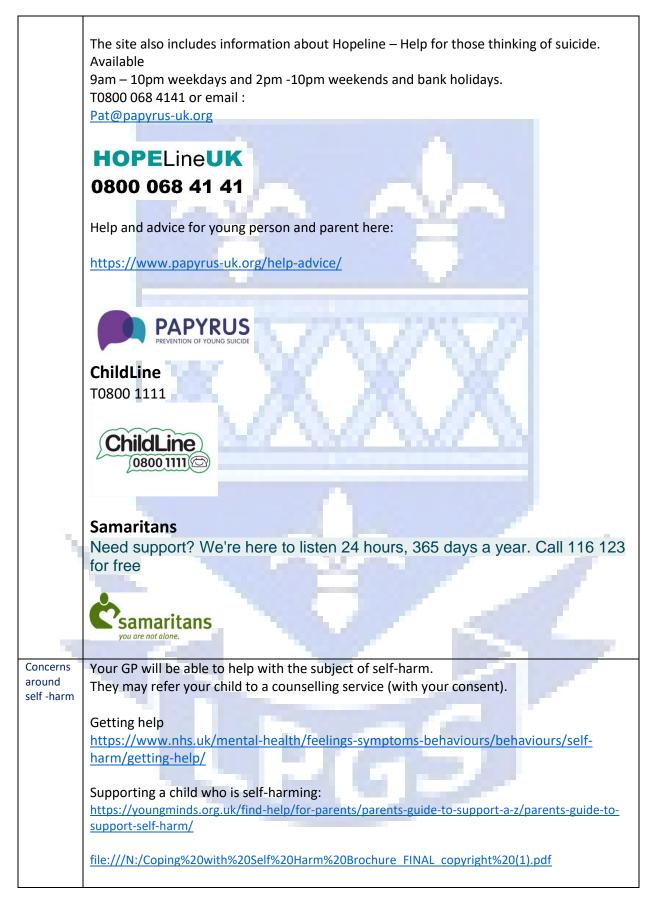


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## Holiday Wellbeing & Safety Resources

* *	These resources are being made available to the parents and carers of all of our students. Please
XXXX	view links and conduct your own research, to ensure that the resources are both age appropriate
1	and suitable for your individual child before sharing.
No.	
CPGS	Please right click to open hyperlinks. If your device does not support this, please copy and paste the
	links into your browser for access.
	and the second
Concerned	Multi Agency Safeguarding Hub (MASH)
for a child's safety?	If you think a child or young person, under the age of 18 years is being abused or
Surcey.	neglected, please ring the team within the borough that the child resides.
	hegiected, please ring the team within the borough that the child resides.
	Bromley : T030 0303 8671 or ask for Children's services via 0208 464 3333
	Croydon : T0208 726 6464
	Lewisham : T0208 314 6660
	1 YORY 100Y 100Y 100Y
	Police
	Inform police about a child who is at risk of harm via 101.
	In an emergency dial 999.
	Find details of your local safer neighbourhood team here:
	https://www.met.police.uk/a/your-area/
	METROPOLITAN
	深思於 POLICE
10 A 10	
	Advise for several and several barrents littless and former barrents barrents for the several barrent fixed as we are
	Advice for parents and carers to keep children safe from abuse and harm. Find our more
	here:
	https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-
	abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm
Help for a child	A&E
expressing	If you believe the child to be at risk of harm to themselves then take them to the A&E
Suicidal	department of your local hospital. The hospital has staff who can undertake an
Ideation	assessment of risk.
	This may include an overnight stay. The hospital will put you in contact with services who
	help young people manage these feelings, like CAMHS.
	Other avenues of support include your GP and the below online/telephone resources:
	Papyrus
	Lots of information and resources for young people and their parents.







