



Keeping our community safe:

Safeguarding at Honywood School



Welcome to the May 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 are repeated 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 our focus is the dangers around the use of Edible Cannabis and the social media platform, TikTok.

Need to Talk, share a concern or ask a question?

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• Mrs Brook - Deputy Safeguarding Lead• Mr Caygill - Deputy Safeguarding Lead• Mrs Slaney - Transition and Alternative Provision Coordinator• Mr Robertson - Attendance & Welfare Officer |
|--|---|



Mrs Nichols



Mrs Slaney



Mrs Brook



Mr Caygill

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/>

Emotional Wellbeing and 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 0300 555 1201 and ask for the EWMHS Crisis Support Service

Childline 08001111

Weekly Bullying and Peer on Peer 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 peer on peer abuse, they may report it using the following link:

https://docs.google.com/forms/d/e/1FAIpQLSeqPKQTTxpfBS8arLEYimPdpIyfObw_7P-yitTKhXMXS1LeBA/viewform

If you have any questions about the form before completing it please feel free to email me 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 Resources

Safeguarding Policy

<https://www.honywoodschool.com/attachments/download.asp?file=67&type=pdf>

KCSIE September 2021

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020050/KCSIE_2021_September_guidance.pdf

Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=116&type=pdf>

Cannabis Edibles

We're urging parents to be alert to the dangers of cannabis edibles, with county lines gangs using the illegal sweets to entice children and then exploiting them.

What are cannabis edibles?

Cannabis edibles are cannabis-based confectioneries that can often contain potent levels of mood-altering substances such as delta-9-tetrahydrocannabinol (THC). They are often found in packaging designed to look like real sweets or chocolate, so it can be difficult to tell them apart at first glance. They are illegal and anyone in possession of them risks arrest and prosecution under the Misuse of Drugs Act. They are also dangerous and can be stronger than many other cannabis products.

What are the side effects of cannabis edibles?

Cannabis edibles are strong, and it can be easy to overdose on them, making them particularly dangerous. Side effects include:

- Loss of consciousness
- Disorientation and confusion
- Hallucinations
- Nausea/vomiting
- Lethargy
- Heart problems
- Anxiety and paranoia
- Changes in perception

What should I do if I think my child has taken cannabis edibles?

Find out as much information as you can: what packaging was the edible in, how many have they taken, when did they take them, and had they taken any other substances such as alcohol? If the child is conscious and responsive but unwell, ring 111 for advice. If the child is unconscious or very unwell, for example if their speech is slurred or they are unresponsive, call 999 immediately. If the child is conscious and well in themselves, monitor them and then talk to them about the edibles once they are fully recovered.

What's the link between county drugs lines and cannabis edibles?

County lines is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into one or more importing areas (within the UK), using dedicated mobile phone lines or other form of "deal line". They are likely to exploit children and vulnerable adults to move (and store) the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) and weapons. There is a growing link between county drugs lines and cannabis edibles. Children are not only being targeted as a new market but are also being enticed with seemingly legal confectionery as a means of recruiting them into their ranks as couriers and dealers, who have no previous record and due to their age are more likely to go under the radar. While the edibles may appear safe or fun, children may soon find themselves being exploited by the group, with the gangs using a range of grooming techniques to control the children and get them to carry out a wide range of criminal activity on their behalf.

What are the signs of exploitation?

Signs of criminal exploitation include:

- Changes in mood or demeanour (i.e. acting secretive and withdrawn)
- Changes in the way they dress
- Unexplained or unaffordable new items such as clothes, jewellery, or trainers
- Regularly going missing for long periods of time or staying out late with no explanation
- Unexplained absences from school
- Carrying lots of cash
- A new phone or being in possession of more than one phone

What should I do if I think my child is being exploited?

If you think your child is being exploited, it's important to speak out and get help as soon as possible. Contact your local police force on 101 (or if you believe your child is in immediate danger, on 999). Officers will take as much information from you as possible and look to speak to your child. Exploitation is a crime and anyone who has been exploited will be treated as a victim.

