



# SAFEGUARDING NEWSLETTER

SAFEGUARDING EVERYONE'S RESPONSIBILITY

## Designated safeguarding Leads

Alison Bolton  
Gillian Hayes  
Jane Cogley  
Nikki Glover

## Useful numbers

Childline	0800 1111
Wigan Safeguarding Hub	01942 486262
Wigan Social care Referral and Assessment team	01942 828 300

# Mental Health Support

Alarmingly, 75% of children and young people who experience mental health problems aren't getting the help they need. Children's emotional well-being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

## Things that can help keep children and young people mentally well include:

- being in good physical health, eating a balanced diet and getting regular exercise
- having time and freedom to play, indoors and outdoors
- being part of a family that gets along well most of the time
- going to a school that looks after the wellbeing of all its pupils
- taking part in local activities

Other factors are also important, including feeling loved, trusted, understood and safe. Children who are optimistic, and resilient, have some control over their lives and feel like they belong are more likely to have good mental well-being.

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago.

## What Can Affect Young Peoples Mental Health?

[Traumatic events](#) can trigger mental health problems for children and young people who are already vulnerable.

Changes such as moving home, changing school or the birth of a new sibling, etc., may act as triggers. Some children who start school feel excited about making new friends and doing new activities, but some may also feel anxious.

Teenagers often experience emotional turmoil as their minds and bodies develop. Working out and accepting who you are is important to growing up. Some young people find it hard to make this transition to adulthood and may experiment with alcohol, drugs or other substances that can affect mental health.

## What help is available (Pupils)

There is many avenues open to teenagers regarding their mental health. Speaking with friends can be the first step and sometimes the most successful. However, speaking to their form tutor can help to decide whether they can be supported by self help tools or further support through Iclass or our mental health support teams. [Young Minds](#), [Mind](#) or [Kooth](#) have messaging services that can offer instant help and support.

## What help is available (Parents)

Your [GP](#) or school can refer in to [CAMHS](#) if we are really worried. If you feel a child is at immediate risk of harm then [A and E](#) can put the right help and support in place immediately. [Young Minds](#) has a [Parent Helpline](#) which can be useful.

# Bonfire Safety

## **FIREWORK SAFETY**

Fireworks are dangerous and should not be handled by children. They are also anti-social and can scare pets or elderly people in the community.

Fireworks should only be operated during an organised display. Therefore, it is really important that young people should not take it upon themselves to have their own display. The internet is full of images of children who did not respect firework safety and have suffered life changing injuries.

A total of 1936 people in England needed hospital treatment because of firework injuries during 2018 –19. In a third of those cases the victims were under the age of 18

Please respect the law, respect the community and respect health and safety.

Keep pets indoors.

Alcohol and fireworks do not mix and may lead to injury.

There has been a recent escalation in fires being set on the Bonc (Golborne Park) This must not happen and is a waste of resources such as The Fire Service who are stretched at the moment and also extremely dangerous. Fires can spread and get out of hand very quickly. Thank you for all your support with this

## Sharing Nudes and Semi-Nude Images

This advice uses the term ‘sharing nudes and semi-nudes’ to mean the sending or posting of nude or semi-nude images, videos or live streams by young people under the age of 18 online. This could be via social media, gaming platforms, chat apps or forums. It could also involve sharing between devices via services like Apple’s AirDrop which works offline.

Creating and sharing nudes and semi-nudes of under-18s (including those created and shared with consent) is illegal which makes responding to incidents involving children and young people complex. There are also a range of risks which need careful management from those working in education settings.

Although most children and young people aren’t creating or sharing these types of images and videos, the potential risks are significant. If the imagery is shared further, it may lead to embarrassment, bullying and increased vulnerability to blackmail and exploitation.

Producing and sharing nudes and semi-nudes of under 18s is also illegal, which causes considerable concern in education settings working with children and young people, and amongst parents and carers.

The impact of sharing nude or semi-nude images

Although this does, by the nature of the issue involve criminal activity. It is nobody’s desire to criminalise children and in most cases where this type of imagery is sent between children of similar ages, the school’s desire is to safeguard them and ensure they are ok. There are websites such as the NSPCC and IWF have information on how to prevent images being shared further and school would always want to ensure that relevant support is put in place to teach children how to exist online safely. If you are concerned that a child has shared images with other children, then please contact school to discuss further. It is never ok for an adult to request images of this nature from children and that scenario must be referred to the police immediately and without delay.

Adults should never knowingly view nude or semi-nude images of children. If the matter is referred to school, they will seek help in order to ensure it is dealt with sensitively.