

Safeguarding and Child Protection Policy

For use during the COVID-19 outbreak

Finham Park School

September 2021

Head Teacher/Principal: Chris Bishop

Designated Safeguarding Lead: Sarah Megeney Deputy Headteacher

Deputy Designated Safeguarding Lead/s: Carole Linstead

Johana Kovacs

Details for contacting a Designated Safeguarding Lead during the school closure:

Email: s.megeney@finhampark.co.uk, **Email:** c.linstead@finhampark.co.uk

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Named Governor for Safeguarding: Laura Ridley

Chair of Governors: Jenny McLean d.case@finhampark.co.uk

Vice Chair of Governors: Laura Ridley d.case@finhampark.co.uk

Executive Headteacher: Mark Bailie m.bailie@finhampark.co.uk

Local Authority designated officer: David Stansfield (Interim LAdo)

Telephone number: 0247 697 8499

Designated Lead for Looked After and Previously Looked-After Children:

Johanna Kovacs

Head of the Virtual School: Jim Horgan

Email address: virtualschool@coventry.gov.uk

Policy Addendum reviewed remotely and agreed by governors on: DATE

1 Introduction

1.1. This policy is an addendum to Finham Park School's main Safeguarding and Child Protection Policy and is intended for use during the COVID-19 emergency period only.

1.2 We continue to recognise that safeguarding and child protection is an essential part of our duty of care to all students and that we have a responsibility to safeguard children, whether they are on-site or staying at home. We understand that safeguarding, child protection and promoting the welfare of all children is everyone's responsibility and everyone has a role to play in protecting children. We continue to promote a culture of vigilance, where staff and volunteers act immediately if they have safeguarding concerns about a child. We recognise that our school is part of a wider safeguarding system for children and work closely with other agencies to promote the welfare of children. We maintain an attitude of 'it could happen here' and will consider the wishes of, and at all times, what is in the best interests of each child.

1.3 Due to the nature of the emergency we are facing and the changing threat from COVID-19, this policy is regularly reviewed and updated to ensure that Finham Park School is compliant with;

- All relevant legislation and statutory guidance;
- government guidance relating to the COVID-19 outbreak; and
- guidance from the Coventry Safeguarding Children's Partnership (the Local Authority, the local clinical commissioning group and the chief office of police).

1.3 All staff will be made aware of this policy and updated regularly on further developments.

1.4 Further information about the government's approach to COVID-19 can be found here: <https://www.gov.uk/coronavirus>

1.5 The purpose of this policy is to;

- Promote safeguarding and child protection and demonstrate the school's commitment to keeping children safe whilst operating under emergency measures related to COVID-19;
- Provide all members of staff with the information required to meet their safeguarding duty and protect children from harm during this time;
- Provide stakeholders with clear information relating to the school's safeguarding and child protection procedures during the COVID-19 outbreak; and
- Ensure that children are protected from maltreatment or harm.

1.5 **Finham Park School** is committed to the following principles at all times;

- All children have the right to be protected from harm;
- The best interests of children will always continue to come first;
- All staff are responsible for keeping children safe and have a responsibility to act if they think a child is at risk of harm;

- If anyone in school has a safeguarding concern about any child, they should continue to follow usual procedures and must act and act immediately;
- A Designated Safeguarding Lead or a Deputy Safeguarding Lead should be available; and
- Working with other agencies (such as Children's Services and the Virtual School) is essential to promote safeguarding and protect children from harm.

1.6 We continue to be subject to a duty under section 26 of the Counter-Terrorism and Security Act 2015 in the exercise of their functions to have "due regard" to the need to prevent people from being drawn into terrorism and will refer to appropriate services if we are concerned a child is being radicalised.

1.7 We continue to fulfil our duties under Section 5B of the FGM Act 2003, as inserted by section 74 of the Serious Crime Act 2015.

