

Safeguarding Briefing

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Anti-bullying Week (15 - 19th November 2021)

This week is anti-bullying week and LGfL has created two new posters to help primary and secondary schools challenge peer-on-peer abuse, banter and bullying, in line with KCSIE guidance.

You can access the posters along with a staff CPD activity, practical tips and strategies to help create a culture where bullying is unacceptable in this blogpost:

<https://safelog.lgfl.net/2021/11/anti-bullying-week-2021-new-posters-to-help-challenge-peer-on-peer-abuse/>

Other resources for anti-bullying week include:

Anti-bullying Alliance

<https://anti-bullyingalliance.org.uk/anti-bullying-week/school-resources>

Ditch the Label <https://www.ditchthelabel.org/bullying-support-hub/>

NSPCC <https://learning.nspcc.org.uk/research-resources/schools/anti-bullying-resources>

Free Wellbeing Resources for School Staff (Yes Futures)

Looking after the mental health and wellbeing of school staff has never been more important. If you are a school leader or someone responsible for staff wellbeing, education charity Yes Futures have produced some resources to support your school community.

Having run personal development programmes for over 10 years, and teaching in the classroom before that, Yes Futures understand the challenges in schools. The resources, designed and created by teachers, guide staff through the development of their confidence, resilience, communication, and self-awareness.

Yes Futures is a registered charity in England and Wales who aim to empower young people to develop confidence, resilience and key life skills through extra-curricular success.

Download the resources here: <https://www.yesfutures.org/teacher-wellbeing-resources>

Were you sent this Safeguarding Briefing by someone else?

If you would like to receive your own copy of this free, weekly Safeguarding Briefing please join us here: <http://safeguardingbriefing.co.uk>

Supervision for school staff and DSLs (Supervision in School)

We now recognise how important supervision can be in supporting DSLs, and others, to provide the best support to children and young people. However, it isn't always easy to find provision.

Supervision in School is a specialist company providing a fully digital programme that supports schools with a complete supervision curriculum.

For further information, visit www.supervisioninschool.co.uk

To book an informal discussion with Julia Davey, Director and Lead 1:1 supervisor, visit <https://calendly.com/supervisioninschool>

Locked Down and Online (Cybersurvey)

Teenagers' wellbeing and online lives in the COVID winter lockdown 2020

The latest report from The Cybersurvey, Locked Down and Online, has now been published. The data was gathered during the last winter's lockdowns and it clearly shows how the situation affected people differently.

Some young people devoted themselves to staying connected to friends, looking up those they had not seen in years, or making new 'friends' online, while others became more isolated than ever. Of concern is that once again this year the percentage of young people who saw content about suicide has risen.

Researchers looked closely at vulnerable groups as they have in previous reports and have now identified a new group - young people who feel either they or their family have been badly affected by COVID-19.

Link to the shorter media release:

<https://www.thecybersurvey.co.uk/locked-down-and-online>

Link to full report <https://www.thecybersurvey.co.uk/locked-down-and-online>

Contribute to the next report. The survey for the next report is open now until the end of term and it is free to schools and alternative providers anywhere in the UK.

Sign up here: <https://www.surveymonkey.co.uk/r/SIGN-UP-2021>

The National Sleep Helpline 03303 530 541

The National Sleep Helpline helps anyone with sleep issues including adults, parents and young people. The helpline is available from 7pm and 9pm, Sunday to Thursday on 03303 530 541.

Poor sleep can affect anyone and it can be a major stress for parents whose own sleep can be impaired by their children's difficulties getting to sleep, staying asleep or staying in their own bed, leading to greater stress.

Having a sleep issue is surprisingly common. At any given time this affects up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis). These problems are typically persistent and do not resolve themselves without intervention.

Families often don't know where to seek help and yet issues can often be nipped in the bud with basic and accessible interventions.

It will be really useful to share information about the National Sleep Helpline with parents and carers. To help you do this, the helpline have created a set of leaflets and posters which you can download here:

<https://6282.s3.eu-west-1.amazonaws.com/The+National+Sleep+Helpline+Posters+and+Leaflets+Nov+2021.zip>

School Age [victim] Robbery Partner Toolkit (Met Police)

The Met Police are running a campaign to reduce street robberies involving school aged-children by raising awareness of Fearless, the youth brand of the independent charity Crimestoppers, which enables young people to give information about crime 100% anonymously. Whilst the Met have devised this campaign, the messages are relevant throughout the country.

Mobile phone use, including use of earphones on the go, can unfortunately make young people more at risk of street robbery. The campaign aims to raise awareness of the risk of street robbery and increase understanding by equipping young people with crime prevention advice.

Fearless, part of independent charity Crimestoppers, provides young people access non-judgemental information and advice about crime and criminality. They provide a safe place to give information about crime 100% anonymously.

The toolkit contains leaflets, slides and posters to raise awareness amongst young people, schools and their families. Download the toolkit here:

<https://6282.s3.eu-west-1.amazonaws.com/School-aged+Robbery+Partner+Toolkit.pdf>
