



## Parent and Student Wellbeing

- It is our strong belief that as educators we can and must make a difference to the lives of the young people in our care. We work to ensure that the school enables its students to maximise their potential whatever their ability, background, culture, belief or disability.
- We have high expectations and aspirations for all our students and we work to prepare them fully for the future beyond school, recognising, nurturing and celebrating individual skills and talents. We provide a happy, caring, stable and orderly environment in which the highest quality of teaching, learning and development can take place.
- We have a responsibility to develop confident, competent citizens of the 21st century in a totally inclusive environment. We develop skills to enable young people to make choices about their future.
- We maintain a working partnership of co-operation between students, parents, staff, Governors and the wider community. At Watling Academy both teaching and non-teaching staff work as a team to ensure that students are the priority and we aim to make every experience one of quality and wherever possible exciting and challenging.

Please visit the following links within this document for help and support for free information on helping teenagers with stress, mental health and anxiety.

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## Help and Advice:

### **NSPCC**

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Adult helpline: 0808 800 5000

Young person's helpline (Childline): 0800 1111

### **Childline**

Website: [www.childline.org.uk](http://www.childline.org.uk)

### **Family Lives**

Online advice and information on all aspects of family life with support groups/workshops.

Free 24-hour confidential helpline: (08088) 002222

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

### **Relate for parents and families**

Useful information and advice for parents, or anyone in a family to help with the most important relationships – the ones you have with your family.

Website: [www.relateforparents.org.uk](http://www.relateforparents.org.uk)

### **Dad talk**

An online community where you can share ideas, find out information and talk about the issues of being a dad.

Website: [www.dadtalk.co.uk](http://www.dadtalk.co.uk)

### **Marie Collins**

The Marie Collins Foundation is the UK charity enabling children who suffer sexual abuse and exploitation via internet and mobile technologies to recover and live safe, fulfilling lives.

Website: [www.mariecollinsfoundation.org.uk](http://www.mariecollinsfoundation.org.uk)

### **Netmums**

A social networking site connecting parents with each other with help from experts on specific issues through private on-line messages or conversations.

Website: [www.netmums.com](http://www.netmums.com)

### **Families United Network/Family Voice**

Offers support to Bedfordshire families who have a child with a disability, special need or additional needs.

Website: [www.familiesunitednetwork.co.uk](http://www.familiesunitednetwork.co.uk)

### **School Nursing Service**

They are a service that is available for all pregnant women, children, families and young people in Milton Keynes. All their services are provided within the integrated 0-19 team and include Health Visiting and School Nursing. They aim to help to empower parents, children and young people to make decisions that affect their and their family's health, development and wellbeing.

Website: <https://www.cnwl.nhs.uk/services/community-services/milton-keynes-0-19>

### **TeenIssues**

It's hard to be a teen. We knew this when we established TeenIssues and recruited experts on all matters teen-related to contribute to the site. It is our hope that TeenIssues can address all of the perils and pitfalls that come with being a teen, and become the premier resource offering teens interesting features, practical advice, and basic answers to all of their own questions.

Website: [www.teenissues.co.uk](http://www.teenissues.co.uk)

### **National self harm network**

Website: [www.nshn.co.uk](http://www.nshn.co.uk)

### **Alumina - self harm network**

Website: [www.selfharm.co.uk](http://www.selfharm.co.uk)

## Bullying:

### **National Bullying helpline**

Website: <https://www.nationalbullyinghelpline.co.uk/>

### **Anti-Bullying Alliance**

Website: <https://anti-bullyingalliance.org.uk/>

### **NSPCC**

Website: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

### **Stop Bullying**

Website: <https://www.stopbullying.gov/>

### **Young Minds**

Website: <https://www.youngminds.org.uk/young-person/coping-with-life/bullying/>

## Online safety:

### **Childnet International**

The UK's safer internet centre

Website: [www.childnet-int.org](http://www.childnet-int.org)

### **Child Exploitation and Online Protection Centre (CEOP)**

Website: <https://www.ceop.police.uk/Safety-Centre/>

### **Internet Watch Foundation**

Website: [www.iwf.org.uk](http://www.iwf.org.uk)

### **National Online Safety**

#WakeUpWednesday Children are using smart devices from a much younger age than ever before. Therefore it's essential we talk to our children about how to use them safely. There are many positive benefits to the new technology at our disposal these days - but there are plenty of downsides too. As a parent or carer, it's important you understand these risks and how you can take steps to protect your family against them.