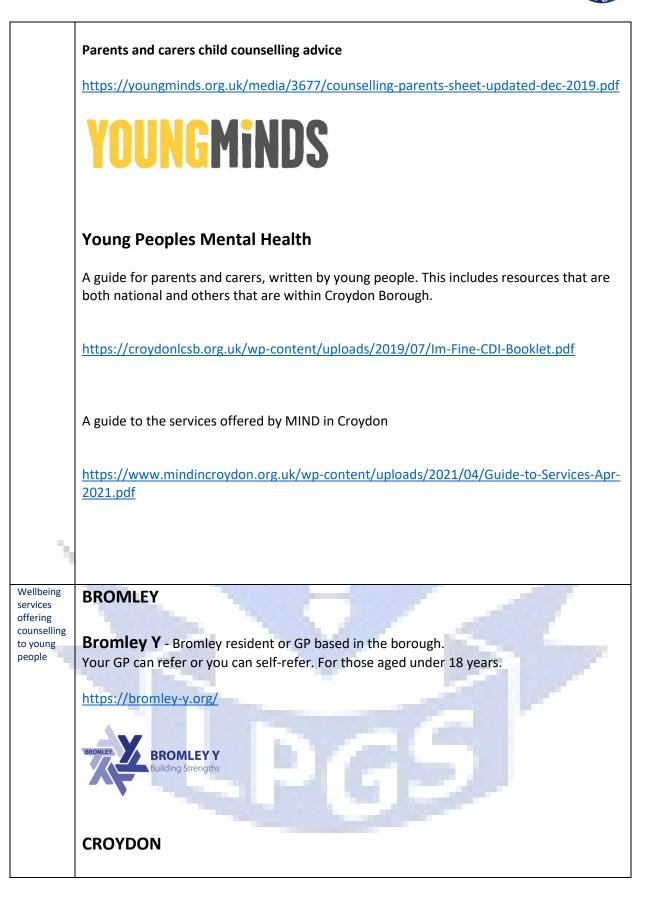




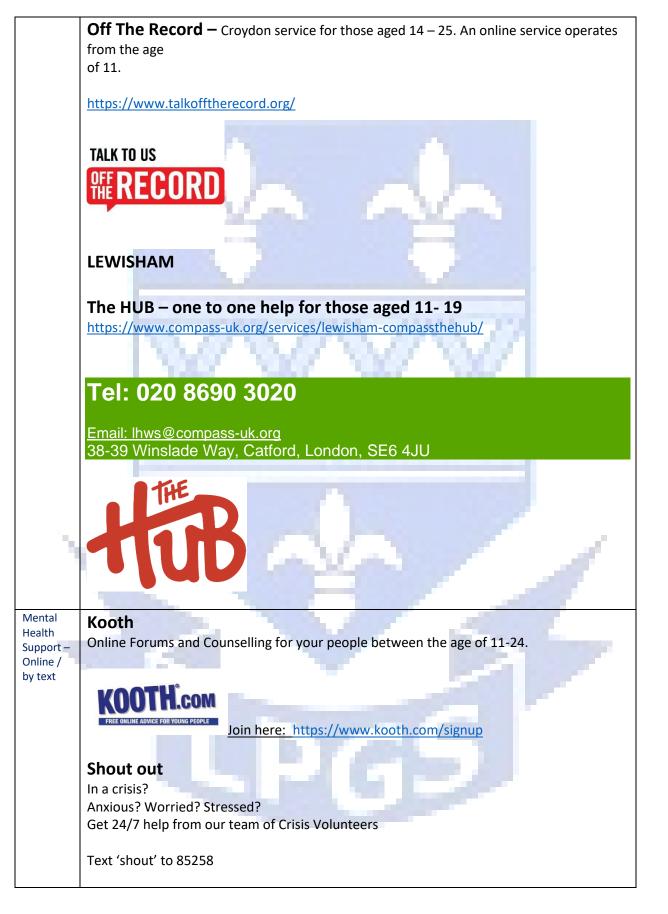
Young	Young Peoples Mental Health - a guide for parents and carers, written by young
Peoples Mental	people This includes both National Services and Services available within the Borough of
Health	Croydon.
	http://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf
	CAMHS
	Child adolescent mental health service
	Resources:
	https://www.camhs-resources.co.uk/
	Child & Adolescent Mental Health Services
	BROMLEY
Bromley	If you are a parent or carer and you have concerns about your child's mental
www.puburete.fillbannyc pretronocce.epidoconie	health, please contact 0208 315 4430 Monday to Friday 9am-5pm.
	Stepping Stones House, 38, Masons Hill, Bromley, Kent, BR2 9JG.
	Link to Bromley CAMHS:
	http://oxleas.nhs.uk/services/service/child-and-adolescent-mental-he/
	Liele to Vouro Browley Consisten
	Link to Young Bromley Services: https://www.bromley.gov.uk/info/200104/young_bromley
CROYDON www.croydon.gov.uk	CROYDON
	Link to CAMHS and other Croydon Wellbeing services: https://www.slam.nhs.uk/our-services/camhs/camhs-services/croydon-camhs/
	LEWISHAM
Lewisham	Link to CAMHS and other Lewisham Wellbeing services:
	https://www.slam.nhs.uk/our-services/camhs/camhs-services/lewisham-camhs/



