

SAFEGUARDING NEWSLETTER

May 2023

Welcome to the May edition of the safeguarding newsletter. It has been lovely to welcome the children back to school for the start of the summer term. This half-term, we are celebrating Mental Health Awareness Week and we see the start of the GCSEs for our year 11s. This is always an anxious time for those sitting exams and we encourage all students to access support if they are struggling to cope during this stressful time. In this newsletter, we also have information of a new support service provided by Youth Zone which is available for all students.

Kind regards,

Ms Jones and the Keep Kids Safe team.

KEY NUMBERS

Anyone can contact the services below directly, regardless of whether you are a child, parent, carer or a member of staff. If you have a safeguarding concern, please ensure you pass it on: safeguarding is everyone's responsibility.

<p>01925 443322 (Option one, followed by option one)</p> <p>Warrington Multi-Agency Safeguarding Hub (MASH)</p> <p>For urgent safeguarding concerns about a child</p>	<p>01925 443322 (Option two)</p> <p>Out of Office Emergency Duty Team</p> <p>For urgent safeguarding concerns about a child outside of office hours</p>	<p>0808 800 5000</p> <p>NSPCC</p> <p>For adults who are worried about a child</p>
<p>0800 1111</p> <p>Childline</p> <p>For children who are worried about their own safety or need some advice</p>	<p>101</p> <p>Police Non-Emergency</p> <p>For reporting any crimes or concerns</p>	<p>999</p> <p>Emergency Services</p> <p>For anyone in immediate danger (including if you are worried about the immediate risk to a child)</p>

Mental Health



Youth in Mind
at Warrington Youth Zone

Youth In Mind is a free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

No appointment or referral is necessary.

Opening Hours
Mon-Fri, 3.30pm – 7.30pm
Sat & Sun, 11am – 3pm

Open 7 Days a Week

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young Peoples Emotional and Mental Health & Wellbeing'. The project delivery is a partnership between Warrington Youth Zone and MerseyCare 'Child & Adolescent Mental Health Services' (CAMHS). WYZ Charity Number: 1101086

Youth in Mind

Youth in Mind is a new service based at Warrington Youth Zone. It is a drop-in service for children who require support for their emotional wellbeing. They are open every day; Monday – Friday: 3.30pm-7.30pm and Saturday – Sunday: 11am-3pm. Children can drop-in at any point between these times and there is no need for an appointment or referral.

This is a much needed and welcomed service; Youth in Mind aims to provide children with space to talk about their problems and worries in a safe and supportive environment.

Kooth

A reminder that if students find it difficult to talk about their mental health in person, they can access online support by visiting www.kooth.com: a brilliant website which offers free, anonymous counselling until 10pm every day.

Mental Health Awareness Week

Mental Health Awareness Week runs from 15th-21st May. The theme this year is anxiety. Anxiety is a normal emotion in children, but sometimes it can become overwhelming and affect their mental health. There are various factors that can contribute to a child's anxiety, such as academic pressures, social relationships, transitioning to a new environment, or experiencing significant life changes.

Anxiety is a prevalent issue experience by many children, and in some cases it can have a significant impact on their daily life. For some practical tips on how to cope with anxiety, visit:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

We are also mindful that this is a particularly anxious time for all students who are about to sit their GCSEs. We will be delivering assemblies to all students to highlight Mental Health Awareness Week, however for year 11s, this will be tailored to incorporate exam stress and self-care during exam season. If you would like to discuss your child's mental health, please contact Ms Jones by emailing kjones@padgateacademy.co.uk

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Contextual Safeguarding – Grooming

In the March edition of the newsletter, we discussed contextual safeguarding and how to spot the signs that your child may be exploited. To continue the awareness, at the end of this newsletter, is a visual tool which describes the various stages of the grooming process. This can be grooming to exploit with either sexual or criminal intentions. This half-term, students have received assemblies about how to keep themselves safe from radicalisation, which is just one type of grooming, which also follows the pattern as described below.

Grooming can take many different forms and may involve a range of behaviours such as offering gifts or favours, showing excessive interest or attention, or creating a sense of secrecy or intimacy. Perpetrators may use social media, text messages, or other online platforms to establish contact with potential victims, and may seek to isolate them from their friends and family in order to increase their control and influence.

It is important to recognise that grooming is a process that can take place over weeks or even months, and that it can be difficult to spot from the outside. However, there are some warning signs that parents and carers can look out for, such as changes in behaviour or mood, unexplained absences, or a sudden interest in inappropriate or sexual material. As explained at the end of this newsletter, the grooming process tends to include the following stages:

The **targeting stage** is the initial phase of an abusive relationship where the perpetrator identifies and selects their victim. The perpetrator often looks for vulnerable individuals who they think they can easily manipulate, control or exploit. They may show signs of extreme possessiveness, jealousy, or try to isolate their potential victim from friends and family.

In the **friendship forming stage**, the perpetrator may use tactics such as flattery, kindness, and compliments to build a connection with their victim. They may also try to gain their trust by sharing personal stories and secrets to build a false bond.

During the **loving relationship stage**, the perpetrator may start to exert more control over the victim. They may become increasingly critical, and their behavior may become more unpredictable, explosive, and dangerous. The abuser may also use manipulation, guilt, and intimidation to maintain control and make the victim feel dependent on them.

The **abusive stage** involves the perpetrator becoming physically or emotionally abusive towards their partner. This may include verbal abuse, threats, physical violence, or sexual assault. The victim may feel powerless and trapped in the relationship; like there is no way out.

Support Available

If you are worried about your child, you can contact MASH on 01925 443322 who can screen your concern and provide appropriate support. Please also let school know, and we can work together – for example, by completing a contextual safeguarding screening tool.

The grooming line



Targeting stage

- Observing the child/ young person
- Selection of child/ young person
- Befriending – being nice, giving gifts, caring, taking an interest, giving compliments, etc
- Gaining and developing trust
- Sharing information about young people between other abusive adults



Friendship forming stage

- Making young people feel special
- Giving gifts and rewards
- Spending time together
- Listening and remembering
- Keeping secrets
- Being there for them
- 'No-one understands you like I do'; being their best friend
- Testing out physical contact – accidental touching
- Offering protection



Loving relationship stage

- Being their boyfriend/girlfriend
- Establishing a sexual relationship
- Lowering their inhibitions – eg showing them pornography
- Engaging them in forbidden activities – eg going to clubs, drinking, taking drugs
- Being inconsistent – building up hope and then punishing them



Abusive relationship stage

- Becomes an 'unloving' sexual relationship
- Withdrawal of love and friendship
- Reinforcing dependency on them – stating young person is 'damaged goods'
- Isolation from family and friends
- Trickery and manipulation – 'you owe me'
- Threatening behaviour
- Physical violence
- Sexual assaults
- Making them have sex with other people
- Giving them drugs
- Playing on the young person's feeling of guilt, shame and fear