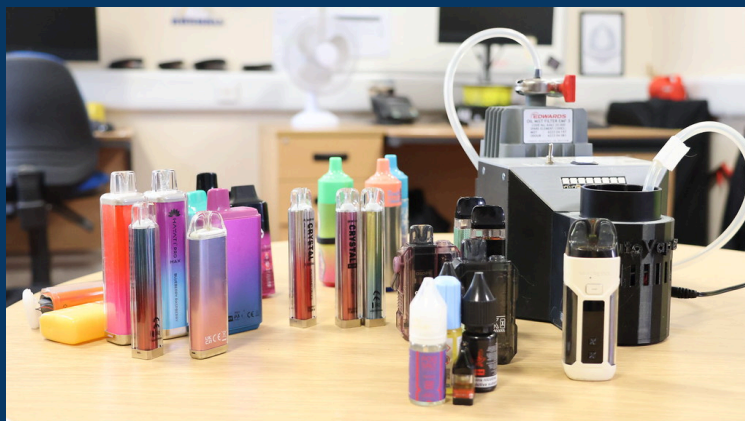




Keeping our community safe: Safeguarding at Honywood School



Welcome to the September edition of our monthly safeguarding newsletter. Each month we provide an update containing reminders about how we approach safeguarding at Honywood as well as useful links to support families out of school - many links we share each month so they are easy to find for you. If you have a question about safeguarding our hope is that our monthly bulletins will be able to provide the answer or at least some signposting to where you may get the answer. This month we are drawing your attention to the topic of Vapes, THC and spiking.

Who can learners talk to at School?

- | | |
|--|--|
| <ul style="list-style-type: none">• Learning Group Leader• Cohort Leaders• Pastoral Leaders• Class teachers• Learner Reception• Learning Support Assistants• Learner Wellbeing App on iPad | <ul style="list-style-type: none">• Senior Leadership Team• Mrs Nichols - Safeguarding Lead• Mr Smith - Deputy Safeguarding Lead• Mrs Hickford - Deputy Safeguarding Lead• Mr Caygill - Deputy Safeguarding Lead• Mr Saunders - Headteacher |
|--|--|



Mrs Nichols



Mr Smith



Mrs Hickford



Mr Caygill



Mr Saunders

Learner Information

Please refer to the Honywood Wellbeing app on your school iPad, link below
<https://sites.google.com/honywoodschool.com/learnerwellbeing/home>

If you need Wellbeing & Mental Health support out of school, please contact:

YOUNG MINDS - text YM to 85258, or <https://youngminds.org.uk/find-help>

Kooth - your online mental wellbeing community <https://www.kooth.com/>

Child and Adolescent Mental Health Service

0300 300 1600 to get in touch directly. For the out of hours crisis support, please call the general NELFT switchboard on **0800 953 0222**. and ask for the CAMHS Crisis Support Service

Childline 08001111

Weekly Bullying and Child on Child Abuse reporting form

All learners and parents receive a weekly email link and reminder that if they have any concerns about the behaviour of any learners in school that could be considered bullying and/or child on child abuse, they may report it using the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSfs8npY9aDQcY3WsRttFcl5PB0NGPaBgKR4aRdtWdrHlogNWQ/viewform>

If you have any questions about the form before completing it please feel free to email scaygill@honywoodschool.com. Similarly if you have any feedback regarding the structure/questions of this form please do share this too as the form could evolve over the coming weeks with any feedback shared.

Parents/Carers

For support and information please contact:

For information about support for children, young people and families please see the [Essex County Council website](#).

If you are a parent or carer, child or young person and you need support, you can phone 0345 603 7627 and ask for the Children's Line.

Useful General Policies

Safeguarding Policy

<https://www.honywoodschool.com/page/?title=SAFEGUARDING&pid=146>

KCSIE September 2024

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=587&type=pdf>

Vaping

Vaping has gotten much more popular among teenagers in the past few years. Now, many more teenagers use e-cigarettes, like the brand JUUL, than traditional cigarettes. There are restrictions on the sale and advertising of e-cigarettes to young people, but many teenagers still use them.