The School can also put you in touch with other organisations who can offer further advice and support to help reduce the risk of your child becoming involved in drug and gang related activity in the future.

What should I do if I think someone is dealing cannabis edibles in my area?

Anyone with information about any type of drug dealing in their area is asked to submit the information via their local police force website. You can also call 101. All reports are vital in helping us to build up an intelligence picture of drug dealing related activity in the area. You can also call Crimestoppers, anonymously, on 0800 555 111 or visit the Crimestoppers website.

Further information and support

[Advice for parents leaflet](#)

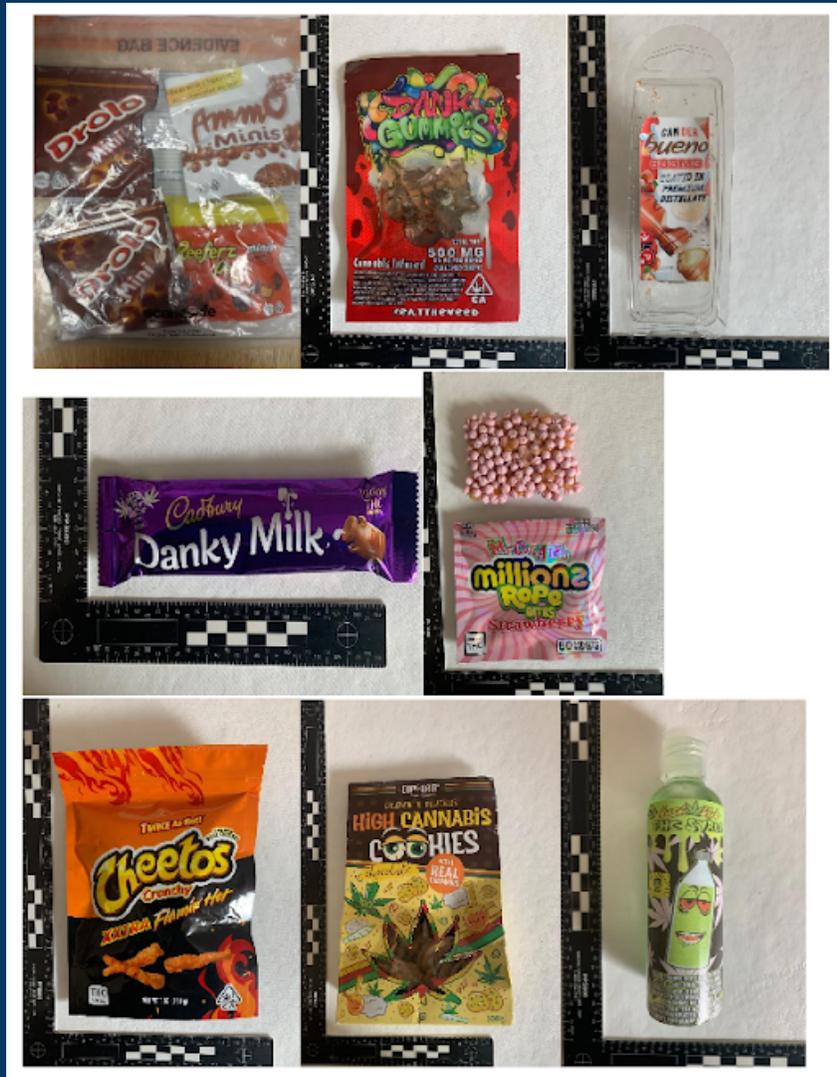
[Violence and Exploitation Reduction Unit \(VERU\)](#)

[Talk to Frank](#)

Information from:

<https://ersou.police.uk/cannabis-edibles.html>

Examples of Cannabis 'edibles' recently seized in Cambridgeshire.



TikTok - Parent Factsheet

What is it?

