



Safeguarding News



Mental Health Offer

As part of our mental health and wellbeing offer this term, our Parent sessions will focus on:

1. **Mental Health**
2. **Diet**
3. **Sleep**
4. **Exercise & human connection**

Parents can access support videos at their own convenience with a follow up session taking place on 14th December 2022 1.15pm - 2pm online, hosted by Dr Eloquin (educational Psychologist).

We also have a face-to-face session on Friday 25th November @ 12:30pm. This session will focus on **Exam stress**.

Should you wish to book onto any of the bespoke sessions please click on the link below;
<https://www.surveymonkey.co.uk/r/NFM97K3>

Online Gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play. For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video: [In - game chat: A guide for parents and carers - YouTube](#)



Worrying rise in Teenage vaping

Vaping among secondary-school children has seen a sharp increase with nearly one in five 15-year-olds using e-cigarettes in 2021, a survey by NHS Digital suggests. Among 11–15-year-olds, 9% say they are vapers – up from 6% in 2018. Children are being targeted by e-cigarette companies with bright packaging, exotic flavours, and attractive sounding names. We strongly urge you to read the article, to have conversations with your children, be vigilant to the signs and remember there is help out there!

To find out more about the dangers and risks of vaping, please see full article here –

[Rise in teenage vaping - BBC News](#)



Sharing Images and Videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for several different reasons, and some situations are riskier than others. For information about the contexts in which images are shared and how best to respond, take a look at [Nude selfies: a parents' guide](#)



Report any concerns if you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead, or another member of the Safeguarding Team.

You can also contact the Integrated Front Door on 01403 229900. If a child is in immediate danger, call the Police immediately on 999.

Support for Students

YES

Youth Emotional Support

Self-harm, low mood, difficult relationships, anger issues, anxiety, sleeplessness, difficulty with eating and weight.

SCAN ME



FIND IT OUT

Mon- Fri

9am-5pm

01403 229900

Centenary House, RH10 8GP

See FIO poster for more info

Visit your GP

NHS

Chat Health

TEXT your School Nurse
07480 635424

Mon - Fri
9am-4:30pm

THE SHARP SYSTEM

Need someone to talk to?
Worried about yourself or a friend?

Make a REPORT



Zumos

SCAN ME



Crawley LGBTQU+



CEOP

Are you worried about online sexual abuse?
Let us know safely and securely



Childline

0800
111



TEXT SHOUT 85258

Anxious?
Worried?
Feeling Isolated?
Lonely?
Depressed?

allsorts

Are you lesbian, gay, bisexual or trans?
Are you unsure?
Are you under 26?
Would you like to meet other LGBT+ young people or get support?

01273 721211



Young Carers

01903 270300



Jigsaw

Child Bereavement
01342 313895



9:30am-
12:30pm
Mon - Fri

For any other advice or support you can see your Mentor,
Pastoral Manager or Progress Leader

Alternatively you can email readytotalk@ifieldcc.co.uk

Emails will be monitored Monday - Friday, 8:30am-3pm