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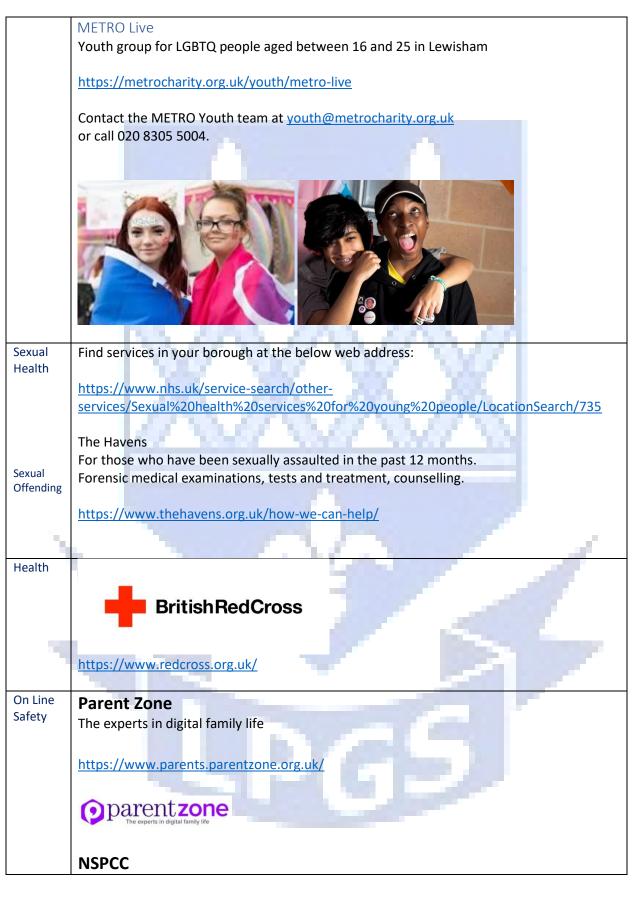


	https://www.giveusashout.org/
	MeeTwo- Free
MEE	The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives continue.
	You can anonymously get advice from experts or other teenagers going through similar experiences
	in areas such as mental health, self-harming, relationships and friendships.
	Find out more here: <u>https://www.meetwo.co.uk/</u>
2	Calm Harm – Free Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected. Find out more and access here: <u>https://calmharm.co.uk/</u>
0	SilverCloud – Free
	SilverCloud is for people aged 16 or over who need help with mental health issues and the emotional challenges associated with long-term conditions.
	Find out more here: <u>https://www.silvercloudhealth.com/uk</u>
NHS	Nhsgo – Free
go	Who is it suitable for?



	Anyone between the age of 16 and 25 looking for health advice and information. Find out more here: <u>https://nhsgo.uk/</u>
think ninj q	ThinkNinja - Free during the coronavirus (COVID-19) crisis ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, It allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. https://apps.apple.com/gb/app/thinkninja/id1425884328
Further	Below is a link to wellbeing apps advertised on the CAMHS website.
apps	Some of these apps require payment:
shared by	
CAMHS	https://www.camhs-resources.co.uk/apps-1
	177 10.07 10.07 10.07 10.
Support for young	NSPCC
people exploring	https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-
their	orientation/
sexuality	BROMLEY
-	
<b>MEIKU</b> Embrara Difference	METRO Snap
	Youth group for LGBTQ people aged between 16 and 25 in Bromley
	https://metrocharity.org.uk/youth/metro-snap
	Empile youth Compton pharity, and when call 020 2205 5004
	Email: <u>youth@metrocharity.org.uk</u> or call 020 8305 5004.
MEIKO Entrana	CROYDON
Ciniciales Universites	METRO Bridge
	Youth groups for LGBTQ people aged between 11 and 25 in Croydon
	https://metrocharity.org.uk/youth/metro-bridge
-	Email: youth@metrocharity.org.uk or call 020 8305 5004.
<u>MFIKO</u>	
Embrace Difference	LEWISHAM







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	https://www.nspcc.org.uk/keeping-children-safe/online-safety/
	Saferinternet
	https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s
	Childline Advice for staying safe online
	https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile- safety/staying-safe-online/
	The six apps every parent/carer should know about
	https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every- parent-should-know-about
Social Media	Instagram
Wieula	Instagram is an American photo and video-sharing social networking service owned by Facebook.
<b>(</b>	Quiz about Instagram use
	https://app.involve.me/siat/instagram-quiz-en
Minimum	Online groomers use of Instagram
age for use 13+ years	https://www.nspcc.org.uk/about-us/news-opinion/2020/instagram-grooming-crimes- children-lockdown
,	What You Need to Know About: Instagram   Free E-Safety Guide
	what rou leed to know About. Instagram pree E safety duide
🕒 YouTube	
Minimum	<b>U Tube</b> YouTube is a video sharing service where users can watch, like, share, comment and
age to	upload their own videos.
create an account is	
13 (with	Quiz about U Tube use
parental permissio	https://app.involve.me/siat/youtube-quiz-en
n). Individual	
videos	Live streaming advice from the NSPCC



