Safeguarding news

Day Opportunities
Supporting people with disabilities

City College Peterborough

Dear Colleagues,

Welcome to the April edition of Safeguarding News. In this edition we will be looking at the following topics and providing some useful links / contact details for further information and support services:

- Online Safety
- Anti-bullying and harassment
- Coercive control
- Domestic abuse

WHAT IS IT?

Online safety can be called E Safety (or e-safety), or Internet Safety, but it all means the same thing. It's about risk; it's about being aware of the possible threats that online activity can bring, and how to deal with them.

These risks are grouped into four categories:

1. Conduct: Our learners and supported adults' behaviour may put them at risk
2. Content: access to inappropriate or unreliable content may put our learners and supported adults at risk
3. Contact: interaction with unsuitable, unpleasant, or dangerous people may our learners and supported adults at risk
4. Commercialism: use of platforms with hidden costs may also put them at risk

Visit the UK Safer Internet Centre **to read more about these** online safety risk categories

Do's and don't's

Do:
- Keep any accounts on private, so no strangers have access to your personal information.
- Report any instances of cyberbullying you see.
- Be kind to others on the internet.

Don't:
- Post your location, personal information, or personal photos online.
- Click on unreliable links or websites.
- Share information with strangers or people you don't know.
- Trust information from an unreliable source.

Online Bullying, also referred to as cyberbulling, is using technology (including phones, messaging tools, e-mail, chat (including within games) or social networking sites to harass, threaten or intimidate someone.

While online grooming and similar activities often cause the most concern for parents and carers, it's a sad fact that bullying is one of the most common issues that children, young people and vulnerable adults will face online. In essence, cyberbullying is more relentless, crueler, and more damaging than 'real-world' bullying. It is also one of the most significant stressors in a young person's life. Please click the link to access:

cyberbullying advice for parents and carers on the UK Safer Internet Centre website.

Cyber and information security. Cyber security is how individuals and organisations reduce the risk of cyber-attack. Given the significant rise in cyber-attacks affecting educational establishments across the UK in recent years, it's even more important to ensure that our data is kept safe and secure. Cyber security's core function is to protect the devices we all use (smartphones, laptops, tablets, and computers), and the services we access - both online and at work - from theft or damage. It's also about preventing unauthorised access to the vast amounts of personal information we store on these devices, and online. The College antivirus and firewalls ensure our content is secure however personal devices such as phones, tablets etc are the responsibility of the individual. **All devices should be password protected.**

Harmful content is anything online which causes a person distress or harm. What may be harmful to one person might not be considered an issue by someone else, but we generally talk about eight types of harmful content:

- Online Abuse
- Bullying or Harassment
- Threats
- Impersonation
- Unwanted Sexual Advances (Not Image Based)
- Violent Content
- Self-Harm or Suicide Content
- Pornographic Content
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> To make reporting harmful online content easier, the UK Safer Internet Foundation page has a service that provides advice about all types of harm online, what steps you can take to stay safe and a reporting tool that can also be accessed here:
>
> Report harmful content

Sexting, or 'sending nudes', is sharing intimate content with another person, and includes anything from texts, partial nudity right up to sexual images or videos. To access a resource that offers children, young people, adults, parents and carers advice and strategies to support the issues resulting from sexting incidents please click on the following link

So, You Got Naked Online

Social media is the term used to describe the websites and apps that allow the creation or sharing of social information. They're interactive, promote the creation and sharing of content, and join up individuals with others in 'social networks.'

Social media services mean we can keep in touch with friends, connect with new people, and share photos and videos with each other. There are risks too, including:
- Seeing inappropriate or harmful content
- The promotion of harmful or illegal behaviour or conduct
- Sharing too much information, or picking up incorrect information
- Inappropriate contact with other young people or adults

What is Bullying and Harassment?

Bullying and Harassment can be defined in many ways and can be described as unwanted conduct of behaviour designed to cause harm or distress to another person. It can be characterized as offensive, intimidating, malicious or insulting behaviour, an abuse or misuse of power through means intended to undermine, humiliate, denigrate, or injure the recipient. Bullying can be related to age, sex, race, disability, religion, sexual orientation, nationality, or any personal characteristic of the individual, and maybe persistent or an isolated incident. The key is that the actions or comments are viewed as demeaning and unacceptable to the recipient.