Website: [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

### **Safe4Me**

Child Centred Policy. An initiative from colleagues in West Mercia who have produced a range of materials aimed to promote self-help and signpost support for families and young people around cyberbullying.

[Child centered Policy](#)

### **Thinkuknow**

Website: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### **NSPCC**

#### **Childline's new tool helps young people remove nude images shared online.**

The NSPCC's service for children and young people, Childline, has launched the Report Remove tool with the Internet Watch Foundation (IWF) to help young people remove nude images of themselves from the internet.

Website: <https://www.nspcc.org.uk/about-us/news-opinion/2021/childline-tool-remove-nude-images-online/>

### **Drugs and alcohol:**

#### **ADFAM**

Website: [www.adfam.org.uk](http://www.adfam.org.uk)

#### **Milton Keynes Council**

**Website:** <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/support-for-drugs-alcohol-and-gambling/drug-and-alcohol-support-services>

#### **ARC Milton Keynes**

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>

#### **Cassiobury Court**

Website: <https://cassioburycourt.com/locations/alcohol-rehab-milton-keynes/>

#### **Asana Lodge**

Website: <https://asanalodge.com/locations/drug-and-alcohol-rehab-milton-keynes/>

**National Drugs Helpline (FRANK)**  
Tel: 0800 776 600 (24 hrs free advice)  
Website: [www.talktofrank.com](http://www.talktofrank.com)

**NHS choices**  
Website: [www.nhs.uk](http://www.nhs.uk)

LGBT:

**Family Friends of Lesbian and Gays (FFLAG)**  
Website: [www.fflag.org.uk](http://www.fflag.org.uk)

**Stonewall**  
The lesbian, gay and bisexual charity.  
Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

**Educational Action Challenging Homophobia (EACH)**  
Educational Action Challenging Homophobia (EACH) is a charity and training agency helping people and organisations affected by homophobia. The website gives guidance, contact details and a freephone helpline.  
Website: [www.eachaction.org.uk](http://www.eachaction.org.uk)

**Q Alliance**  
Website: <https://qalliance.org.uk/>

**Milton Keynes NHS**  
Website: <https://www.mkuh.nhs.uk/lgbtqsupport>

**Switchboard LGBT**  
Website: <https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer/localoffer-search/service/102>

**Buckinghamshire Mind Guide**  
Website: <https://www.bucksmind.org.uk/category/guide/support-services/lgbt/>

Mental Health & Mental Health Apps:

**CHUMS**  
Website: [www.chums.uk.com](http://www.chums.uk.com)

**Mencap**  
Mencap is a learning disability charity that provides information and support to children and adults with a learning disability, and to their families and carers.  
Website: [www.mencap.org.uk](http://www.mencap.org.uk)

## **Mental Health**

Dedicated to finding and addressing the sources of mental health problems.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## **Papyrus**

Prevention of Young Suicide

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

## **Rethink**

Rethink Mental Illness helps millions of people affected by mental illness by challenging attitudes and changing lives.

Tel: 0845 456 0455

Website: [www.rethink.org](http://www.rethink.org)

## **Young Minds**

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

Young person's helpline: 020 7336 8445

Parent helpline: 0808 8025 544

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

These free apps mean you can access support wherever you are

**Stressheads:** Support to lower our stress levels.

**Stay Alive:** Support to those who may experience suicidal thoughts/feelings.

**Self Help Anxiety Management (Samapp):** Support and techniques to help manage anxiety and panic.

**Moodometer:** Created by the NHS. Allows you to track your moods and what has influenced it. Also provides ways to lift your mood.

**Calm Harm:** Activities to assist in the management of self-harm.

**Grief support for young people:** Information about grief, bereavement and the feelings we may experience when we lose a loved one.