1.8 Scope

- This policy applies to all teaching, non-teaching, support, supply, peripatetic, contract staff, governors, volunteers and trustees working in or on behalf of **Finham Park School & Finham Park MAT**. All references in this document to 'staff' or 'members of staff' should be interpreted as relating to the aforementioned unless otherwise stated.
- This policy applies to all staff, whether working on-site or at home.

2 Context

2.1 Following government guidance, Finham Park School has been closed to pupils from Monday 20th March 2020, with the exception of children deemed to be 'vulnerable', those with parent/s who are 'key-workers', children in years 10 and 12 and for the last two weeks of term children in years 7-9 who are either disadvantaged or who have been highlighted by the SENCO.

2.2 Finham Park School adheres to government guidance on 'key workers'. For further information relating to key workers, see guidance here: <https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision>

2.3 Finham Park School remains open for children who are deemed to be vulnerable, as per government guidance. The school has given careful consideration to which children need to continue to attend school, in order to ensure children are safe and to minimise the spread of COVID-19.

2.4 Each child has been considered on a case-by-case basis and an assessment of risk has been made, with relevant external agencies, parents and the Local Authority, to decide if a child should be on site or not. Finham Park School considers children to be vulnerable and may need to attend if they are;

- Children on Child Protection Plans; Children in Need; Looked-After or Previously Looked-After; and
- Children with SEND (with or without an EHCP), who would be safer at school than at home.

2.5 Children other than those above may be considered vulnerable and some children will become vulnerable during the time that Finham Park School is closed. Finham Park School will continually review which children will attend school, in line with local and governmental guidance.

2.6 Additional support may be put in place to safeguard;

- Children vulnerable to CE/Contextual safeguarding issues and those in receipt of early help; and
- Children who are homeless/living in temporary accommodation, refugees and asylum seekers and young carers.

2.7 There is an expectation that children who have a social worker will continue to attend school, unless they have an underlying health condition that will put them at severe risk.

2.8 Where parents of the children referred to in paragraph 2.7 are concerned about the risk of the child contracting COVID-19, **Finham Park School**, in partnership with the social worker will talk through these anxieties with the parent/carer following the advice set out by Public Health England.

2.9 Finham Park School will follow government guidance to support children who are usually in receipt of free school meals. Further information can be found on this here: <https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools> **Vouchers will be emailed out to parents and where parents have no access to email or the facilities to print the vouchers the school will print them out and post them to them.**

2.10 Some children will have existing vulnerabilities and will not attend school. In the case of these children, Finham Park School will **contact families at least on a weekly basis. Where there is no response from parents or carers the social workers will be contacted.**

2.11 All children (regardless of vulnerability) will be contacted **through weekly emails by their mentors and will be sent a questionnaire which will cover both work and well-being. Where there's no response mentors will email parents to keep in touch.**

3 Local Safeguarding Arrangements

3.1 Finham Park School will ensure that it is aware of any changes to local safeguarding arrangements through existing channels of communication with the Local Authority and the wider Coventry Safeguarding Children Partnership.

3.2 Finham Park School continues to operate under Coventry Safeguarding Partnership policies and continues to use the '[Right Help Right Time](#)' guidance when considering if children require additional support or statutory intervention.

3.3 This policy will be regularly reviewed and updated to reflect any changes in local safeguarding arrangements.

4 Roles and Responsibilities

4.1 The Governing Body and/or Proprietors

4.1.1 The governing body continues to monitor Finham Park School during this period of emergency closure. Governors will continue to have oversight of leadership in the school. Governor meetings will be carried out remotely and through email.

4.2 The Role of the Headteacher

4.2.1 The headteacher will;

- Ensure that this policy is regularly updated in line with evolving government and local guidance relating to COVID-19;
- Ensure that this policy and associated procedures are adhered to by all staff;
- Ensure that all adults coming into contact with children at school have been subject to the appropriate safer recruitment checks;
- Respond to allegations of abuse against all other members of staff; and
- Ensure that staff on-site and off-site have regularly updated training to ensure that they are aware of local safeguarding arrangements.