carry age	https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-
ratings.	video-apps/
	Snap Chat
$\frown$	Snapchat is a multimedia messaging app developed by Snap Inc., originally Snapchat Inc.
5 2	One of the principal features of Snapchat is that pictures and messages are usually only
<mark>حريک</mark>	available for a short
	time before they become inaccessible to their recipients.
Minimum	
ige for	Snap Chat Quiz
ise 13+ vears	https://app.involve.me/siat/snapchat-quiz-en
curs	
	Tik Tok
	TikTok is a Chinese video and music-based social media app that allows users to create
	and share short videos with special effects.
	1 10.07 10.07 10.07 10.07
Ainimum	1 ARA ARA ARA ARA I
ige for ise 13+	Find out more here:
ears	https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-
	production-app
	WhatsApp
	WhatsApp is an instant messaging app which lets you send messages, images and videos in one-to-one and group chats with your contacts. You can choose to share your live
	location for up to eight hours with one contact or a group.
	Find out more here:
/inimum	
ige for ise 13+	https://parentzone.org.uk/article/whatsapp
ears	
FIGHTING	
FAKE	
NFWS	
NLWO	Fake News, Online Image and Hate Speech
	CBBC real or fake quiz
	https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz
	DDC auticle about False news
	BBC article about Fake news
	https://www.bbc.co.uk/academy/en/collections/fake-news



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	BBC Bitesize article https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1
Think before you post Advice for Young	THINK before you:
People to consider prior to posting polline	Is it True? Helpful? Inspiring? Necessary? Kind? The Internet is forever. Don't develop a bad reputation.
Parental Controls	Learn about parental controls online Childnet
Childret	https://www.childnet.com/parents-and-carers/hot-topics/parental-controls NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/
	Government Guidance to keeping children safe online https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe- online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online
On line grooming	On Line Grooming Find out more about online grooming at the links below:
	https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/ https://parentinfo.org/article/fighting-online-sexual-abuse-inside-ceop-command
	https://www.childnet.com/parents-and-carers/hot-topics/online-grooming
Catch 22	Parent pack – provides information concerning all forms of exploitation



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	Catch On: Parents' pack   Catch22 (catch-22.org.uk)
County Lines and Child	County Lines and Child Criminal Exploitation
Criminal Exploita-	Find out more about these issues here:
tion	https://www.childrenssociety.org.uk/what-we-do/our-work/tackling-criminal- exploitation-and-county-lines/county-lines-resources
	https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-
	exploitation/
	https://www.gov.uk/government/publications/criminal-exploitation-of-children-and- vulnerable-adults-county-lines
	vunerable-addits-county-intes
	Bereavement Support
Loss	Bereavement and young people
WINSTON'S	https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-
<b>WISH WW</b>	people/ Winston's Wish
$\sim$	https://www.winstonswish.org/
child	
	Child Bereavement UK
	https://www.childbereavementuk.org/
	The Candle Project – St Christophers Hospice
	<u>St Christopher's Children and Young People's Bereavement Service (Candle) - St</u> Christopher's Hospice (stchristophers.org.uk)
FGM	FGM – Female Genital Mutilation
	Find out more and gain help or advice here:
	https://www.gov.uk/female-genital-mutilation-help-advice



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	https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation- fgm/
PREVENT Keeping	The Prevent Strategy
children safe from radicalis- ation	Advice on keeping children safe from radicalisation. Find out more here: <u>https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/</u>
	https://educateagainsthate.com/online-radicalisation/
Young person's	Are you a parent or carer who has concerns your child might be
drug and alcohol	abusing drugs or alcohol? Seek advice from borough services
services	Seek duvice from borough services
Biomley	Bromley
CROYDON www.croydon.gov.uk	https://www.changegrowlive.org/changes-young-peoples-service-bromley
	https://www.croydon.gov.uk/healthsocial/phealth/daservices
Lewisham	Lewisham
	https://lewisham.gov.uk/myservices/socialcare/health/drugs-and-alcohol
	Talk to Frank
	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachmen t_data/file/183081/Does_your_child_know_more_than_you - Revised_v6.pdf
	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachmen t_data/file/260604/truth_about_drugs_v3_October_2013.pdf



Legal Highs

## DON'T BE IN THE DARK ABOUT LEGAL HIGHS.

## Find out more here:

https://parentinfo.org/article/legal-highs-a-parents-guide

https://www.bbc.co.uk/news/uk-32857256

https://www.talktofrank.com/drug/nitrous-oxide



If you find deflated balloons in your child's possession it **could** be an indicator of their use of these cannisters.