When teens vape, what they're doing is inhaling steam that comes from hot nicotine liquid. E-cigarettes, vape pens and JUULs are all different devices for heating the liquid. Research shows that vaping has many medical risks.

E-cigarettes contain a lot of nicotine, which is very addictive. Getting addicted to nicotine can make it harder for teenagers to focus and concentrate. E-cigarettes also contain chemicals that could cause cancer, and there are many reports of serious lung problems connected to vaping. Additionally, vaping can make teenagers more likely to start smoking regular cigarettes.

Unlike regular cigarettes, e-cigarettes don't have a strong smell, so it's much easier for kids to use them in secret. The kid-friendly packaging and flavours of JUUL and other popular vape brands make vaping look fun, so even kids who wouldn't try cigarettes may be tempted. Teens often think that vaping isn't dangerous, and it's easy for underage kids to buy vaping devices online.

If you're worried your child might be vaping, start with a general conversation. Try asking if other kids at their school vape, and what they think about it. By finding out what they already know, you can start helping them understand the risks. This usually works better than just telling them that vaping is wrong. If your child is addicted to vaping, make sure to get care from an addiction specialist. Addiction to nicotine from vaping can be even more serious than addiction to regular cigarettes.

- [Child vaping risks becoming 'public health catastrophe' in UK, experts warn | E-cigarettes | The Guardian](#)
- [Vaping - is it a risk-free option? - BBC News](#)
- ['When I see kids vaping, I warn them: that's what killed my daughter' | E-cigarettes | The Guardian](#)

What are THC Vapes?

THC can be preloaded into disposable vapes. THC can also be mixed with vape liquid and added to refillable vapes or mods. Tests have also shown that THC vapes can contain other substances, such as [synthetic cannabinoids](#) (spice) and synthetic opioids like [nitazenes](#), which carry a greater level of risk and can lead to increased risk of overdose and death.

Most of the time, people aren't aware that other substances have been mixed into their THC liquid or vape. This makes vaping even more dangerous and significantly increases the risk of overdose.

The information below assumes THC is the only substance found in THC vapes.

Read about [synthetic cannabinoids](#)

Read about [nitazenes](#)

How can vapes containing THC make you feel?

THC affects different people in different ways, and how you're feeling can impact the effect you get. Generally, THC can:

- Cause nausea or vomiting ('throwing a whitey')
- Make you feel hungry ('the munchies'),
- Make you feel giggly
- Make you feel unmotivated, sleepy or withdrawn
- Cause your eyes become red or irritated
- Make your mouth go very dry

What happens to my body if I use THC vapes often?

Symptoms of using THC vapes include:

- Paranoia, anxiety, and hallucinations
- Seizures (which may lead to a coma)
- Being very tired all the time
- Stomach pains, loss of appetite, or feeling sick
- Severe headaches
- Acting aggressively or violently

Additionally, inhaling vitamin E acetate (a common ingredient in THC vapes) include an ongoing cough, shortness of breath, and chest pains.

What do I do if I think someone has overdosed on THC vapes?

If someone shows signs of overdose, put them in the recovery position and get help fast by calling 999, telling emergency services what you know.

Signs of THC overdose include:

- Anxiety
- Loss of coordination
- Panic
- Uncontrolled muscle movements
- Increased heart rate
- Vomiting
- Changes to breathing
- Delirium
- Suicidal ideation
- Psychotic symptoms

If you suspect someone has overdosed, it's always best to administer Naloxone. Naloxone reverses the effects of opioid drugs. Drugs bought illicitly can contain a mixture of substances, including opioids like nitazenes, so use naloxone if you have it. If someone hasn't overdosed on opioids, naloxone won't harm them.

You can get a naloxone kit and training on how to use it from your local WithYou service.
[More information about naloxone, including how to use it.](#)

<https://www.theguardian.com/society/article/2024/jul/25/one-in-six-vapes-confiscated-at-english-schools-spiked-with-zombie-drug>

<https://www.bbc.co.uk/news/health-68760301>

<https://www.bath.ac.uk/announcements/english-school-children-unwittingly-smoking-spice-spiked-vapes-finds-university-of-bath/>

Spiking

What is spiking?