4.2.2 In the event that the headteacher is unavailable either on-site or remotely, the above responsibilities will be completed by the deputy headteacher.

4.3 The Role of the Designated Safeguarding Lead (DSL)

4.3.1 The role of the DSL is outlined in the main school Safeguarding and Child Protection Policy and in Keeping Children Safe in Education (2019).

4.3.2 In addition to their usual duties, the DSL will also have regard to the additional mental health issues that pupils on-site may be experiencing as a result of COVID-19 and provide/arrange support for pupils as necessary.

4.3.3 Wherever possible, a trained DSL (or deputy DSL) will be available on site. Where this is not possible, a trained DSL (or deputy DSL) will be available to be contacted via phone or online video.

4.3.4 In the event that the DSL and the DSL/s are unable to work remotely due to illness, an appropriate senior leader will take responsibility for co-ordinating safeguarding on site. This could include, but is not limited to, updating and managing access to safeguarding and child protection files and as required liaising with children's social workers where they require access to children in need and/or to carry out statutory assessments at *the school*. Information will be passed to the DSL as soon as practicably possible.

4.3.5 Arrangements for contacting the DSL/DDSLs are the same for each day and have been shared with staff regularly, as well as any relevant safeguarding and child protection updates and training.

4.3.6 The government has acknowledged that DSL refresher training is very unlikely to take place during this emergency. All DSLs and DDSLs that have previously been trained will continue to be classed as DSLs even if they miss

their refresher training, in line with current government guidance. All DSLs and DDSLs will keep up to date with the latest safeguarding information and guidance through via e-bulletins, Local Authority e-bulletins and taking time to read and digest safeguarding developments.

4.4 The Role & Responsibilities of all Staff within School

4.4.1 All staff, whether on-site or working from home, will;

- continue to operate under the principles of the main school Safeguarding and Child Protection Policy, the staff Code of Conduct, all relevant legislation and statutory guidance and continue to have particular regard to Keeping Children Safe in Education (2019);
- will continue to promote a culture of vigilance and refer all safeguarding concerns to the appropriate person immediately;
- adhere to all government, local and school advice relating to hygiene, response to COVID-19 symptoms and self-isolation;
- seek advice from the Designated Safeguarding Lead if they are unsure; and
- All teachers should safeguard children's wellbeing and maintain public trust in the teaching profession as part of their professional duties (Teaching Standards, 2012).

5 Responding to signs of abuse

5.1 Information relating to types of abuse and signs and symptoms of abuse can be found in **Finham Park School's** main safeguarding and child protection policy and Working Together to Safeguard Children (2018).

5.2 All staff and volunteers will continue to be alert to indicators of abuse and will report any concerns to the appropriate member of staff immediately.

5.3 If a member of staff, parent/carer or member of the public is concerned about a child's welfare (whether they are attending school or not), they should report it to the designated safeguarding lead as soon as possible. If the designated safeguarding lead is not available, it should be reported to the deputy safeguarding lead without delay. Although any member of staff can make a referral to Children's Social Care, **where possible there should be a conversation with the Designated Safeguarding Lead via telephone or online video call, if they are working from home. If there is no DSL available, concerns should be reported to the Headteacher.**

5.4 Most children are not currently attending school. The school recognise that children who are not attending school may need to make a disclosure or want to seek help from a trusted member of staff. **Finham Park School will communicate with students that if they need to make a disclosure they should email a trusted member of staff.**

5.5 If anyone other than the Designated Safeguarding Lead makes a referral to children's social care or to the police, they should inform the DSL as soon as possible.

5.6 If Finham Park School is concerned that a child is at risk of significant harm, we will seek advice from Coventry's Multi-Agency Safeguarding Hub (MASH) and make a

referral to this service if necessary. Coventry's MASH continues to be fully functional in terms of its safeguarding responsibilities.