A video-sharing app that's huge with children and teenagers right now. You lip-sync to music or do comedy sketches, and can add effects to your videos. You can also gain followers ('fans') and watch other people's videos.

The age recommendation is 13 and above, but it's easy for younger children to sign up too. What are the main things to watch out for?

- Sexual lyrics and swearing in songs
- Content about eating disorders (known as 'pro-ana') and bullying content
- 'Challenges' that users take part in that are potentially dangerous
- Emojis that are seen as sexually suggestive, like the aubergine

Under-16s can't send or receive private messages. But once users have made contact, like through comments on videos, they could still switch to another app like Snapchat to chat privately and swap images and videos.

7 steps to keep your child safe

1. Use family pairing (also known as family safety mode)

This feature lets parents control some settings on their child's account from their own phone (there's more on which features below).

You'll need to download TikTok and link your account to your child's. Once you've created a profile, go to your profile > tap the '...' icon in the top right to open settings > Family Pairing > 'Parent'. Follow the same steps on your child's phone but choose 'Teen', then scan the QR code with your camera to link your accounts.

2. Keep account set to private and limit profile information

Accounts for users aged 13 to 15 will be set to private by default. This means that only approved 'followers' can see your child's videos.

Even with a private account though, anyone can see your child's profile information. Tell them not to share personal information publicly, like their full name or where they go to school. Plus, encourage your child to only accept 'fan' requests from people they know and trust.

To check your child's account is private, on their phone, simply go to your child's profile > ... > Privacy > check 'Private Account' is turned on. If you have family pairing set up, you check this using family pairing.

3. Set age limits so your child doesn't see inappropriate content

You can do this through the family pairing settings. You can also use family pairing to turn off search on your child's account.

If you're not using family pairing, on your child's phone go to Settings > Digital wellbeing > Restricted mode > follow the steps in the app.

4. Consider setting a time limit on use

TikTok can be hard to put down – help your child rein in their use with a time limit. You can do this through the family pairing settings, or on your child's phone. Go to the Digital wellbeing section > Screen time management > follow the steps in the app.

5. Restrict in-app purchases to block spending

On iPhones, if you already have Screen Time turned on, go to Settings > Content and Privacy Restrictions > enter your passcode if asked > turn on Content and Privacy > tap iTunes and App Store Purchases > In-app Purchases > set to Don't Allow.

If you don't already have Screen Time turned on, go to Settings > Screen Time > tap to turn it on > choose whether it's your device or your child's device > follow the steps to set up a passcode. Then just follow the steps above to block in-app purchases.

On Android, open Play Store, tap on your profile icon in the top right > scroll to Settings > Authentication > Require Authentication for purchases > Select 'For all purchases through Google Play on this device'. Keep an eye on your bank statements to check your child isn't getting round the controls.

6. Check settings on interactions like duets, direct messages and comments

Duets are where users reply to one person's video with another, and then share it all. The videos appear together, side by side. This feature has now been turned off for users under 16, and set to friends only by default for users aged 16 and over.

Your child can also change settings for comments on their videos via the Privacy section, and for users aged 16 and over, change settings for who can send them direct messages and duet with them. If you have family pairing set up, you can do the same through the family pairing settings.

7. Make sure your child knows how to report content and users

Filters aren't perfect, so make sure your child knows how to report harmful or upsetting content or users. Make sure you both know the rules too – TikTok bans sexually explicit content, bullying, graphic content, "pro-anorexia" content, and hate speech.

To report a user, go to their profile > tap '...' settings > Report > follow the steps in the app.

To delete a fan, your child should go to their own Profile > Followers > tap the 3-dot icon next to the follower they want to remove > tap 'Remove this follower'

To block users altogether, go to their profile > ... > Block > follow the steps in the app.

You report specific content through the video, comment or message itself. To report a message: open it, tap ... > Report > follow the steps in the app. To report a video or comment: long press the comment > Report > follow the steps in the app.

