

SAFEGUARDING BULLETIN

Issue 5 (July 2022)



Welcome to our fourth ALNS safeguarding bulletin where we are hoping to share with you the latest knowledge, tips and support services for various issues in order that we can work together to keep your children safe. Each bulletin will focus on a different area of safeguarding.

Key Focus – Summer Safeguarding

Tombstoning

“The activity of jumping into the sea from a cliff or other high point”

Even though our young people think they invented everything fun – this is not new!

I am told by my young contacts this is most likely to take place at Southsea Pier, Eastern Road into Langstone Harbour (by the Farlington Roundabout) and Hilsa Lido. They tell me it is all about the adrenaline rush and of course young people think they are invincible!

In the UK between 2005 and 2015 83 serious injuries and 20 deaths occurred as a result of tombstoning.

In all likelihood, they are going to do it regardless of what adults say so please have conversations about water depth, submerged objects being dangerous and the shock of cold water.

Online Safety

Unicef tells us that 50% of 9–16-year-olds in the UK go online in their bedrooms or other private spaces.

Summer holidays can lead to an increase in online safety concerns – more free time and less chance for schools to support any friendship disputes or unkind behaviour.

As a recap from a previous bulletin – these days, it's all about using open social media spaces – getting likes and followers for your content – the more the merrier. An instant response is expected from people leading to pressure and FOMO (fear of missing out). Young people need to consider what they are posting, who they are interacting with and how – are they being kind?

Important contacts details for the Summer!

- If you need to contact the school over the Summer for safeguarding reasons, you can ring the admin team on 02392364536 (during office hours). In an emergency, they will then contact the safeguarding team. Please remember though that staff are on their summer holidays.
- If you are concerned that a child or young person has suffered harm, neglect, or abuse, please contact Portsmouth Multi Agency Safeguarding Hub (MASH). You can contact the MASH during office hours on either 02392 688793 or 0845 671 0271 or email: MASH@secure.portsmouthcc.gov.uk If it is during out of Office hours (5pm -8am weekdays, weekends and bank holidays) the number is: 03005 551373.
- If a child is at immediate risk of harm, call the Police on 999.

How can you support your child?

Useful resources:

For Mental Health Support: -

- **Kooth** – online resource for 11- 18-year-olds for anonymous counselling, peer support via chatrooms and online advice Kooth.com
- **Shout** – text SHOUT to 85258 – 24/7 text support available with trained volunteers. Giveusashout.org

For Online safety: -

- **CEOP.police.uk** – CEOP is a law enforcement agency, there to keep children and young people safe from grooming and online sexual abuse. You can make a report or seek advice
- **Thinkuknow.co.uk** – useful resources for parents and for children

Know where they are going and who they are with (as far as they will let you!)

Check their phones – the most common platforms for sharing material between young people are WhatsApp and Snapchat.

Changes in behaviour - Keep your eye out – you might spot both extremes – e.g. withdrawn or overtly “misbehaving”, emotional changes too - anything out of the ordinary is worth exploring. Most children will not disclose a problem and it is up to us as adults to notice something is not right

Spend time together – This can be tricky money wise – these places are doing “kids eat free or cheaply deals this Summer (some restrictions apply see this link from Heart FM) - <https://www.heart.co.uk/news/restaurants-cafes-kids-eat-free-summer-holidays/> :-

- Asda (£1)
- Bella Italia (£1)
- Morrisons - free
- Hungry Horse – free
- Yo Sushi – free for under 10s

Finally....

For those of you as old as me.....remember this one....

“Ladies and gentlemen of the class of '99

Wear sunscreen

If I could offer you only one tip for the future, sunscreen would be it”

Baz Luhrman 1999

In the Media

Last weekend there was an article in the Portsmouth News about children (adults) Tombstoning from South Parade Pier (along with concerns raised about substance misuse in the same area – might be worth a look and discussion at home: -

<https://www.portsmouth.co.uk/news/people/tombstoning-children-in-southsea-are-dicing-with-death-warn-south-parade-pier-staff-and-rnli-lifeguards-3770562>

If you have any concerns you want to discuss at school please contact your child’s tutor, their Head of House or the Designated Safeguarding Lead – Mrs Holness.