5.7 Referrals to the Multi-Agency Safeguarding Hub can and should still be made for children at risk of harm using the online Multi-Agency Referral Form (MARF).

MASH Telephone number: 02476 788 555

MASH online referral form: <http://www.coventry.gov.uk/safeguardingchildren>

Out of hours Emergency Duty Team: 02476 832 222

Prevent/Channel Referrals: Refer to MASH (mash@coventry.gov.uk) and to CTU_GATEWAY@west-midlands.pnn.police.uk

5.8 Finham Park School will continue to receive Operation Encompass reports as long as the police have capacity to offer this service. The school will risk assess each report on a case-by-case basis and continue to operate as usual in response to reports, unless instructed otherwise by the police or Local Authority. This information will be recorded on the child's safeguarding and child protection record as usual. If a child is attending a partner school or hub, this information will be passed to the DSL at the host school. This is constantly under review and Finham Park School is being regularly updated on any changes by the local Operation Encompass Co-ordinator.

5.9 All services are under increased pressure during this period of emergency. However, Finham Park School recognises that safeguarding continues to be of paramount importance and will work with other agencies in order to ensure children are safe. If a child's situation does not appear to be improving following a referral, the school may re-refer the child. We will also consider using the [Coventry Safeguarding Children Partnership's Escalation and Resolution of Professional Disagreements policy](#) to ensure that our concerns have been addressed and that the situation improves for the child.

6 Peer on Peer Abuse

6.1 **Finham Park School** understands that both adults and other children can perpetrate abuse, and peer on peer abuse is taken very seriously. Peer on peer abuse can include bullying, cyber-bullying, physical abuse, sexting, sexual violence and/or harassment, upskirting, and initiation/hazing ceremonies. Finham Park School recognise that safeguarding issues can manifest as peer on peer abuse.

6.2 During this time, staff will continue to be vigilant in reporting any concerns relating to peer on peer abuse to the DSL.

6.3 There are children of different ages working in a room at the same time however they are social distancing, have a maximum number of 15 per room and have a member of staff with them at all times. Staff have been reminded about peer on peer abuse and are being vigilant.

6.4 Finham Park School's revised approach to peer on peer abuse is informed by the principles set out in Part 5 of Keeping Children Safe in Education (2019).

7 Online Safety

7.1 Finham Park School recognises that children both on-site and off-site are vulnerable to abuse and radicalisation online. Children who are at home may be spending more time online and this increases their vulnerability.

7.2 Finham Park School recognises that additional safeguarding arrangements are required to ensure that children are safe online at this time.

7.3 Governors will review arrangements to ensure that they continue to be appropriate.

7.4 Online activity in school will continued to be monitored through our usual IT monitoring systems. **Currently the technicians' department currently gets the alerts. If they are unwell the alerts will be redirected to the operations manager.**

7.5 As many children are not attending school, Finham Park School has shared an information newsletter for parents, carers and students to ensure they are fully aware of the dangers, settings that can be used and some websites that are helpful and safe. This is also on the school website.

7.6 Finham Park School is using technology to deliver learning to pupils who are at home. In order to ensure that children are safe when learning online, Finham Park School have;

- **Newsletter sent out to parents & on the school website regarding good websites, helplines, mental health and wellbeing and online dangers.**
- **Staff supported through teaching and learning bulletin and staff code of conduct.**
- **Staff and students have acceptable use agreements.**

7.7 We have reviewed the staff Code of Conduct and information sharing policy to reflect the current change in circumstances and increased use of technology.

7.8 Staff have received training on the new and updated Code of Conduct, either on-site or remotely.

7.9 A list of useful sources of information relating to online safety is including in Appendix B of this policy.

8 Record-keeping

8.1 A written record of all safeguarding and/or child protection concerns, discussions and decisions made will continue to be kept in individual children's files. This will be separate from the main school file and will only be accessed by the relevant safeguarding staff.

