you need and we will respect any decisions you make.

Your case and any information you give us, will be treated in confidence and only cases involving children or vulnerable adults will be automatically reported to the relevant services as part of our duty of care.

## One off appointment

If you have not reported to the police, you can attend the Harbour Centre and speak with a Crisis Worker who will go through your options and sign-post you to the relevant services.

## Professionals referral

If you have previously reported to the police or feel unable to come to The Harbour Centre, your GP or any other professional can refer you to us for support. Details are on our website under the professionals section.

## Police involvement

Should you wish to involve the police we can explain how to do this and support you through this process. You can also choose to pass the information about the assault to the Harbour Centre to submit this anonymously to the police as intelligence.

## Time to think

We can securely store evidence gained from your examination, and if you decide to report at a later date we will be able to help you with this process.

## How can the Harbour Centre help me?

Our specialist centre offers a range of services to give you the best care possible, suited to your individual needs:

### Medical help

You can see one of our specially trained nurses who will carry out a forensic medical examination, with your consent.

The examination will take place in one of our fully equipped suites, specially designed to protect your dignity and privacy.

We will look after your immediate health care needs and collect

forensic evidence from you with your permission.

If you have not already contacted the police, the nurse can collect samples and we can store these for a number of years at The Harbour Centre. If you decide to report to the police, these samples would then be given to the police with your consent for possible forensic analysis.



theharbourcentre.co.uk | 01603 276381

### Counselling

The Harbour Centre can assist you in accessing the services of partner agencies, who can provide specialist independent therapeutic support for the after effects of rape and sexual assault.

### Safety

If you are concerned for your safety at any time, please contact the police on 101 or in an emergency, dial 999.

We can also provide advice for sexually transmitted infections and support you through any follow-on care.

### Emergency contraception / pregnancy testing

We can provide emergency contraception and pregnancy testing. Our specially trained nurse will discuss this with you along with any sexual health checks you may require.

## Who is at The Harbour Centre?

### Crisis Workers

A Crisis Worker will be available to support you throughout your time at The Harbour Centre.

### Forensic Medical Examiner

If you choose to have a forensic medical examination, a specially trained nurse will come to the centre to see you. With your consent they may take samples for evidence. The nurse will also aim to address any immediate health concerns.

### Support Worker -

#### Independent Sexual Violence Advisor (ISVA)

After your initial contact with The Harbour Centre, where appropriate and with consent your Crisis Worker will ask a Support Worker to contact you.

The ISVA will develop a support plan with you and can also support you through the police and court process if you are taking this route.

### Specially trained Police Officer

If you decide you wish the police to be involved then a specially trained police officer will attend and speak to you.