Bullying falls under four main categories:

Psychological

Verbal

Physical

Cyberbullying

Its effects can have far-reaching consequences. Bullying can have an impact on anyone, children, young people and adults. It can seriously affect someone's physical and mental health Sustained bullying can <u>cause</u> stress, emotional issues, social problems, physical disorders and in some serious cases, self-harm or even death

AT A GLANCE

Bullying is repeated offensive, intimidating, malicious or insulting behaviour, and/or an abuse or misuse of power that is meant to undermine, humiliate, or injure another person.

Harassment is unwanted conduct related to relevant protected characteristics that has the purpose or effect of violating a person's dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment.

Racial Harassment is an incident, or a series of incidents intended or likely to intimidate, offend or harm an individual or group because of their ethnic origin, colour, race, religion, or nationality.

Sexual misconduct is a form of harassment and is unacceptable behaviour of a sexual nature.

Victimisation is subjecting a person to a detriment because they have, in good faith, complained (whether formally or otherwise) that someone has been bullying or harassing them or someone else, or supported someone to make a complaint or given evidence in relation to a complaint.

Microaggressions are commonplace behaviours that signal, intentionally or unintentionally, to someone from an under-represented group and/or a group perceived to have less power, that they do not belong, or they are not welcome.
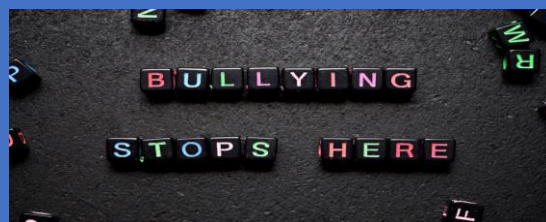
For advice and guidance from Gov.UK please click on the following links

<u>Preventing and Tackling Bullying</u>

<u>Anti-Bullying Alliance</u>

Bullying. Harassment and the law

Although bullying in itself is not a specific criminal offence in the UK, it is important to bear in mind that some types of harassing or threatening behaviour – or communications – could be a criminal offence, for example under the Protection from Harassment Act 1997, the Malicious Communications Act 1988, the Communications Act 2003, and the Public Order Act 1986.

If you feel that an offence may have been committed, you should record this as a Safeguarding concern and seek advice from the Safeguarding Manager or other designated person who will refer to the police if appropriate to do so. For example, under the Malicious Communications Act 1988, any person who sends an electronic communication which conveys a message which is indecent or grossly offensive, a threat, or information which is false and known or believed to be false by the sender, is guilty of an offence if their purpose in sending it was to cause distress or anxiety to the recipient

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Bullying

<u>The Anti-Bullying Alliance</u> – (ABA) 100 organisations in one network to develop and share good practice across the whole range of bullying issues. Fact sheet available outlining the range of support that is available to schools and young people from the anti-bullying sector.

<u>The Diana Award</u> Anti-Bullying Ambassadors program to empower young people to take responsibility for changing the attitudes and behaviour of their peers towards bullying. It will achieve this by identifying, training, and supporting school anti-bullying ambassadors.

<u>The BIG Award</u> The Bullying Intervention Group (BIG) offer a national scheme and award for schools / colleges to tackle bullying effectively.

Sexual harassment & bullying

<u>End violence against women</u> supports education staff to understand violence and abuse of girls, warning signs to look for, and preventing abuse.

<u>Disrespect no body</u>: A Home Office led campaign which helps young people understand what a healthy relationship is. This website includes teaching materials to be used in the classroom.

Cyber-bullying & online safety

<u>Childnet</u>: Specialist resources to raise awareness of online safety and how to protect ourselves. Website specifially includes new cyberbullying guidance and a practical PSHE toolkit for schools.

<u>Internet matters!</u>: provides help to keep children safe in the digital world.

<u>Think you know?</u>: resources provided by Child Exploitation and Online Protection (CEOP) for children and young people, parents, carers and teachers.

<u>Council for Internet Safety</u> resources for schools, colleges and parents about how to keep children safe online, this includes advice for schools and colleges on responding to incidents of 'sexting.'

LGBT+

<u>Barnardos</u>: - LGBTQ Hub, offers guidance to young people, parents and teachers on how to support LGBT students and tackle LGBT prejudice-based bullying.

<u>EACH</u> (Educational Action Challenging Homophobia): national freephone Actionline for targets of homophobic/ transphobic bullying and training on sexual orientation, gender identity matters and cyberhomophobia.

<u>Schools out</u> Offers practical advice, resources (including lesson plans) and training to schools on LGBT equality in education.

<u>Stonewall</u>: An LGB equality organisation with considerable expertise in LGB bullying in schools, a dedicated youth site, resources for schools, and specialist training.