Online Safety Advice & Information for Parents

The following links are intended as a useful resource to find out about a number of issues that exist in the online world.



Childnet - online safety [Childnet - Childnet](#)

**educate.against.
hate**

Educateagainsthate provides practical advice and support on protecting children from extremism and radicalisation [Educate Against Hate - Prevent Radicalisation & Extremism](#)



NSPCC [Online Safety for Children - Tips & Guides](#)

Dedicated NSPCC helpline 0800 136 663.

The helpline will provide both children and adults who are potential victims of sexual abuse in schools with the appropriate support and advice. This includes how to contact the police and report crimes if they wish. The helpline will also provide support to parents and professionals too.

[Dedicated helpline for victims of abuse in schools](#)

Use of social media for online radicalisation - How social media is used to encourage travel to Syria and Iraq. [The use of social media for online radicalisation](#)

UK Council for Internet Safety [UK Council for Internet Safety](#)

UK Safer Internet Centre [UK Safer Internet Centre - Online Safety Tips, Advice and Resources](#)

Commonsensemedia provide independent reviews, age ratings, & other information about all types of media for children and their parents. [Common Sense Media: Age-Based Media Reviews for Families](#)

Government advice about protecting children from specific online harms such as child sexual abuse, sexting, and cyberbullying. [Coronavirus \(COVID-19\): support for parents and carers to keep children safe online](#)

Internet Matters provide age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world. [Information, Advice and Support to Keep Children Safe Online](#)

Let's Talk About It provides advice for parents and carers to keep children safe from online radicalisation. [Staying Safe Online](#)

London Grid for Learning provides support for parents and carers to keep their children safe online. [Home Page - London Grid for Learning](#)

Stopitnow resource from **The Lucy Faithfull Foundation** can be used by parents and carers who are concerned about someone's behaviour, including children who may be displaying concerning sexual behaviour (not just about online). [Stop It Now! UK and Ireland | Preventing child sexual abuse](#)

National Crime Agency/CEOP Thinkuknow provides support for parents and carers to keep their children safe online - <https://www.thinkuknow.co.uk/>

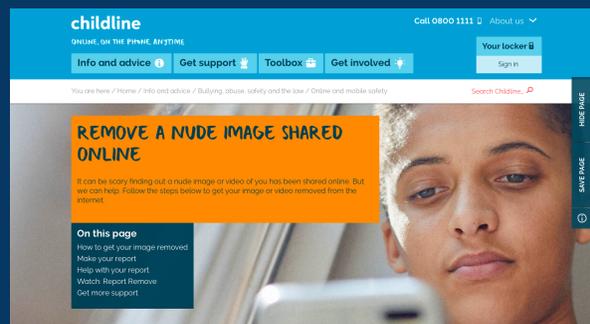
Net-aware provides support for parents and carers from the NSPCC and O2, including a guide to social networks, apps and games - [https://www.net-aware.org.uk/ Apps, games and social media sites reviews for parents](https://www.net-aware.org.uk/Apps_games_and_social_media_sites_reviews_for_parents)

Internet Watch Foundation The IWF is a not-for-profit organisation that works towards the global elimination of child sexual abuse images and videos online. We help to make the internet a safer place for children and adults across the world. <https://talk.iwf.org.uk/>

Parentzone provides help for parents and carers on how to keep their children safe online <https://parentzone.org.uk/home>

Parent info from Parentzone and the National Crime Agency provides support and guidance for parents from leading experts and organisations - <https://parentinfo.org/>

Breck Foundation The Breck Foundation is a charity founded by Lorin LaFave after the tragic loss of her 14-year old son, Breck Bednar, in 2014, through online grooming. Breck was groomed while enjoying his passions of computing and gaming. We want to ensure that no child is harmed through grooming and exploitation while enjoying their time on the internet. Prevention through education is essential. [About Us | Breck Foundation](#) [Internet browsing history checks](#) [Only Fans Explained](#)



