



# Keeping our community safe: Safeguarding at Honywood School



Welcome to the April 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 CSE (sexual extortion).

## Who can learners talk to at School?

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



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/1FAIpQLSfs8npY9aDQcY3WsRttFcI5PB0NGPaBgKR4aRdtWdrHlogNWQ/viewform>

If you have any questions about the form before completing it please feel free to email [scaygill@honywoodschool.com](mailto: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>

## Financially motivated extortion

National Crime Agency are currently raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on [CEOP Education's parents and carers website](#).

## Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- Chat regularly about their life online: have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.
- Talk about where to find information about relationships and sex: organisations like CEOP Education, Childline and Brook have age- appropriate advice topics such as sexual communication and image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- Review privacy settings: talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read [CEOP Education's advice on how to talk your child about their privacy settings](#).
- Make sure they know where to go for support: let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.
- Make sure they know where to report: remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:

- Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
- Use [Take It Down](#), a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
- Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).

To learn more about what resources are available to help you support your child, visit the UK Safer Internet Centre.

## What can I do if this has happened to my child?

If your child tells you that someone is trying to trick, threaten or blackmail them online:

- Don't pay, do stop contact and block: you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.
- Avoid deleting anything: try not to delete anything that could be used as evidence such as messages, images and bank account details.
- Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report any online blackmail attempts.

If it has already happened and your child has shared an image and sent money to someone exploiting them:

- Reassure them that they've done the right thing by telling you: make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help.
- Children and young people's mental health may be negatively impacted by experiences of exploitation; you can find advice on looking after your child's mental health from the NHS.
- Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report an incident. If your child is 18 and over, call 101 or 999 if they are at risk of immediate harm.
- Report any images or videos that have been shared: help your child to remove images that are online or prevent images being shared online by following these three steps:
  - Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.

- Use **Take It Down**, a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
- Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit **Internet Matters**.

## 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](http://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](http://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](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](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](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	<a href="mailto:jmunro@honywoodschoo.com">jmunro@honywoodschoo.com</a>
Mr Caygill	Deputy Headteacher	<a href="mailto:scaygill@honywoodschoo.com">scaygill@honywoodschoo.com</a>
Mrs Hickford	Deputy Headteacher	<a href="mailto:jhickford@honywoodschoo.com">jhickford@honywoodschoo.com</a>
Mrs Downes	Assistant Headteacher	<a href="mailto:pdownes@honywoodschoo.com">pdownes@honywoodschoo.com</a>
Mrs Bansropun	Assistant Head	<a href="mailto:abansropun@honywoodschoo.com">abansropun@honywoodschoo.com</a>
Mr Smith	Assistant Head	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Williams	Assistant Head	<a href="mailto:jwilliams@honywoodschoo.com">jwilliams@honywoodschoo.com</a>
Mr Gribben	Associate Assistant Head	<a href="mailto:tgribben@honywoodschoo.com">tgribben@honywoodschoo.com</a>
Mr Scott	Associate Assistant Head	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>

### Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	<a href="mailto:knichols@honywoodschoo.com">knichols@honywoodschoo.com</a>
Mr Smith	Safeguarding Officer	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Scott	Attendance Concerns	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>
Mrs Loydall	Medical concerns	<a href="mailto:medical@honywoodschoo.com">medical@honywoodschoo.com</a>

### Cohort Leaders

Cohort 7	Ms Martin	<a href="mailto:amartin@honywoodschoo.com">amartin@honywoodschoo.com</a>
Cohort 8	Mrs Borella	<a href="mailto:lborella@honywoodschoo.com">lborella@honywoodschoo.com</a>
Cohort 9	Mrs Reece	<a href="mailto:ereece@honywoodschoo.com">ereece@honywoodschoo.com</a>
Cohort 10	Mr Briggs	<a href="mailto:dbriggs@honywoodschoo.com">dbriggs@honywoodschoo.com</a>
Cohort 11	Ms Ward	<a href="mailto:tward@honywoodschoo.com">tward@honywoodschoo.com</a>



## SEND team

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