

Safeguarding in Education Autumn Term 1 Bulletin

2020 – 21 HT (September 2020)

INTRODUCTION

Welcome back! I hope you all managed to get some rest and relaxation over the summer and took advantage of some of the great weather we had. Last year was like no other.

I am still incredibly proud of how our family of Sunderland schools rose to the challenges - it wasn't easy. I want to thank everyone who adapted to the challenging circumstances and continued to put the needs of our children first.

Our children and families are going to need us more than ever over this next term and it's important we can recognise when our children and families may need some additional support. Together for Children's Early Help Service and Children's Social Care are continuing to operate as normal and are available to support families when required. Colleagues in schools should always raise any concerns for children's welfare with the school's Designated Safeguarding Lead (DSL), who is best placed to coordinate support for children and families.

Looking forward to this term, I am excited to see how we adapt to the "new normal" and continue to build some of the innovative ways we were working prior to the summer break.

Best wishes,

Simon Marshall

Director of Education

CONTENTS

Part 1 - Information for all staff

- Keeping up to date with Keeping Children Safe in Education (KCSIE) for September 2020
- Mental Health support for pupils
- Sunderland Mental Health Charter mark
- Domestic Abuse
- Relationship and Sex Education – Are you ready?
- Look At Me – Teens, Sexting and Risks Report
- Sunderland Health Schools Award

Part 2 – Designated Safeguarding Leads

- Updates to KCSIE 2020
- ICPC CPRC Report Timescales
- NSPCC Research into the effects of Covid-19 on children's welfare: sexual abuse

If you have any queries about any of the information contained within this bulletin, please speak to your Designated Safeguarding Lead in the first instance.

PART 1 - INFORMATION FOR ALL STAFF

KEEPING UP TO DATE WITH KEEPING CHILDREN SAFE IN EDUCATION (KCSIE) FOR SEPTEMBER 2020

On 17th June 2020, the DfE released an updated version of **Keeping Children Safe in Education for implementation from September 2020**.

All staff should read at least Part 1 of the updated [KCSIE 2020](#) guidance. If you have any queries, you should speak to your line manager or Designated Safeguarding Lead ASAP.

Some of the key changes include:

- Rewording and shortening of some of the guidance – the same requirements as 2019 still apply.
- The inclusion of and recognition that children's mental health is equally as important as their physical health and should be recognised as a safeguarding issue.
- An added emphasis on Child Sexual Exploitation and Child Criminal Exploitation.
- Additional responsibility for Headteachers regarding allegations and investigations to include supply staff.
- New relevant guidance including [National Police Chief's Council's guidance on when to call the police](#) and the [DfE's statutory guidance on Relationships and Sex Education](#).
- To recognise that, where a child has a social worker, they are particularly vulnerable, and the DSL should champion and [promote their education](#).

MENTAL HEALTH SUPPORT FOR PUPILS

The DfE have 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. As with all safeguarding issues, concerns around mental health should be raised with the Designated Safeguarding Lead (DSL) and recorded following the school's policy.

Local support for children's mental health includes:

[Kooth](#) - Kooth provides free, safe, online counselling and support for young people in Sunderland aged 11-18 years and to those who are leaving the care system up to 25. It is a confidential and anonymous way for young people to get help with their emotional wellbeing; to find advice and information or to speak to someone who understands. Fully trained and qualified counsellors and emotional wellbeing practitioners are available until 10pm each night, 365 days per year to talk to.

- [Sunderland MIND](#)
- [Washington MIND](#)
- [Sunderland Community CAMHS](#)
- [Sunderland CYPS](#)

Resources available to schools:

iCAMHS

The iCAMHS training is delivered by mental health professionals working within Community CAMHS. The training covers a range of basic Child and Adolescent Mental Health information useful for all professionals but particularly those working in the school environment. The information covered includes:

- Risk and protective factors
- Child development models
- Attachment styles
- Mental Health problems, disorders and interventions

We aim to relate the theory to participants' workplace and practice.

This training package consists of four 1.5 half hour sessions and can be undertaken in twilight sessions or delivered in one full day of training. It can be commissioned by a school, or part of a school, to be delivered in the workplace. We also run iCAMH as a stand-alone course, which can be accessed by individual staff members. For further information and enquiries please contact: CAMHS.Training@stft.nhs.uk

SUNDERLAND MENTAL HEALTH CHARTER MARK

As recognised by KCSIE 2020, the emotional well-being of children and young people is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with issues in adult life. For this reason, we encourage schools and other education providers to implement our Mental Health Charter Mark.