Spiking is a crime. The law states that:

- it is a crime to maliciously administer, cause to administer or cause to be taken by any other person any poison or destructive or noxious thing, such as to endanger their life, cause them grievous bodily harm, or intentionally injure, aggrieve, or annoy them

Examples of spiking include:

- putting alcohol into someone's drink without their knowledge or permission
- putting prescription or illegal drugs into someone's alcoholic or non-alcoholic drink without their knowledge or permission
- injecting someone with prescription or illegal drugs without their knowledge or permission
- putting prescription or illegal drugs into someone's food without their knowledge or permission
- putting prescription or illegal drugs into someone's cigarette or vape without their knowledge or permission

What happens when someone is spiked

Spiking can make somebody seriously ill. It can cause:

- confusion and disorientation
- nausea and vomiting
- hallucinations and paranoia
- poor co-ordination and vision
- an inability to communicate clearly
- memory loss and blackouts

One victim stated:

I was struggling to stand up, I had been sick and I was struggling to speak. A friend got me home where I became paralysed in bed. I remember shaking uncontrollably, my legs are numb and I couldn't stand up, I could barely lift up my head

Facts and statistics on spiking

In a YouGov poll in December 2022, 10% of women and 5% of men said they had been spiked. Anybody can be a victim of spiking. But people in some groups are more likely to be victims.

The police received 6,732 reports of spiking in the year ending April 2023.

According to data from the National Police Chiefs' Council published in December 2022, based on people who have reported that they have been a victim of spiking:

- the average age of victims across all types of spiking was 26 years
- women were the victims in a large majority of all spiking offences (74%)

Where spiking happens

According to data from the National Police Chiefs' Council, most spiking incidents – 80% – happen in public places, especially places where people go to enjoy themselves at night:

- almost half of reported incidents happened in a bar
- after that, night clubs were the most common location

More than half of the reported incidents of spiking took place in busy town centres or locations where there was a large number of bars and clubs.

A small proportion of spiking incidents took place in people's homes, mostly during house parties. Other places where spiking has been reported have included student unions, restaurants, festivals, carnivals, a garage, and a live music arena.

Why people spike others

Often we do not know why. There is a need for more research into why people do this. Sometimes, people do it 'for fun'.

Sometimes the motivation is more sinister. Someone spikes another person to make it easier to commit another crime against them. This is often sexual offending (sexual assault or rape) but alternatively this could be theft, physical violence or another type of crime.

Police data shows that in the year to October 2022, this happened in around 1 in 6 cases, more often with drink spiking and more often when the victim was female.

More information about spiking, including the motivations of perpetrators, can be found in a report produced by the University of Birmingham and the National Crime Agency: [Spiking Prevalence and Motivation](#).

Harmful Online Content and Behaviour

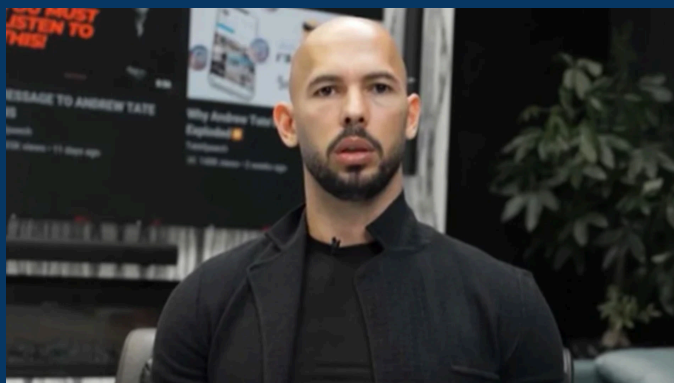
It is not difficult to imagine harmful or abusive behaviours being present on social media. What can be challenging to deal with is the presence of popular online personalities or influencers who become well-known and even famous for exhibiting this behaviour over online platforms. This is especially concerning when children and young people begin to view this harmful content online.

