



# **Mental Health and Safeguarding Parents Evening**

**Wednesday 18<sup>th</sup> November 2020**



# Agenda

- 1. Local / National Issues**
- 2. Advice**
- 3. When and where to get support?**
- 4. Q and A**



# Local and National Issues

# County Lines





itv NEWS



# HOW COUNTY LINES HURTS FAMILIES

# Possible indicators of someone involved in County Lines

Returning home late, staying out all night or going missing

Change in friendship group

Increasingly disruptive or aggressive behaviour

Carries a weapon

Coming home with injuries or looking dishevelled

Being secretive about who they are talking to and where they are going



Being found in areas away from home

Having hotel cards or keys to unknown places

Unexplained absence from school

Travel documents, rail tickets, taxi apps on mobile phone

Using sexual, drug related or violent language

Loss of interest in previous hobby

New mobile (and often ringing/receiving messages)

Having more than one mobile

Unexplained wealth or new clothes, new jewellery

Increased drug use and or finding drugs on them

Finding condoms or lubricant (which may be used for the transportation of drugs internally...known as plugging)

# Child Sexual Exploitation

<https://www.youtube.com/watch?v=pnTYFeZNLkQ>



# Young people and mobile phones



# Common problems and how you can help

Ensuring social media profiles are private – young people need to understand the images they post could end up in the wrong hands and are there forever

Talk to your child so they know not to share passwords and passcodes. In SSO we have had profiles hacked when friendships end as they have let friends have passcodes

Not entering personal details like address, date of birth, school etc onto online accounts or forums

Only accepting new social media friend requests from people they know and not just to look popular having more followers from strangers or friends of friends

Checking which apps use location services and switching off unnecessary ones. This can ensure that your child doesn't show their location to people they don't know

# Sexting

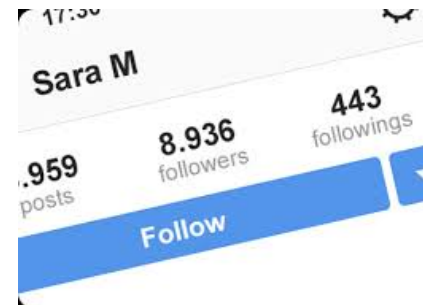
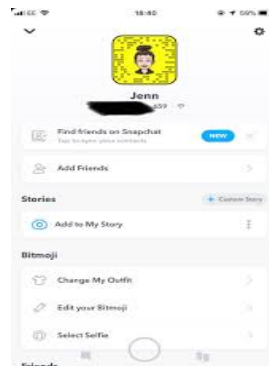
**What is it?** The sending of an indecent image of yourself or others or sending an explicit message.

In the UK its legal to have sex at 16 however its illegal to make, distribute, possess or show any indecent image of anyone under the age of 18 even with consent.

# Know the apps Teens use

Knowing the apps they might use is important so you can check they are **SAFE** and **AGE APPROPRIATE**.

A lot of apps have an age limit on them older than a lot of young people who are using them so if you allow them, it's important you know what they are and the risk involved. Maybe have an agreement with your son or daughter that you have to 'follow' them or be 'friends' with them so you can ensure they are safe and sticking to the rules. The younger they are and you start these practises, the easier and more accepting they will be. Often the parent pays the mobile bill so it could be the agreement of having the mobile.



## Snapchat

Probably one of the most used Apps by young people

Allows you to send photos to an audience, often using filters. Rated 12 +

Most young people use it and a way of telling everyone what you are doing.

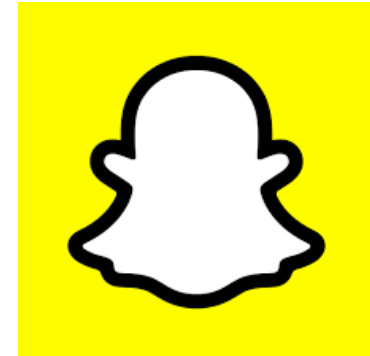
Why worry?

If you don't save messages, they disappear

Allows followers to screen shot photos which can often be used or circulated for negative ways

Hard for parents to monitor as messages aren't public

Young people obsessed posting where they are which can lead to using phones in places they shouldn't like school



## TikTok

An app for creating videos and sharing. Encourage people to express themselves creatively. Rated 13+

Why worry?

Some concern over language as no filter for younger children

Accounts default to public so strangers can contact children

Young people want as many followers as they can and so what they are posting to strangers is a concern

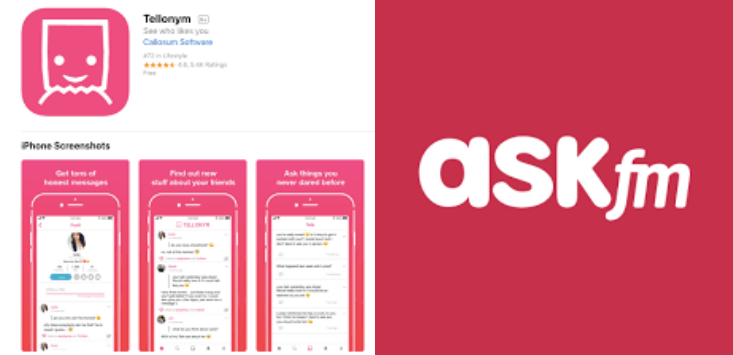


## Tellonym and askfm

Both anonymous messenger app. Tellonym calls itself the most honest place on the internet. It allows people to ask and answer questions anonymously.

