



WELCOME

Welcome to the fifth Henry Beaufort Safeguarding Newsletter. We endeavour to distribute every half term to give parents and carers up to date advice and guidance on how you can support your child as they go through a pivotal time of their lives. This edition focuses on 'Sextortion' as well as information on upcoming parent support workshops available in the local area.

SEXTORTION

We need to inform parents about a serious crime known as Sextortion, which is unfortunately increasing across the UK. Below, you will find links to information and videos that explain what sextortion is and how you can protect your child. We have also included resources to support children who have been victims of this crime. If you require further assistance regarding sextortion and your child's safety, please contact the safeguarding team.

[Advice for parents of children who are being 'sexorted' online \(iwf.org.uk\)](https://www.iwf.org.uk)

[Stop Sextortion | Thorn \(youtube.com\)](https://www.youtube.com/watch?v=Thorn)

[Report Remove: removing nude images online \(youtube.com\)](https://www.youtube.com/watch?v=ReportRemove)

Help for young people who have been victims of sextortion

[Sextortion or online blackmail help for young people and children \(iwf.org.uk\)](https://www.iwf.org.uk)

[Get Support | Childline](https://www.childline.gov.uk)

[CEOP Safety Centre](https://www.ceop.gov.uk)

[Report Remove | Childline](https://www.childline.gov.uk)

[Remove explicit or intimate personal images from Google - Google Search Help](https://www.google.com/search/help)

[BulliesOut - Anti-Bullying Training, Awareness and Support](https://www.bulliesout.org.uk)

[Mental Health Support For Young People | YoungMinds](https://www.youngminds.org.uk)

Please read the following letter including information from the National Crime Agency.



Winchester Schools' Safeguarding Partnership

7th May 2024

Dear Parent/Carer,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on [CEOP Education's parents and carers website](#).

Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- **Chat regularly about their life online:** have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.
- **Talk about where to find information about relationships and sex:** organisations like [CEOP Education](#), [Childline](#) and [Brook](#) have age appropriate advice topics such as sexual communication and image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- **Review privacy settings:** talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on [how to talk your child about their privacy settings](#).
- **Make sure they know where to go for support:** let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.
- **Make sure they know where to report:** remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:

1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
2. Use [Take It Down](#), a tool from the National Centre for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).

To learn more about what resources are available to help you support your child, visit the [UK Safer Internet Centre](#).

What can I do if this has happened to my child?

If your child tells you that someone is trying to trick, threaten or blackmail them online:

- **Don't pay, do stop contact and block:** you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.
- **Avoid deleting anything:** try not to delete anything that could be used as evidence such as messages, images and bank account details.
- **Report to the police or CEOP:** call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the [CEOP Safety Centre](#) to report any online blackmail attempts.

If it has already happened and your child has shared an image and sent money to someone exploiting them:

- **Reassure them that they've done the right thing by telling you:** make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help.

Children and young people's mental health may be negatively impacted by experiences of exploitation; you can [find advice on looking after your child's mental health from the NHS](#).

- **Report to the police or CEOP:** call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the [CEOP Safety Centre](#) to report an incident. If your child is 18 and over, call 101 or 999 if they are at risk of immediate harm.
- **Report any images or videos that have been shared:** help your child to remove images that are online or prevent images being shared online by following these three steps:
 1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use [Take It Down](#), a tool from the National Centre for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).

Thank you for continuing to work together to meet the challenges our young people are facing.

Yours sincerely,



Miss S Hearle
Headteacher



Mrs F A Dean
Headteacher



Dr. J Adams
Headteacher



PPEP care training Summer 2024

Delivered by Hampshire MHSTs



**MENTAL HEALTH
SUPPORT TEAMS**

October

Overcoming childhood anxiety

Managing anxiety in children under 12. Highlighting when anxiety might be a problem (as opposed to a 'normal' developmental phase), different anxiety disorders and how these can be recognised and discussed. Exploring why treatment is important and a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents. Key strategies to use within professional roles are highlighted, and the role of parental/adult behaviour (how they respond to the child's anxiety) is explored.

When? Thursday 20th June 5.30-7.30pm

Where? Online via Zoom (please find link below)

Who? Parents and carers

<https://spft-nhs-uk.zoom.us/j/94316920577?pwd=9CAutbGqQW5bknlrGVUM7polsTifr.1>

Meeting ID: 943 1692 0577

Passcode: 263835

To access the meeting, please click on the above link. When directed to, type in the meeting ID and Passcode, as well as your first name.