Online safety experts have recently received reports of children as young as 11 quoting online personality Andrew Tate at school, even resulting in acts of violence towards female peers.



This represents a larger issue in our world (both online and offline) in how harmful behaviour like misogyny, violence against women and minorities, and sexual misconduct is dealt with and portrayed online. To help parents and carers approach these issues we have included information and advice below:

Who is Andrew Tate?



Andrew Tate is an American-British former professional kickboxer turned internet personality. He is a self-described ‘success coach’ and has a subscription-based online marketing programme called ‘Hustler’s University’ with over 100,000 subscribers. Tate has recently seen a rise in online notoriety due to a string of controversial comments and behaviours, such as:

- Saying that rape victims put themselves “in a position to be raped” and “must bear some responsibility”, claiming most do this for advancement in ‘opportunity’.
- Leaving the country amid rape allegations, suggesting it was ‘easier to evade charges’ and that it was ‘probably 40% of the reason’ he moved to Romania.
- Claiming mental illness makes people ‘weak’ and that depression ‘isn’t real’.
- Promoting gendered violence and misogyny on his podcast and posts about relationships (e.g. “It’s bang out the machete, boom in her face, and grip her by the neck...”).

These behaviours and more have led to his accounts being removed from social media platforms like TikTok, Facebook, and Instagram for violating policies on “dangerous organisations and

individuals.” This followed a successful campaign by UK-based advocacy group Hope Not Hate to remove him from all major platforms.

Tate is routinely called a “misogynist” by [media outlets](#). He claims all allegations of abuse, assault, rape, and even human trafficking that have been put against him were “taken out of context.”

Despite this, it’s worth noting that before being banned, Tate had over 11 billion views on TikTok, 4 million Twitter followers, 4.7 million Instagram followers, and 768,000 YouTube subscribers. His followers (who he refers to as his “army”) have continued to spam these platforms with edited video footage and podcast recordings in support of him.

Why are children and young people interested in this behaviour?

There are many reasons why a child or young person might begin to show interest in this kind of harmful content online.

Glamorous lifestyle.

Many of the influencers or personalities conveying these harmful behaviours appear to be sitting in the lap of luxury and fame. Some are actors, wealthy businessmen, even high-ranking political figures. These people seem successful, inspiring, and confident in their beliefs.

Fast fame.

The controversial nature of these behaviours seems to automatically make unknown names into trending hashtags on social media platforms. In posts attached to these ideas, the sudden rise to fame is often addressed by thanking their followers for their ‘loyal support’.

Isolation and loneliness.

Children and young people who feel isolated, rejected, and ostracised are particularly vulnerable to this type of content. A newly discovered set of ideologies could make sense of their world while offering them a place of acceptance and new friends.

Looking for advice.

A topic or insecurity that a young person needs help with could inspire them to begin vulnerably searching for an answer on social media. Some of these personalities claim to be motivational speakers and are lauded by those they have ‘helped’ with their wisdom and advice.

Keeping up with peers.

Young people may seek out dangerous online personalities such as Andrew Tate, in a bid to appear ‘informed’ amongst friends or older siblings who might view this type of harmful content in a form of unhealthy entertainment.

It is important to note that children and young people are still growing in their emotional, physical, and mental maturity. If they are engaging with content that promotes harmful behaviours (such as misogyny), it does not mean they fully understand or agree with what is being said (even if they claim they do). This also extends to exhibiting harmful behaviour.

How are children and young people exposed to this behaviour?

There are several ways that children may be observing harmful behaviour. It's important to be aware of what they are, and to regularly check-in with how each may be having an impact.

Algorithms

An algorithm is built-in AI (artificial intelligence) that social media platforms use to generate content based on posts users have previously interacted with. This is used to try and keep users scrolling on the platform for as long as possible.

There has been much backlash against social media platforms for using algorithms to promote harmful material – such as knives, physical attacks, or sexual behaviour – to users under 18 years old. One investigation found that a teenage boy's account, which watched videos aimed at male audiences, increasingly began to recommend videos of Tate and similar creators, regardless of whether they liked the content or not.