Why worry?

Young people often want to seek comments that make them feel good. However these apps can be a great place for cyber bullying, threats and unmonitored access on the web.

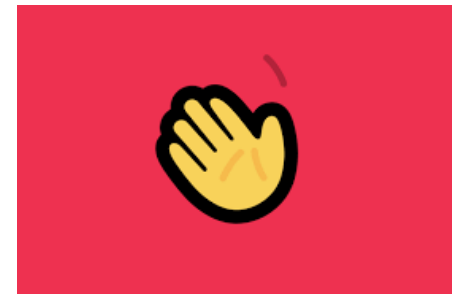


## Houseparty

Houseparty is a video chatting app for friends to chat through live video. Not used as much as other apps as Snapchat is similar and more popular.

Why worry?

No screening and friends of friends can join in so control over who chats is limited



# Apps to help parents charges may occur

## Family Orbit

This app lets you sync to your child's phone remotely. You can monitor calls, texts and social media from the cloud. It's compatible with all iPhone and iPad and iPod devices

## Kidslox

Let you have more control over usage of any device. You can set limits per day for example 4 hours. You can shut the phone down during school hours or at bedtime. You can remove access for certain apps. The benefit of this app is it prevents the daily battle of taking the phone off your child. Whilst the phone is in lockdown you can still communicate with them through text or calls. However all apps like snapchat and Facebook and Instagram and WhatsApp cannot be used. You can set daily rules depending on the day of the week. It's quick to override if you want to allow more time for example.

## Find my iphone / find my kids

Both apps are great at knowing where your child is. It relies on them having data but you can ensure they have arrived safe to school or know they are where they say they are.

## SecureTeen

Whilst it is important to know where your children are going it's also important to know who they are talking to. SecureTeen is a great app that helps you to monitor their calls and texts. It allows you to know who they are talking to, whether they are the right kinds of people and protect them from bullies or potential predators.

## 360 life

A great app enabling you to keep tabs on where your children are! It tracks their location and also if driving in a vehicle, the speed at which they are travelling, so you know that they are safe.

**We're not suggesting you use all of these, they are just an idea.**





# Mental Health Advice

# Mental Health – How to support your child

## Be There To Listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

## Stay Involved In Their Life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

## Support Them Through Difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why

# Mental Health – How to support your child

## Take What They Say Seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

## Encourage Their Interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

## Build Positive Routines

Try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school.



# **When and where to get support**

# Mental Health – When to get professional help

It is normal for everyone to feel anxious or sad at times, however look out for :

- Significant changes in behaviour
- Struggling with school
- Withdrawing from social situations
- Not wanting to do things they usually like
- Self-harm or neglecting themselves

If you see these changes for a prolonged period, then you should seek professional help. Contact your GP or school to discuss available support.

# School Support

- Mr Hill, Miss Grant and Mrs Wright – DSL and DDSL's
- School Counsellor
- School Nurse
- Staff Mentors
- Mindful Growth Sessions
- Referrals to Outside Agencies
- Contact Information – [Safeguarding@lfatq.org.uk](mailto:Safeguarding@lfatq.org.uk)

# Mental Health - Support

Malachi Specialist Support  
Service

Choices  
[www.choices-cic.org.uk](http://www.choices-cic.org.uk)

Child and Adolescent  
Mental Health

Young Minds – Parent Helpline  
0808 802 5544

# Mental Health – Useful Websites

[Papyrus\\_uk.org](http://Papyrus_uk.org)

[Kooth.com](http://Kooth.com)

[Childline.org.uk](http://Childline.org.uk)

[Nopanic.org.uk](http://Nopanic.org.uk)

[Rethink.org](http://Rethink.org)

[AnxietyUk.org.uk](http://AnxietyUk.org.uk)

[Samaritans.org.uk](http://Samaritans.org.uk)

[mentalhealth.org.uk](http://mentalhealth.org.uk)

[YoungMinds.org.uk](http://YoungMinds.org.uk)

[nhs.uk/oneyou/every-mind-matters/childrens-mental-health](http://nhs.uk/oneyou/every-mind-matters/childrens-mental-health)





# Further Reading

<https://learning.nspcc.org.uk/child-abuse-and-neglect>

## Child abuse and neglect

Children can experience more than one type of abuse which can have serious and long-lasting impacts on their lives. Find out about the different types of child abuse, how to recognise the signs in children and young people and how people who work with children, parents and carers can prevent and respond to it.

### Neglect

Explains what child neglect is, how to recognise it and how people who work with children can respond to it.

[Find out more](#)

### Harmful sexual behaviour

Explains what harmful sexual behaviour is, how to recognise it and how people who work with children can respond to it.

### Recognising and responding to abuse

Explains what disclosure is, how people who work with children



# Q and A