2024 PACE Events

Free health & wellbeing events for all parents, carers & professionals who support or work with young people

DATE	LOCATION
	ALREADY TAKEN PLACE
	ALREADY TAKEN PLACE
	ALREADY TAKEN PLACE
Friday 19 th July 2024	Waterlooville Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW
Wednesday 25 th September 2024	Winchester Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ
Monday 7 th October 2024	Havant Trosnant Federation of Schools, Stockheath Lane, Havant, Hampshire, PO9 3BD
Thursday 21 st November 2024	New Forest Lyndhurst Community Centre, Main Car Park, Lyndhurst, SO43 7NY

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events



P.A.C.E ITINERARY

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	Supporting a child with eating difficulties including AFRID This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	Supporting trauma recovery Understanding the Impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	Introduction to managing ADHD - ADHD Team What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	Supporting a young person in crisis & managing self-harm Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Introduction to autism What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD) This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	Looking after yourself to support your child This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	New Disability, difficulty, SEND & mental health An awareness session to offer a space for Q&A around Learning needs and how Mental Health issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.	Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Supporting a young person in crisis & managing self-harm How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	New Introduction to managing & supporting a young person with Tics and Tourette's This workshop aims to give an introduction for parents and carers supporting a young person with Tics & Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.	New Supporting your autistic child to thrive This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.
18:30 - 19:30	Introduction to managing ADHD What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	



Hampshire Child and Adolescent
Mental Health Services

LIFE LINES

Anyone in the UK who has been affected by suicide will be invited to contribute a "Dedication Flag" that represents someone lost to suicide. Charities and relevant organisations will be invited to create a piece that shares their role in suicide prevention

Dedication flags will be joined together to form a visual reminder of the impact and ripple effect of suicide & joined together for world suicide prevention day on 10th September 2024

For more information go to
www.hampshirecamhs.nhs.uk/campaigns/

10TH SEPT
2024



Hampshire Child and Adolescent
Mental Health Services

TIME TOGETHER DAY

The first annual Time Together day launches on 14th November 2024. This day seeks to encourage people of all ages to take time together to talk, connect & learn how suicide can impact & how we can all make a difference

A call to all Schools across the country, clubs, groups and businesses. To reach out to anyone to get together and arrange something with family and friends.



For more information and ideas go to
www.hampshirecamhs.nhs.uk/campaigns/

Everyone is encouraged to share what they are doing on social media with the hashtag #TimeTogetherDay #suicideprevention #menatlhealth
Pictures can also be sent to spnt.hantscamhsinnovation@nhs.net where some pictures will be posted on our website



**THURS 14TH
NOV 2024**



SUPPORT FOR PARENTS

Please see below the support that parents can access in the local area.

As a school we have a parent support page set up on our website please visit it by [clicking here](#).

Parent Support Programme

6 - 7.30pm

First Tuesday of every month

Quakers meeting house, 16 Colebrook St, Winchester

Continuing with different mental health topics each month

WYC Winchester Youth Counselling

mind for better mental health

Winchester Youth Counselling, in partnership with Solent Mind, will be delivering monthly information sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential. £5 to secure your place (please contact us if you require support).

To book please click on the 'Events' section on our website:
www.winchesteryouthcounselling.org
or for more information please contact psp@winchyc.org

[f](#) @WinchesterYouthCounselling [t](#) @WinchYC [w](#) 01962 820444

P.A.C.E. (Parent, Carer and Professionals Events)

A free event to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.



PACE events are ran by CAMHS across Hampshire. Typically once a month but are designed to provide support of families to understand the needs of young people.

More information can be found here:
[Events - CAMHS \(hampshirecamhs.nhs.uk\)](https://hampshirecamhs.nhs.uk)

SUPPORTING YOUR ADOLESCENT PARENTS & CARERS TOOLKIT

The toolkit has been designed in collaboration between Hampshire Safeguarding Children Partnership with parents/carers, to provide information and help on a range of topics that can affect pre-teens and teenagers as they journey into adulthood.

The subjects featured in the toolkit were chosen specially by parents/carers, and the contents carefully compiled by a range of services across both Hampshire and the Isle of Wight. The toolkit comprises of 10 themes, which are further broken further down into subthemes.

The main themes cover:

- physical health
- mental health
- sexual health
- online safety
- keeping adolescents safe outside the home
- relationships
- bullying
- identity
- substance use
- SEND





SAFEGUARDING TEAM



Mr Coe
Designated
Safeguarding Lead
Head of Year 9



Mrs Briggs
Deputy Designated
Safeguarding Lead
Assistant Headteacher



Mr Applin
Deputy Headteacher



Mrs Taggart
Head of Year 7



Miss Bean
Head of Year 8



Mr Janes
Head of Year 10



Mr Naisbitt
Head of Year 11



Miss Borwick
Support and Guidance
Manager



Mrs Callen-Organ
Support and Seclusion
Manager



Miss Maurant
Learning Manager OLC



Mrs Peter - Simmonds
Family Support Worker



Mrs Hodge
SENDCO



Miss Price Harper
Assistant SENDCO



Mrs Cavell-Wells
Safeguarding Governor



Mr Lionel Jones
Safeguarding Governor



SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at:
Safeguarding@beaufort.hants.sch.uk

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is in immediate danger, please contact the police using 999.