Under-18s who want nude pictures or videos of themselves removed from the internet can now report the images through an [online tool](#). The service - from the Internet Watch Foundation and Childline - aims to help children who have been groomed, or whose partners have posted photos of them online. To access the Report Remove facility on the childline website please use the link below: [Report Remove: Remove a nude image shared online](#)



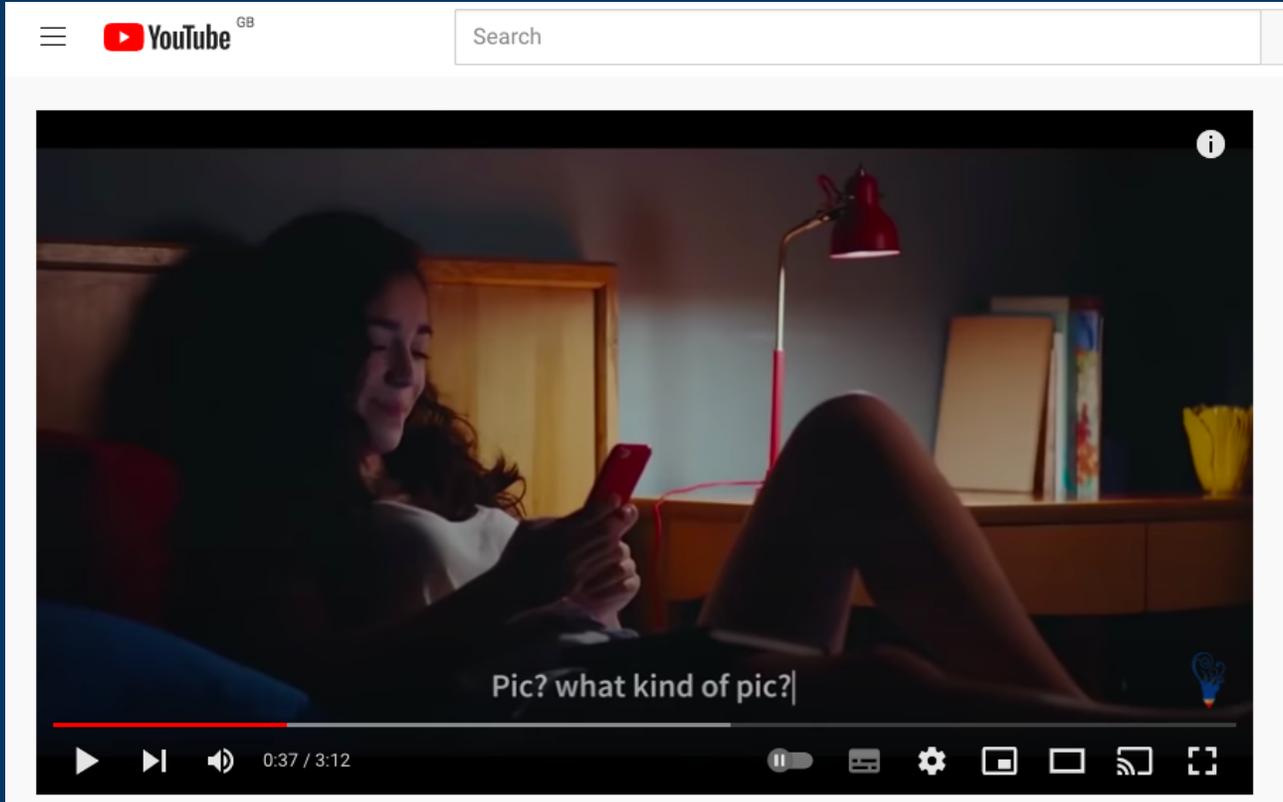
WhatsApp. WhatsApp is popular with many learners and many of them are members of different WhatsApp groups. It is important to remember that the freedom to use electronic devices such as phones, laptops and tablets comes with greater responsibilities for both children and parents. Please use the links below to make sure that you are aware of the age limits for different applications and how they are set to minimise the opportunity for inappropriate use.