8.2 Finham Park School keeps all safeguarding files electronically, **using a system called CPOMS. Where the safeguarding leads are unwell and unable to continue full CPOMS access will be given to the Headteacher.**

9 Attendance

9.1 Finham Park School adheres to government guidance, which states that parents should keep their children at home, wherever possible, and that schools, colleges and early years settings should remain open only for children of critical workers, those deemed to be vulnerable (including those who are disadvantaged or who have been identified by the SENCO) and those in years 10 and 12, as outlined in Section 2 of this policy.

9.2 As such, **Finham Park School** will not be following our usual attendance procedures and non-attendance will not be managed in the way that it normally would and children should not attend unless **there is an agreement with Finham Park School**.

9.3 Finham Park School will work with families and social workers to agree whether children should attend school or not. If it is agreed that a child should attend and they do not, the school will follow this up with parents/carers.

9.4 Finham Park School will follow up with any parent or carer who has arranged care for their children and the children subsequently do not attend.

9.5 If children who should be attending school develop symptoms, they will be asked to remain at home. In the event that this happens, we will **contact parents on a weekly basis to get updates**.

9.6 Finham Park School will take the opportunity when communicating with parents and carers to confirm emergency contact numbers are correct and ask for any additional emergency contact numbers where they are available.

9.7 In all circumstances where a vulnerable child does not take up their place at the school, or discontinues, we will notify their social worker.

9.8 Some children may have existing vulnerabilities but will not attend school (those with underlying health conditions, for example). In this case, the school will **contact the parents & carers on a weekly basis to monitor their care and welfare**.

9.9 Finham Park School will record pupil daily attendance using the attendance tracker provided by the government, rather than our usual attendance tracking systems.

10 Children attending Alternative Provision

10.1 Due to the very small numbers of students accessing provision in this way, students & their families will be contacted on an individual basis.

- *All provision will take place as normal unless WRL have been advised differently.*
- *WRL will Advise all schools of any changes that have been made to delivery at any providers.*
- *All students that attend WRL are considered vulnerable and will therefore be able to access WRL as normal.*
- *Where it is not possible for delivery to continue as normal, if agreed by providers, online learning will be made available via BKSB, Google Classroom or Moodle.*
- *If online learning is being used the provider is responsible for checking in with the learners at the beginning and regularly throughout sessions to ensure that their attendance is recorded accurately.*
- *Attendance on CLM will be recorded as normal during both am and pm session.*

- *The school has provided a contact to WRL. This contact will then need to be made aware via email that the student is no longer engaging which will support the CLM inputs.*
- *All providers that are practicing must have a DSL or Deputy available. Where this is not possible all staff must be made aware of J Angie Bishop's details as she will stand in as DSL for any WRL students.*
- *If there are any significant issues with any learners where by the head needs to be informed Angie will get these details as they have been recorded within the council.*
- *Where any online learning resources are used settings are selected for students to not comment on things that are on shared platforms unless these are monitored at all times.*
- *No video calls will be completed with young people as it could open staff up to allegations.*
- *Where any video calls have been placed there is a risk assessment in place for this and WRL will be informed.*
- *Learner contact records are kept daily for each student and can be provided to the school at any time to give an overview of the work set/completed and the engagement/contact with providers.*
- *Any concerns around welfare or safeguarding, providers will follow normal procedures by making referrals to DSL with all relevant paperwork.*
- *All Providers have been completing reset and recovery risk assessments and sending them to WRL for approval.*

11 Children from other schools

11.1 If children move to **Finham Park School** from another setting, we will request SEND and safeguarding and child protection information for that child, the risk assessment determining if the child should be in attendance or not and details of support in place. This includes, but is not limited to, Education and Health Care Plans (EHCPs), Child in Need plans, Child Protection plans, Personal Education Plans and details of professionals involved with the child.

11.2 For looked-after children, the change in school will be led and managed by the Virtual School Head with responsibility for the child (see front of policy for details).