Legalities including recent changes to the law

https://www.gov.uk/government/publications/nitrous-oxide-ban/nitrous-oxide-banguidance

## Vaping

Vaping myths and the facts - Better Health - NHS (www.nhs.uk)

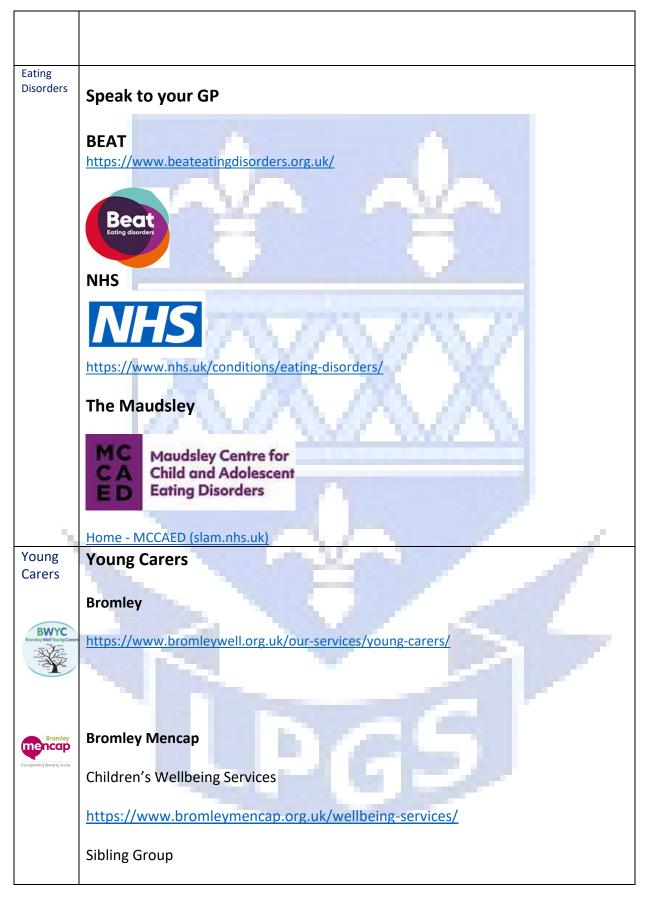
Young people and vaping - Better Health - NHS (www.nhs.uk)

How dangerous is vaping, what is the disposable vape ban and what is the vaping tax? - BBC News

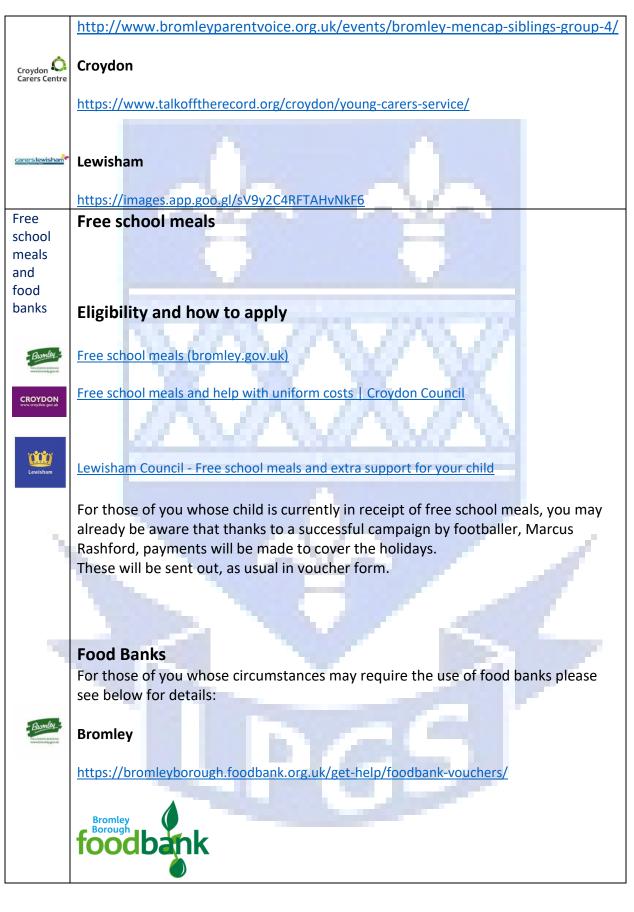




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