PRIDE, HAPPINESS, AMBITION

Call It Out

Use this QR code to share any concerns you have about:

- Prejudicial, discriminatory, racist language or behaviour you have from a student(s) to another. This can include any acts of bullying.
- Vandalism which includes graffiti or damage to persons property or belongings.
- Vandalism which includes graffiti or damage to the school property.

We have a zero tolerance to this behaviour and together we must CALL IT OUT!

The HENRY
BEAUFORT *School*



SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | askus@familylives.org.uk | familylives.org.uk

MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 | info@mind.org.uk | mind.org.uk

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | nationaldahelpline.org.uk

Men's Advice Line (free) | 0808 8010 327 | mensadviceline.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | bit.ly/2NoQx7T

| 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | gamcare.org.uk

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: adfam.org.uk

FOOD BANK

Website : WinchesterBasicsBank.co.uk

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm **Please note that we are not open on Bank Holidays**



The HENRY
BEAUFORT *School*

Safeguarding Newsletter 2024

Summer Term 1

HAMPSHIRE SAFEGUARDING CHILDREN PARTNERSHIP

UNDERSTANDING UNIDENTIFIED ADULTS

STOP



Hampshire
Safeguarding
Children
Partnership

SAFEGUARDING THEME OVERVIEW PACK

UNDERSTANDING UNIDENTIFIED ADULTS

The term 'Unidentified Adults' refers to an adult who agencies are not aware of, or not engaging with. They could be living within a household where children live or be someone who has regular contact with children. This can be in any capacity, such as a parent, partner, grandparent or non-family member.



SUPPORTING TOOLKITS

Professionals

- [Understanding Unidentified Adults](#)
- [Adopting a Family Approach](#)
- [Child Exploitation](#)
- [Child Sexual Abuse](#)
- [Neglect](#)
- [Prevent](#)
- [Safeguarding Infants](#)
- [Safeguarding Adolescents](#)

Parents & Carers

- [Child Exploitation](#)
- [Child Sexual Abuse](#)
- [Radicalisation](#)
- [Supporting Parents & Carers for Under Ones](#)
- [Supporting your Adolescent](#)

STRATEGY, GUIDANCE & PROCEDURES

- [Practitioner Guides:](#)
 - [Understanding Unidentified Adults](#)
 - [Private Fostering](#)
 - [Disguised Compliance](#)
 - [Top Tips for Having Honest Conversations](#)
- [Safeguarding Wallet Card for Home Visiting Tradespeople / District Councils](#)

IF YOU DO ONE THING...

Make sure you incorporate the [top tips for identifying and engaging unidentified adults](#) into your work with children and families.

STOP



Hampshire
Safeguarding
Children
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SAFEGUARDING THEME OVERVIEW PACK

UNDERSTANDING UNIDENTIFIED ADULTS

DAY IN THE LIFE

[Day in the Life of a Child Tool](#)

CASE STUDIES

[Unidentified Adults Case Studies](#)

TRAINING

- [eLearning:](#)
 - [Understanding Unidentified Adults Toolkit](#)
 - [An Introduction to Private Fostering](#)
- [Virtual Learning Events:](#)
 - [Lunchtime Learning - Unidentified Adults](#)
 - [Learning from Reviews](#)
 - [An Introduction to Professional Curiosity and Disguised Compliance](#)
 - [An Introduction to Having Honest Conversations](#)
 - [An Introduction to Safeguarding Infants](#)

ADDITIONAL RESOURCES

- [“The Myth of Invisible Men”](#)
- [NSPCC Learning - Unseen Men: Learning from Case Reviews](#)
- [All Babies Count: The Dad Project](#)
- [A systemic approach to improving the engagement of fathers in child safeguarding](#)
- [Think child, think parent, think family: a guide to parental mental health and child welfare](#)



IF YOU DO ONE THING...

Make sure you incorporate the [top tips for identifying and engaging unidentified adults](#) into your work with children and families.

STOP

UNIDENTIFIED ADULTS

Professional's Toolkit



Hampshire
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Scan Here!



'Understanding Unidentified Adults'
Professional's Toolkit