11.3 This information will be requested and should be sent to the school prior to the child's arrival by the Designated Safeguarding Lead, the SENCO or an appropriate senior manager in their absence.

11.4 We will liaise closely with the Local Authority, the Virtual School and social workers in the event that a child moving to Finham Park School has either an Education Health Care Plan and/or is a Looked After Child.

11.5 Where students from other institutions are in our care during this period we will log them as a guest pupil and access the data through CPOMS. Once this period of time is complete we will transfer the info back to the original institution and removed from our system.

11.6 We continue to operate under the Data Protection Act (2018) and the General Data Protection Regulation (GDPR). However, this is not a barrier to sharing information for the purposes of keeping children safe.

12 Safer Recruitment

12.1 **Finham Park School** is committed to providing children with a safe environment. We take safer recruitment very seriously and all staff and volunteers are subject to the necessary checks.

12.2 There are no circumstances in which a child or children will be unsupervised with an adult who has not been subject to all necessary safer recruitment checks. Any new members of staff, new volunteers or existing volunteers taking on new roles will be subject to all necessary safer recruitment check and this will be recorded on the Single Central Record.

12.3 Our safer recruitment practices strictly adhere to Keeping Children Safe in Education (2019).

12.4 If a member of staff or volunteer with a DBS check from a childcare setting, another school or another college temporarily moves to **Finham Park School**, a risk assessment will be completed to ascertain if a new DBS check is required before they work in regulated activity. The school will follow guidance set out in Coronavirus (COVID-19): safeguarding in schools, colleges and other providers (27th March 2020).

12.5 Any members of staff or volunteers transferring from another childcare or education setting will undergo induction training and we will seek evidence from their main setting that the member of staff has completed relevant safeguarding training in line with other similar staff or volunteers and they have read Part I and Annex A of Keeping Children Safe in Education.

13 Allegations of abuse against staff

13.1 **Finham Park School** takes all allegations against staff seriously and will manage them in line with this policy, Part Four of Keeping Children Safe in Education (**September 2019**) and the **CSCP Guidance, 'Allegations against Staff and Persons in a Position of Trust'**.

13.2 If a concern or allegation of abuse arises against the Headteacher, it must be reported to the **Chair of Governors or Executive Headteacher** without delay.

13.3 If a concern or allegation of abuse arises against any member of staff other than the Headteacher, it must be reported to the Headteacher without delay. **In the event that the headteacher is unavailable due to illness or other circumstance, concern must be reported to the Executive Headteacher.**

13.4 Allegations of abuse against staff should be not discussed directly with the person involved.

13.5 The Headteacher or Chair of Governors should consider if the allegation meets the threshold for Local Designated Officer (LADO) intervention. The LADO is operating as usual and referrals must be made through the online referral form here: https://www.coventry.gov.uk/info/206/coventry_safeguarding_children_partnership/2628/local_authority_designated_officer_lado

13.6 Concerns relating to a position of trust issue will be referred to the Local Authority designated officer within 24 hours.

13.7 If a child has suffered, or it is suspected that they have suffered, abuse or harm, a MASH referral will also be made.

13.8 In the instances where an allegation is dealt with internally, the Local Authority designated officer will provide information and support to **Finham Park School** in managing the allegation. This service is will still be provided throughout this period of emergency.

13.9 The procedure for whistleblowing is outlined in Finham Park School's main Safeguarding and Child Protection Policy.

14 Policy Review

14.1 This policy is a dynamic document and will be updated regularly as further government and local guidance is published.

Appendix A – Process for reporting safeguarding and child protection concerns



• At the start of every school day the lead member of staff will be informed of which member of the safeguarding team is on duty and be given their contact number.



• If there are concerns that need to be reported please contact the senior person in charge of the school that day.



• Briefly outline concerns.



• Senior member of staff to call the identified DSL or safeguarding team member if a child has made a disclosure, the member of staff is concerned about the safety of a child or they have concerns that should be reported immediately to the police or other agencies.