Does WhatsApp have any age restrictions? As of May 2018, WhatsApp's minimum age of use is **16 years old** if you live in the European Union, or a country that has adopted the GDPR, as the UK has. It was previously 13 and WhatsApp has not yet said what will happen to users between 13 and 16 who already held accounts under the old terms and conditions. By using WhatsApp, a user agrees to provide certain personal information such as their mobile phone number, billing and mobile device information.

If WhatsApp learns that identifiable information of a child under 16 has been collected on the WhatsApp Site or WhatsApp Service, then WhatsApp may deactivate the account.

Read the full article here: <https://parentinfo.org/article/whatsapp-a-guide-for-parents-and-carers>

Fake Profiles



A very good video resource to watch with your children about the risks of sharing images and fake profiles on line - Fake profile, real love story: <https://www.youtube.com>

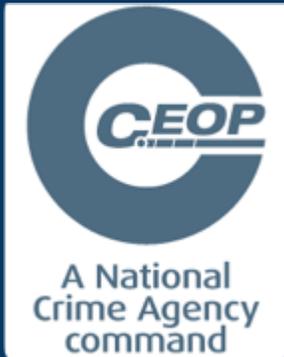


Twitch is a streaming service which is extremely popular among young people - link- [Twitch - a guide for parents and carers](#)

Parents need to be aware of an increasingly popular application called **Discord**. Discord is a chat service specifically designed for gamers to connect with each other using either text, voice or video chat. Even if chat features are disabled within online games, Discord can be downloaded separately allowing conversation to take place outside the game being played. Most major games

have a Discord channel associated with them. According to Essex police, private 'channels' are being created within Discord to target and groom some young people. Please talk to your children about the use of this app and how they may be vulnerable. Ensure that they understand that the people they may be talking to and forming friendships with, may not be who they claim to be. Parents guide to Discord:

<https://parentzone.org.uk/article/discord-everything-you-need-know-about-chat-service>



CEOP. There is a button to CEOP on the school website: <https://www.honywoodschoo.com> as well as a link under the Quick Links section. Wherever you see this logo you are able to directly report any concern.



CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

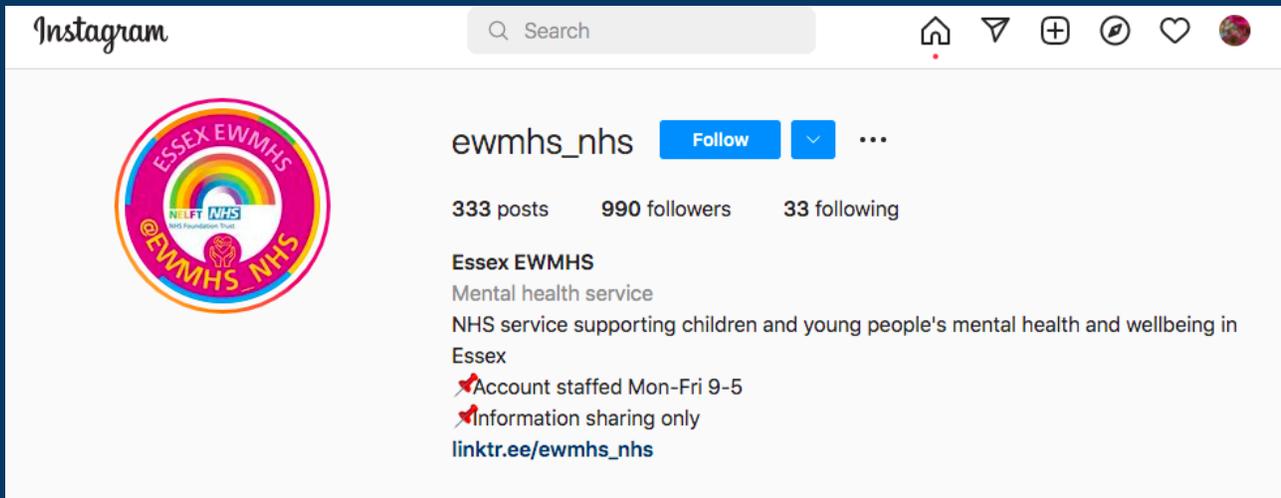
- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP

www.ceop.police.uk/safety-centre

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/>

EWMHS. Emotional well being and mental health service have recently launched a new Instagram account to provide advice and support to young people experiencing mental health issues. Please encourage your children to follow the account where they will be able to access early intervention advice and support. https://www.instagram.com/ewmhs_nhs/



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>

Gov.uk [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

Headstogether - Changing the conversation on mental health:
<https://www.headstogether.org.uk>

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

Safeguarding Support Resources for Parents

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by post-16 learners and their parents in Essex about inappropriate conduct of driving instructors. We have been given the following

information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<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](#)

Welfare Support Resources for Parents

Essex Welfare Service (EWS).

The EWS, a service to help vulnerable people in the community in need of support and unable to access it at this time: <https://essexwelfareservice.org/> Parents are able to 'self-refer' if they are experiencing difficulties

EWS Contact details:

Phone: 0300 303 9988

Email: provide.essexwelfareservice@nhs.net

Website: <https://essexwelfareservice.org/>

Opening hours: Monday to Friday, 8am to 7pm Saturday and Sunday, 10am to 2pm

Livewell Essex

There is a real need to collectively find solutions that contribute towards wellbeing in order to reduce the cost to health and social care. The [Livewell](#) campaign is designed to engage communities, families and individuals and to provide information about all that is on offer in Essex to improve health and wellbeing. All 13 Essex Local Authorities and our partners have come together to collaborate on the health and wellbeing agenda and work towards achieving better health outcomes for people across Essex.

Household Support Fund

ECC has received funding from central government to support vulnerable families and adults this winter. There are a range of initiatives in place to ensure help with household food and utility bills, essential items and emergency situations are provided for. To find out more about how to access this support please follow the link for access points where parents, young adults and adults can be signposted to www.essex.gov.uk/money-debt-and-benefits/household-support-fund

Key Contacts in School

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

Leadership Team

Mr Saunders	Headteacher	jsaunders@honywoodschoo.com
Mrs Brook	Deputy Headteacher	jbrook@honywoodschoo.com
Mr Munro	Deputy Headteacher	jmunro@honywoodschoo.com
Mr Calver	Assistant Headteacher	dcalver@honywoodschoo.com
Mr Caygill	Assistant Headteacher	scaygill@honywoodschoo.com
Mrs Downes	Assistant Headteacher	pdownes@honywoodschoo.com
Mrs Hickford	Assistant Headteacher	jhickford@honywoodschoo.com
Miss McPhail	Associate Assistant Head	amcphail@honywoodschoo.com
Mr Smith	Associate Assistant Head	dsmith@honywoodschoo.com
Mr Williams	Associate Assistant Head	jwilliams@honywoodschoo.com

Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	knichols@honywoodschoo.com
Mrs Slaney	Mrs Slaney - Transition & Alternative Ed Coordinator	sslaney@honywoodschoo.com
Mr Robertson	Attendance Concerns	crobertson@honywoodschoo.com
Mrs Loydall	Medical concerns	medical@honywoodschoo.com

Cohort Leaders

Cohort 7	Mr Hall	shall@honywoodschoo.com
Cohort 8	Ms Ward	tward@honywoodschoo.com
Cohort 9	Ms Martin	amartin@honywoodschoo.com
Cohort 10	Mr Scott	dscott@honywoodschoo.com
Cohort 11	Mrs Reece	ereece@honywoodschoo.com

SEND team

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