**Insight Timer:** A large collection of free guided exercises to help relieve stress, improve relaxation and wellbeing.

**Calm:** A large collection of exercises designed to calm us down.

## **CAMHS Helpful Apps:**

Website: [www.blackcountryminds.com/help-advice/helpful-apps/](http://www.blackcountryminds.com/help-advice/helpful-apps/)

## **Liverpool CAMHS Helpful Apps:**

Website: [www.liverpoolcamhs.com/websites-apps/](http://www.liverpoolcamhs.com/websites-apps/)

## Sexual Health:

### **Brook Advisory Centres**

Website: [www.brook.org.uk](http://www.brook.org.uk)

### **Family Planning Association (FPA)**

Website: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Sexual Health Helpline**

The National Sexual Health Helpline provided by Public Health England is open Monday to Friday, 09:00-20:00. Telephone: 0300 123 7123

## Single Parents:

### **Gingerbread**

Website: [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## SEND & Autism:

### **British Institute of Learning Disabilities**

Website: [www.bild.org.uk](http://www.bild.org.uk)

### **CEREBRA**

Website: [www.cerebra.org.uk](http://www.cerebra.org.uk)

### **Change**

Website: [www.changepeople.co.uk](http://www.changepeople.co.uk)

### **Disabled Living Foundation**

Website: [www.dlf.org.uk](http://www.dlf.org.uk)

### **Foundation for People with Learning Disabilities**

Website: [www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

### **Learning Disability**

Website: [www.learningdisability.co.uk](http://www.learningdisability.co.uk)

### **Mencap**

Mencap is a learning disability charity that provides information and support to children and adults with a learning disability, and to their families and carers.

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### **National People First**

Website: [www.peoplefirstltd.com](http://www.peoplefirstltd.com)



**On Track Education Services Ltd**

Website: [www.ontrackededucationservices.co.uk](http://www.ontrackededucationservices.co.uk)

**Really Flexible Care**

Website: [www.reallyflexiblecare.co.uk](http://www.reallyflexiblecare.co.uk)

**Remploy** (employment opportunities)

Website: [www.remploy.co.uk](http://www.remploy.co.uk)

**The National Autistic Society**

Website: <https://www.autism.org.uk/>

**Youth Inspired**

Website: [www.youthinspired.org.uk](http://www.youthinspired.org.uk)

## Important information:

**Child Sexual Exploitation:**

Sexual exploitation is a form of sexual abuse, in which a young person is manipulated or forced into taking part in a sexual act. This could be as part of what seems to be a consensual relationship, or it could be in return for attention, affection, money, drugs, alcohol or somewhere to stay.

The young person may think that their abuser is their friend, boyfriend or girlfriend, but the abuser will put them into dangerous situations, forcing the child or young person to do things that they don't want to do. The abuser could threaten them or be violent towards them.

**Spotting the signs**

The signs can be very difficult to identify. Young people who are being sexually exploited may:

- Be involved in abusive relationships, intimidated and fearful of certain people or situations
- Hang out with groups of older people, or anti-social groups, or with other vulnerable peers
- Associate with other young people involved in sexual exploitation
- Get involved in gangs, gang fights, gang membership
- Have older boyfriends or girlfriends
- Spend time at places of concern, such as hotels or known brothels
- Not know where they are, because they have been moved around the country
- Go missing from home, care or education.

**What is 'grooming'?**

The process known as 'grooming' is designed to isolate the child, break down the relationship with parents, carers and friends and so make the child easier to manipulate.

Signs of 'grooming' can be hard to spot. Children may:

- Be very secretive, including about what they are doing online
- Have money, cigarettes and new things such as clothes or mobile phones that they can't or won't explain
- Go to unusual places to meet friends
- Have access to drugs and alcohol.

In older children, signs of grooming can easily be mistaken for 'normal' teenage behaviour, but you may notice unexplained changes in behaviour or personality, or inappropriate sexual behaviour for their age.

### **Knife crime:**

Parents/Carers can play an important role in stopping knife crime becoming a part of your child's life. Knowing the law, talking to your child about the dangers and looking out for changes in their behaviour can help keep them safe.

### **Know the law**

Before talking to your child about knives, you need to know the facts:

- It is illegal for anyone to carry a knife if they plan to use it as a weapon – even in self defence
- Police can search anyone they suspect of carrying a knife
- Carrying a knife could mean being arrested, going to court and getting a criminal record, or even a prison sentence

### **Knives in school**

It is a criminal offence to have a knife or other weapon on school premises. If a knife or other weapon is found on a pupil, the police will be informed, and a pupil may be excluded.

