



**NORTHUMBRIA
POLICE**

Prevention Through Education

Spring 2021

Issue 2

Please visit our webpage - Click [here](#)

You can find supportive materials which link with the PSHE curriculum. This support can be in the form of downloadable resources such as a Risky Behaviours booklet (Y3-4) (Y5-6) PSHE Link: KS2 Keeping Safe or in school group deliveries from our Safeguarding Community Advisors who can cover topics such as County Lines, Organised Crime, Gangs and Knife Crime aimed at pupils within KS 3, 4, and 5. PSHE Link: KS3 & 4 Financial Choices, Social Influences, Bullying Abuse & Discrimination. Unfortunately we are unable to attend schools due to Covid however we are still producing materials you can use which we will be adding to our webpage.

SafetyWorks! update: January 2021

Unfortunately, due to the current covid restrictions, the SafetyWorks! facility is closed until further notice.

Feb 1st - 7th – Children's Mental Health Week

This year's theme is **"Express Yourself"**.

Free resources can be found and adapted for use in school, for home-schooling, online lessons or independent learning.

<https://www.childrensmentalhealthweek.org.uk/>

The DfE have also published [guidance for parents and carers on supporting children and young people's mental health and wellbeing during and following the Covid-19 pandemic](#). It includes some very useful hints and tips for supporting children and young people. The updated KCSIE 2020 includes children's mental health in the definition of safeguarding, and mental health should be recognised as a safeguarding issue. Please click [here](#) for access to the guidance.

Feb 9th – Safer Internet Day

LOOK AT ME – TEENS, SEXTING AND RISKS REPORT

Internet Matters have published a new report that looks at young people's thoughts and experiences of sharing self-generated explicit images, videos or live streams and also the risks associated with doing so. This briefing paper, part of a series from The Cybersurvey, details who shares nudes and why.

For some teens, technology enables and facilitates relationships without harm, but others suffer intensely. This complexity is a challenge when teaching online safety.

It should be taught alongside healthy relationships and issues of consent. Emotional health needs drive some teens to over-share, posting images of all types as they seek to be liked, admired or to escape from loneliness. Others tend to take risks online. Sadly, for both, oversharing and signs of neediness are quickly exploited by others.

Key messages from the study include:

- Sexting is not widespread among all teens but is worryingly prevalent among those who are already vulnerable offline in other ways.
- Among those who shared nudes, 18% were pressured or blackmailed into it.
- Some young people who share nudes because they want to within a relationship, do it for fun, or because they thought they looked good.
- Less than 1/3 of those who share nudes follow the online safety advice they were taught, while 14% say they did not receive it.

You can find the report here: <https://www.internetmatters.org/about-us/sexting-report-look-at-me/>

Safer Internet Day 2021 Top Tips for ages 3-7, ages 7-11, ages 11-18, and Parents and Carers:

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips>

18th March CSE Awareness Day STOPCSE

On the 18th March we support the campaign against child sexual exploitation. We aim to help highlight the issues surrounding CSE, encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children. For useful support and advice use this link. <https://www.stop-cse.org/>

Your Safeguarding Schools Coordinators are:

Miriam Harper
Northumberland, North Tyneside, South Tyneside

Ian Wilkinson
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They can be contacted at school.liaison@northumbria.pnn.police.uk