Some of the mental health problems that can affect children and young people include depression, self-harm, anxiety disorders, ADHD and eating disorders. Children from a very early age can present with social emotional difficulties such as attachment issues and separation anxiety. According to the Mental Health Foundation, mental health problems affect about 1 in 10 children and young people.

In 2017 Together for Children initiated the Thriving and Coping Work-Stream, a group of multi-agency professionals, working with Sunderland Youth Parliament (SYP) to develop the Sunderland Mental Health Charter Mark.

The Charter Mark may be gained at bronze, silver or gold levels dependent on a provider's ability to demonstrate how it supports children and young people, parents and staff.

If your school or setting would like to find out more please [see more information](#) or contact: mentalhealthcharter@schools.sunderland.gov.uk



DOMESTIC ABUSE

The BBC recently reported that calls to Domestic Abuse Helplines surged during lockdown. Across the country, demand for domestic abuse services increased.

Children who live in homes where there is domestic abuse often have serious impairment to their mental and physical wellbeing. It's important that children have a safe and stable environment to grow up in.

Signs and indicators to be alert to:

- Aggression or bullying
- Anti-social behaviour
- Anxiety, depression or suicidal thoughts
- Seeking additional attention from adults who can create safety
- Bed-wetting, nightmares or insomnia
- Persistent or regular illness, like colds, headaches and mouth ulcers
- Drug or alcohol use
- Eating disorders
- Problems in school with learning, behaviour or concentration
- Tantrums
- Withdrawn

If a child discloses domestic abuse you should:

- Follow your school's child protection policy.
- Listen to them carefully.
- If you need to clarify something, ask open questions like where, when, who, what and how.
- Don't ask children why – they don't know why adults behave in the way they do.
- Reassure them it's not their fault.
- Take them seriously.
- Explain you can't keep the information confidential and you'll have to share the information with the DSL. Explain why you need to share the information with the DSL.
- Report your concerns to the DSL as soon as possible.
- It's not your responsibility to investigate alleged abuse.

Source: BBC and NSPCC websites

RELATIONSHIP AND SEX EDUCATION – ARE YOU READY?

Relationships and Sex Education (RSE) became compulsory in all schools from September 2020.

On 9th July 2020, the DfE announced that schools should start implementing the new RSE guidance from September 2020. However, if schools aren't ready, due to the impact of Covid-19, then they should implement the new guidance from the start of summer term 2021 at the latest.

Linking RSE to local services is an important part of a high quality and effective whole school approach to empowering pupils to make healthy decisions about sex. It can help delay the onset of sexual activity, reduce teenage pregnancies and provide a valuable source of support for young people.

Sunderland Sexual Health Service offers a variety of resources and help to support schools in the delivery of sex education that is both relevant and age appropriate to pupils from year 9 to 11.

Our outreach team offer:

- CPD for staff who deliver sexual health (including loan of contraceptive boxes).
- Whole year assemblies about consent, contraception and sexually transmitted infection.
- Classroom based contraception teaching (year 9 only).
- Information sessions for parents.
- On site access to local condom and STI screening service.

The service also offers 'in reach' from a specialist Young Persons Sexual Health and Contraceptive Nurse, who with the young person's consent is able to meet with young people on site and ease access to mainstream services.

For more information about working with your local sexual health service contact:

David Messenger
Sexual Health Outreach Lead
Sexual Health
City of Sunderland Hospitals
Tel: 0191 5699021 (ext 41909)
Mobile: 07342066768
Email: d.messenger@nhs.net

Or visit our website <https://www.sunderlandsexualhealth.nhs.uk/>

Together for Children have recently appointed Danika Shilliday to the role of RSE Co-Ordinator. Danika's role is to support schools to implement and embed the new statutory duty to deliver RSE to all children from September. To contact Danika directly please email Danika.Shilliday@togetherforchildren.org.uk.

LOOK AT ME – TEENS, SEXTING AND RISKS REPORT

Internet Matters have published a new report that looks at how 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 both 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 overshare, 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/>

If you receive a disclosure, you should report this to the DSL. DSL's should follow the [Sexting in schools and colleges: Responding to incidents and safeguarding young people guidance](#).

Source: internetmatters.org

SUNDERLAND HEALTH SCHOOLS AWARD

Together for Children are working with local stakeholders and schools to refresh the Healthy Schools Award in Sunderland ready for relaunch in Autumn 2020. The award will be made up of 5 criteria:

- Exercise & Activity
- Healthy Eating & Nutrition
- Mental Health & Wellbeing
- Anti-Bullying and online safety
- Relationships and Risk-Taking Behaviour

To make the accreditation process simple for schools the award will be aligned to pre-existing Charter Marks where possible, for example, if a school has Bronze in the Mental Health Charter Mark, they will have bronze in the Mental Health & Wellbeing criteria of Healthy Schools. Where charter marks do not exist (Healthy Eating & Relationships and Risk-Taking Behaviour) new charters are being developed.