• Senior member of staff to call the identified DSL or safeguarding team member if a child has made a disclosure, the member of staff is concerned about the safety of a child or they have concerns that should be reported immediately to the police or other agencies.



• All safeguarding concerns to be recorded on CPOMS and Carole Linstead, Johanna Kovacs, Sarah Megeney & Chloe Buckenham must be alerted on the system.



• Where the concerns about a child **not attending school** the safeguarding team should be contacted using the contact details on the front of this policy. Where the team members are ill and staff, students or parents receive no response they should contact Mr Bishop in the first instance and if he is ill / no response is received then contact the Coventry MASH team.



• **MASH Telephone number:** 02476 788 555
• **MASH online referral form:** <http://www.coventry.gov.uk/safeguardingchildren>
• **Out of hours Emergency Duty Team:** 02476 832 222
• **Prevent/Channel Referrals:** Refer to MASH (mash@coventry.gov.uk) and to CTU_GATEWAY@west-midlands.pnn.police.uk

Appendix B – Online Safety Resources

Support for schools implementing remote learning

- <https://swgfl.org.uk/resources/safe-remote-learning/>

Support for professionals when using videos and/or live streaming

- <https://static.lgfl.net/LgflNet/downloads/digisafe/Safe-Lessons-by-Video-and-Livestream.pdf>

Support for children and parents

- Childline – www.childline.org.uk
- UK Safer Internet Centre to report and remove harmful online content – www.reportharmfulcontent.com
- CEOP (to make a report about online abuse) – www.ceop.police.uk/safety-centre
- Internet Matters (for support for parents and carers to keep their children safe online – www.internetmatters.org
- London Grid for Learning (for support for parents and carers to keep their children safe online) – www.lgfl.net/online-safety/
- Net-aware (support for parents and carers from the NSPCC) – www.net-aware.org.uk
- Parent info (for support for parents and carers to keep their children safe online) – www.parentinfo.org
- Thinkuknow (advice from the National Crime Agency to stay safe online) – www.thinkyouknow.co.uk
- UK Safer Internet Centre (advice for parents and carers) - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- If a young person needs help or wants to speak to someone regarding something that has happened online or offline use the following helplines on this webpage: <https://www.childnet.com/youngpeople/secondary/need-help>
- If a young person wants to report abuse on a specific site, or in more serious cases, report to the police or other bodies that regulate bodies on the internet, they can use the following site: <https://www.childnet.com/resources/how-to-make-a-report>
- This online reputation checklist is a simple way for young people to learn what a digital footprint is and how this can be either negative or positive and can even influence their future: <https://www.childnet.com/ufiles/Online-Reputation-Checklist.pdf>
- The Safer Internet Centre Site provides information and advice if students are unsure how to stay safe online (the site caters for ages 3-11 and 11-19): <https://www.saferinternet.org.uk/advicecentre/young-people>

Privacy settings on some apps:

- Snapchat <https://swgfl.org.uk/assets/documents/snapchat-checklist.pdf>
- Facebook <https://swgfl.org.uk/assets/documents/facebook-checklist.pdf>
- Instagram <https://swgfl.org.uk/assets/documents/instagram-checklist.pdf>
- Twitter <https://swgfl.org.uk/assets/documents/twitter-checklist-2020.pdf>
- TikTok <https://swgfl.org.uk/assets/documents/tiktok-checklist.pdf>
- Roblox <https://swgfl.org.uk/assets/documents/roblox-checklist-new.pdf>

Appendix C – Mental Health Support for Children and Families

The Government has produced a guidance document with suggestions for managing mental health and wellbeing during this time. Information can be found here:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#where-to-get-further-support>

Managing Physical Symptoms of Stress & Anxiety See advice from the NHS on [managing the physical symptoms](#).

If you are concerned about your physical symptoms, then do contact [NHS 111 online](#).

If you are experiencing stress, feelings of anxiety or low mood, you can use the [NHS mental health and wellbeing advice website](#) for self-assessment, audio guides and practical tools [Every Mind Matters](#) also provides simple tips and advice to start taking better care of your mental health.