Popular media

Young people consume a huge array of media. Actors and actresses from their favourite shows may be starring in more adult productions that are easily accessible through streaming services, TikTok, Instagram, or YouTube. For example, in 2021, following large success with her HBO show *Euphoria*, lead actress and producer Zendaya was horrified when a child stepped up to question her about the show, which features heavy drug use, sexual acts and abuse, and excessive physical violence.

Some professionals are worried about the larger impact this material might have. Hannah Ruschen of the NSPCC said, "Viewing such material at a young age can shape a child's experiences and attitudes, resulting in further harm to women and girls in and out of school and online."

Home life

No one comes from a perfect home. Extreme physical or verbal abuse happens in some homes, while a more subtle form may exist in others. Playful jokes, suggestive comments, or arguments (even within healthy, consenting adult relationships) might be interpreted incorrectly by children who were not meant to witness them.

Remember – young children are especially prone to replicating behaviour, especially if it is done by an adult they are closely connected to.

Potential Risks

When considering the impact that harmful behaviours may have on children and young people, it's important to highlight these potential risks

- Replicating or engaging in the behaviour in order to 'fit in' with peers.
- Low self-esteem when comparing themselves to 'successful' personalities.
- Being the victim or perpetrator of cyberbullying.
- Having an emotional reaction to harmful content online.
- Damage to their reputation that could impact relationships and future plans.
- Views and beliefs being negatively influenced or 'nudged' in the wrong direction.

Advice

To help you give the best care and support possible in situations where harmful content is being used or presented, please refer to the following advice

- Stay calm. If the child or young person in your care is exhibiting these behaviours or being targeted by them, the best thing you can do is realise that there is a problem that they need your help with. Approach them with gentleness and love, even if you dislike their behaviour.
- Talk to them. Ask them to explain what happened, and give them space to tell you in their own words. It may be emotional or embarrassing to discuss, but being able to talk through complex feelings in a supportive environment will help them.
- Be honest. It can be hard, but consider how your own actions (or those of family members or friends) might be affecting this behaviour. This may present in shouting, teasing, pressure, or even bullying, and could affect their coping mechanisms.
- Identify help. It's important that children and young people have someone they can turn to for help, even if that person is not you. Use our Trusted Adults resource to highlight who these people are for them.

Mental Health Support Resources for Parents

Exam Stress. The following link covers a wide-range of tips to keep students mentally healthy.

Supporting Your Child during Exam Time (Young Minds)

[Exam Time & Exam Stress | Parents Guide To Support](#)

Young Minds <https://youngminds.org.uk/>

MindEd is a free educational resource on children and young people's mental health for all adults:

<https://www.minded.org.uk/>

Safe and reliable advice about young people's mental health, created by experts and parents together: <https://www.mindedforfamilies.org.uk/young-people>

NHS Mental Health Charities directory: [Mental health charities and organisations](#)

Parent zone - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

Headstogether - Changing the conversation on mental health:

<https://www.headstogether.org.uk>

The Mix - Essential support for under 25s: <https://www.themix.org.uk/>

ASD and ADHD Advice for Parents

You Tube series by Oxford Health:

<https://www.youtube.com/playlist?list=PLKw7kjGJdcXCiene7r3m8qYSN2T8Vxb1K>

This animated series is for parents of neurodiverse children and young people. The

experiences portrayed in the animations reflect the real-life experiences of children, young people and families who use the service. Real-life practical strategies are mentioned in an animated story format to help parents of children with ADHD or autism manage common experiences they face at home.

Autism Anglia:

<https://www.autism-anglia.org.uk>

An independent charity that provides support to autistic children, adults and families in east Anglia.