There are five levels of Healthy Schools Award accreditation. These levels recognise progress, dedication and achievement of schools at all stages of accreditation. Accreditation begins at Emerald level which acknowledges those schools who have begun their journey. The next stage is Bronze followed by Silver and Gold and peaks at Diamond level which reflects outstanding achievement in all aspects of the Healthy Schools Award.

A Healthy Schools Award website is in the pipeline, until it is launched please contact jamie.scott@togetherforchildren.org.uk (Prevention Project Manager) to register interest or ask any questions about the award.

PART 2 – DESIGNATED SAFEGUARDING LEADS

UPDATES TO KCSIE 2020

As mentioned in Part 1, KCSIE 2020 becomes statutory as of September 2020. As DSL's it's important that you check and record that all staff and governors have read and understood at least Part 1 of the guidance.

You may wish to produce a quick quiz to help evidence how you have checked staff have understood the updates.

You should ensure your Child Protection Policy includes the following amendments:

- KCSIE 2020 no longer refers to 'contextual safeguarding' and now refers to abuse that takes place outside of their families as 'extra-familiar harms'. Extra-familiar harms include sexual exploitation, criminal exploitation and serious youth violence. You should ensure your policies reflect the change in language.
- How staff should identify and report concerns around mental health, and how the DSL will work with the senior mental health leads within school (KCSIE pg 98).
- Your procedures for handling concern or allegations against supply staff.
- Make sure your wording around allegations against staff now includes 'concerns' as well as 'allegations'.
- What additional support you will provide to children who have social workers in order to support and mitigate their additional vulnerabilities.
- Change references from 'So-called 'honour-based' violence' to 'So-called 'honour-based' abuse'.

TfC School Improvement Service will be running briefings for Headteachers on the updates to KCSIE 2020 on 24th September 2020. To book onto the course you should visit www.sunderlandtradedservices.uk.

TfC School Improvement Service also provides sample policies and procedures. For more information you should contact Ronnie Lynn – School Improvement Officer (Safeguarding) ronnie.lynn@togetherforchildren.org.uk

ICPC CPRC REPORT TIMESCALES



Staff working in the Children's Independent Review Team (CIRT) are passionate about the needs of all of the individual children and young people they work with. To best meet their needs, CIRT must be organised and prepared.

When you are notified that there is a Section 47 enquiry, you should ask the Social Worker for the provisional date for the Initial Child Protection Conference (ICPC). Ten days following the Strategy meeting confirmation is provided by the SW as to the need for an ICPC, the date is then confirmed and invitations are sent out by CIRT.

The date for the Child Protection Review Conference (CPRC) will be decided at the Initial and subsequent conference - you will be kept up to date in Core Groups if the Review conference date changes for any reason.

To support this process, it is essential that you comply with SSCP procedure: ICPC reports are to be shared directly, by you, with parents and the Chairperson at least two working days prior to the conference. Reports for CPRC are to be shared directly, by you, with parents and the Chairperson at least 5 working days prior to the conference.

Reports should be sent securely to independent.review@togetherforchildren.org.uk.

NSPCC RESEARCH INTO THE EFFECTS OF COVID-19 ON CHILDREN'S WELFARE: SEXUAL ABUSE

The NSPCC have recently published an insight briefing from Childline counselling sessions and [NSPCC helpline contacts to highlight the impact of child sexual abuse on children and young people during the coronavirus pandemic](#).

Key findings:

- There has been a threefold increase in the number of Childline counselling sessions about child sexual abuse within the family rising from an average of 8 sessions per week before the pandemic restrictions were imposed to an average of 23 per week since 23 March 2020.
- Some children told Childline that sexual abuse had become more frequent during lockdown, as they were spending more time with their abuser.
- Over a quarter of Childline counselling sessions about sexual abuse within the family relate to abuse that has happened recently. A fifth of Childline counselling sessions about sexual abuse within the family relate to abuse that has been going on for at least a year.
- Spending more time alone and without the usual distractions meant that distressing memories of past abuse began to surface for some young people.
- One third of Childline counselling sessions about sexual abuse within the family relate to abuse that happened more than a year ago. For some young people, this is the first time they have told anyone.

Designated Safeguarding Leads should refresh awareness of signs and indicators of abuse with all staff.

The NSPCC logo, consisting of the letters 'NSPCC' in a bold, white, sans-serif font, centered on a solid green rectangular background.