You can find a [simple breathing exercise on the NHS website](#) and Mind's pages on [relaxation](#) have some relaxation tips and exercises you can try.

Mind's tips in their information on [obsessive compulsive disorder \(OCD\)](#).

[Autism Helpline](#) 0808 800 4104.

The [National Autistic Society guidance on managing anxiety](#).

Mind has [games and puzzles](#) you can use to distract yourself, and [breathing exercises](#)

Cosmic Kids Yoga (YouTube channel) and Zen Den Mindfulness:

<http://bit.ly/1oGCLEa!>

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Live mindfulness sessions to log into, but think it's American, so timings may be strange!

Relax Kids

<https://www.relaxkids.com/calm-pack>

FREE Calm Pack to download with helpful tips and activities - just sign-in for access.

Coping Skills for Kids

<https://copingskillsforkids.com/coping-with-coronavirus>

FREE Family Activity E-Book to support talking about emotions.

Young Minds for mental health and wellbeing:

<https://youngminds.org.uk/find-help/for-parents/>

Appendix D – Safeguarding helplines & websites

Childline Tel: 0800 1111

www.childline.org.uk (App Available)

Advice and support for young people around topics including bullying, abuse, safety, feelings, relationships & sex, puberty, you & your body, home & family, school, alcohol, drugs, smoking

Health for teens - www.healthforteens.co.uk – information for young people on topics including feelings, growing up, health, lifestyle, relationships, sexual health

The Mix – www.themix.org.uk (apps available) Advice & support for young people including, sex & relationships, your body, mental health, drugs/alcohol/smoking, housing/money/work & study, crime & safety, travel & lifestyle

Warwickshire Family Information Service - www.warwickshire.gov.uk/fis

Bullying

www.kidscape.org.uk/advice/advice-for-young-people

- bullying, cyber bullying, friendships

www.bullying.co.uk

Bereavement

www.childbereavement.org.uk

www.help2makesense.org

www.guysgift.co.uk

Peer Support

www.behealthy-peersupport.org.uk

Emotional Health

www.youngminds.org.uk - bullying, anger, death & loss, abuse, eating problems, self harm, problems at school, sleep problems

www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx – drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

www.warwickshire.gov.uk/sorted Self-help books on lots of topics available from libraries

www.nshn.co.uk/whatis.html - self harm

www.stem4.org.uk (app available) – teenage mental health - depression & anxiety, self harm, eating disorders, addiction

www.b-eat.co.uk - Eating disorders

<https://rosasupport.org> - rape, sexual abuse, sexual violence

Staying safe online

www.thinkuknow.co.uk

Young Carers

www.warwickshireyoungcarers.org.uk

Lifestyle Behaviours

Drugs www.talktofrank.com

Solvents www.re-solv.org

www.solveitonline.co.uk

Alcohol www.drinkaware.co.uk

www.alcoholconcern.org.uk *

* This website is currently being merged & updated

Smoking www.ash.org.uk/home

www.nhs.uk/livewell/smoking

Diet, healthy eating, physical activity and exercise

www.nhs.uk/change4life

www.fitterfutureswarwickshire.co.uk

Sexual Health & Relationships

www.respectyourself.info

www.sexualhealthwarwickshire.nhs.uk

www.brook.org.uk

NHS Choices www.nhs.uk

Severe Allergies/Anaphylaxis

<https://acyouthambassadors.wordpress.com>

www.anaphylaxis.org.uk/young-people

Asthma

www.asthma.org.uk

Children's Arthritis

www.childrensarthritis-trust.org.uk

Diabetes

www.diabetes.org.uk/guide-to-diabetes/teens

Epilepsy

www.thetea-room.com

Eczema

www.eczema.org

Cancer

www.macmillan.org.uk

www.teenagecancertrust.org

www.rlaprap.org.uk