SNAP

www.snapcharity.org

A voluntary organisation based in Brentwood offering support to parents and carers of children with any special need or disability

The Maze Group

www.themazegroup.co.uk

Based in Ipswich this support group offers courses to help parents understand their child's diagnosis and their additional needs

Bereavement Advice for Parents

Childhood bereavement network

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/bereaved-children-and-families/resources-families>

Resources that may help you or your family with a bereavement

Winstons Wish

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Winston's Wish offer a bereavement service by way of advice, guidance and bereavement support to children, young people, and families before and after the death of a parent, sibling or other important person. On their website you will find guidance on topics including, support for grief and loss.

Recommended Reading

Helping Your Anxious Child – Ronald Rapee

Breaking Free from OCD: A CBT Guide for Young People and Their Families – Jo Derisley

Parenting a Child with Emotional Behavioural Difficulties – Daniel Hughes

Depression: A Teen's Guide to Survive and Thrive – Jacqueline Toner Claire Freeland

<https://www.socialworkerstoolbox.com/parents-guide-youth-violence-knife-crime-gangs/>

https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf

General Mental Health Advice & Support for Parents

This May Help

<https://thismayhelp.me/>

This May Help is a website that has been created to support parents and carers with concerns about their child's mental health. The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

Young Minds

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

NHS Website

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

The NHS website has information on many different challenges faced by young people. Find advice and support for parents who have children or teenagers with mental health Problems.

Anna Freud

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Anna Freud Centre produced a series of expert podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

Self Harm/Suicide Advice & Support for Parents

Papyrus

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health. The aim of this guide is to provide information and guidance and to help parents cope with a young person who is struggling with thoughts of suicide. To reassure them that they are not alone.

Oxford health

https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available

Spending time with your teen - Advice for Parents

Ministry of Parenting

https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?_ga=2.80853471.917799071.1676377386-1296894209.1676377386

It can be difficult to find ways to give teens positive attention. Now that they've outgrown a lot of childhood activities, it may be more difficult to find family activities they are interested in. Here are 10 ways to create quality time to spend with your teen, even if it's just a few minutes each day.

LGBTQ+ Advice for Parents

All Sorts Youth

<https://www.allsortsyouth.org.uk/what-we-do/faq-for-parents-carers>

Allsorts Family Support Service emerged in 2013 in response to the need for parents/carers of children and young people who are Lesbian, Gay, Bisexual, Transgender or exploring their sexual orientation and/or gender identity (LGBT+), to connect and provide each other with support, community and friendship. They also have a FAQs for Parents/Carers to help advice and gain understanding and insight.

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

Parent zone - County Lines:

<https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

Parent zone - Sleep Advice:

<https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line Family Support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

Key Contacts in School

Please see the key contact list below to support you to address any concerns.

Leadership Team

Mr Munro	Deputy Headteacher	jmunro@honywoodschoool.com
Mr Caygill	Deputy Headteacher	scaygill@honywoodschoool.com
Mrs Hickford	Deputy Headteacher	jhickford@honywoodschoool.com
Mrs Downes	Assistant Headteacher	pdownes@honywoodschoool.com
Mrs Bansropun	Assistant Head	abansropun@honywoodschoool.com
Mr Smith	Assistant Head	dsmith@honywoodschoool.com
Mr Williams	Assistant Head	jwilliams@honywoodschoool.com
Mr Gribben	Associate Assistant Head	tgribben@honywoodschoool.com
Mr Scott	Associate Assistant Head	dscott@honywoodschoool.com

Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	knichols@honywoodschoo.com
Mr Smith	Safeguarding Officer	dsmith@honywoodschoo.com
Mr Scott	Attendance Concerns	dscott@honywoodschoo.com
Mrs Loydall	Medical concerns	medical@honywoodschoo.com

Cohort Leaders

Cohort 7	Ms Martin	amartin@honywoodschoo.com
Cohort 8	Mrs Borella	lborella@honywoodschoo.com
Cohort 9	Mrs Reece	ereece@honywoodschoo.com
Cohort 10	Mr Briggs	dbriggs@honywoodschoo.com
Cohort 11	Ms Ward	tward@honywoodschoo.com

SEND team

Mrs Vaughan	SENCO	cvaughan@honywoodschoo.com
Mr Wood	Deputy SENCO (Autism Hub)	mwood@honywoodschoo.com