### **Talking to your child about knives**

The best way to stop your child getting involved with knives is to talk to them about the dangers. This may not be easy as they may not want to talk about it, but keep trying as this is the first step to keeping your child safe.

You should remind them that by carrying a knife they are:

- Giving themselves a false sense of security
- Potentially arming an attacker, increasing the risk of getting stabbed or injured
- Breaking the law

### **Keep a look out**

Sometimes there might be obvious reasons for you to think your child is carrying a knife – such as a knife going missing from the kitchen.

However, there are other more subtle signs that you and the parents/carers of your child's friends can look out for such as:

- School is not going well or they do not want to go in to school at all
- They've been a recent victim of theft/bullying/mugging
- A different network of friends who may be older than your child

For further information in how to support your child please look at the following website [www.knifefree.co.uk](http://www.knifefree.co.uk)

### **Online Safety:**

Online safety is about the safety and protection of adolescents whilst they are using the internet and digital technology. Students are taught about internet safety throughout their time at the academy but we also think it is important for parents to support their child to be safe on the internet.

Parents are advised to follow these useful tips for supporting your child to be safe whilst on the internet:

- Be involved in your child's online life – talk to them about what they are doing. If they know that you are interested and understand, they are more likely to approach you if they need in support.
- Keep up-to-date with your child's development online – it is important that as your child learns more, that you do too.
- Set clear boundaries in the online world just as you would in the real world, regarding what they might see, what they share, who they talk to and how long they spend online.
- Be aware of what connects to the internet and how – many devices, such as the TV, mobile phone or games console connects to the internet. Also, find out how they are accessing the internet, is it your connection or someone else's Wifi?
- Consider the use of parental controls on devices that connect to the internet, such as the TV, laptops, games consoles and mobile phones.

Please find links to our online safety update, safeguarding policies and other helpful links for keeping safe online below:

[Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)

[Internet matters](#) (support for parents and carers to keep their children safe online)

[Parent info](#) (support for parents and carers to keep their children safe online)

[LGfL](#) (support for parents and carers to keep their children safe online)

[Net-aware](#) (support for parents and careers from the NSPCC)

### **About Safer Internet Day**

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2022 is on 8th February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'. Coordinated in the UK by the UK Safer Internet Centre, Safer Internet Day is celebrated in over a hundred countries coordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres across Europe

1) [Learn more and get involved Safer Internet Day 2022](#)

- 2) [Conversation starters](#)
- 3) [Family Activities](#)
- 4) [Family online safety plan](#)
- 5) [Organisations and resources for parents and carers](#)

## **Multiplayer Online Gaming - YMCA WiSE: Fortnite**

Please see the letter and flyer given to us via *YMCA WiSE*, a group supporting young people up to the age of 25 to stay safe. The letter and flyer relates to the multiplayer online game *Fortnite*, that many children are playing internationally. Please could we ask that you take a few moments to read this.

[YMCA WiSE Letter to Parents](#)

[YMCA WiSE Fortnite Flyer](#)

## **Guidance for parents and carers on online sexual harassment and keeping children safe online**

The Children's Commissioner is today launching [a guide for parents and carers on online sexual harassment and how they can support children to stay safe online](#).

“The things I wish my parents had known” draws together advice from 16 to 21 year olds on how parents should manage tricky conversations around sexual harassment and access to inappropriate content, including pornography.

The Commissioner's office began a programme of work focussing on peer-on-peer abuse following the avalanche of testimonies on the [Everyone's Invited](#) website, which laid bare an epidemic of sexual violence among teens. This was picked up in [Ofsted's June 2021 review of sexual harassment in schools and colleges](#).

A surprising but overriding message from young people is that parents should start these challenging conversations early. They suggest broaching topics before a child is given a phone or a social media account, which is often around the age of 9 or 10.

The Children's Commissioner would be grateful for the support of schools and colleges in disseminating this guide to as many parents and carers as possible. She hopes that her guide will serve as a useful starting point to raise awareness and understanding of online harassment, and to complement key messages on the new relationships and sex education curriculum.