Send

<u>Mencap</u>: Represents people with learning disabilities.

<u>Changing Faces</u>: Provide online resources and training on bullying because of physical difference.

<u>Cyberbullying - SEN and disabilities</u>: Advice on developing effective anti-bullying practice.

<u>Anti-Bullying Alliance - SEN /disabilities</u>: Advice provided by the Anti-bullying Alliance for school staff and parents on issues related to SEND and bullying.

<u>Information, advice, support Network</u>
Every Local area has an information, advice, and support service, providing information, advice and support to disabled children and young people, and those with SEN, and their parents or carers.

Anne Frank Trust: Runs a schools project to teach young people about Anne Frank and the Holocaust, the consequences of unchecked prejudice and discrimination, and cultural diversity.

Educate Against Hate: practical advice and information on protecting children from extremism and radicalisation.

Show Racism the Red Card: Provide resources and workshops for schools to educate young people, often using the high profile of football, about racism.

Kick it OUT!: Uses the appeal of football to educate young people about racism and provide education packs for schools.

Tell MAMA: Measuring Anti-Muslim Attacks (MAMA) allows people from across England to report any form of Anti-Muslim abuse, MAMA can also refer victims for support through partner agencies.

Anti-Muslim hatred working Group: Independent members of this group are representatives from the Muslim community and will assist and advice on all relevant issues.

Please note that internal servers may block access to some of these sites. Individuals wishing to access these materials may need to adjust their settings / contact I.T for access

Mental health

Mind Ed: Provides a free online training tool for adults that is also available to schools/ colleges. It can be used to help staff learn more about children and young people's mental health problems. It provides simple, clear guidance on mental health and includes information on identifying, understanding and supporting children/young people who are bullied.

PSHE Association – Guidance and Lesson Plans on improving the teaching of mental health issues.

#noexcuseforabuse
noexcuseforabuse.co.uk

Domestic abuse

Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner

Domestic abuse is a crime and a major social problem affecting many families. In 90% of reported domestic violence incidents, children have either been present in the same or a nearby room. Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, sexuality, or background. For anyone who feels they are at risk of abuse, or believes they know someone who is, it is important to remember that there is help and support available.

The definition of domestic abuse used by the government can encompass, but is not limited to the following categories of abuse:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

Domestic abuse is taken very seriously by the police.

Find out more information about how Cambridgeshire Police support victims of domestic abuse. Have a range of information on their website including:

- Information for friends and family who may be worried about a loved one experiencing domestic abuse.
- Details of local and national support helplines
- Resources for professionals
- Information about how to safely protect children

Training opportunities

There are available on the Domestic abuse and sexual violence Partnership page.

Further advice about training is available on the **Cambridgeshire and Peterborough Safeguarding Partnership Board's website.**

Useful contacts

➢ National Domestic Abuse Helpline 0808 2000 247
➢ Peterborough Women's Aid 01733 894964
➢ Report a child safeguarding concern online
➢ Report an adult safeguarding concern Peterborough 01733 747474

Domestic Abuse Support Service (DASS) provides community-based outreach support to victims and survivors of domestic abuse of any gender identity and any sexual orientation living in Cambridgeshire or Peterborough.

You can telephone DASS on freephone **0300 373 1073** or email **DASSreferrals@impakt.org.uk**

Coercion & Control

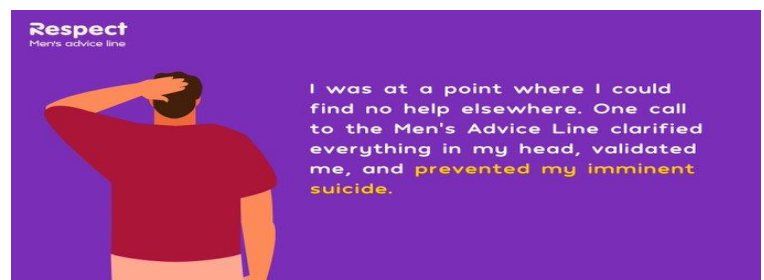**Controlling behaviour** is a range of acts designed to make a person subordinate or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim(s).

Many people find it difficult to understand why people remain in or return to abusive violent situations. A combination of fear, love, the risk of homelessness and financial issues can make it very difficult for partners with children to leave and some may not want to.

Support for male victims of domestic abuse

We know that many male victims struggle to speak out about their experiences of domestic abuse. Men's Advice Line through 'Respect' is here for every male victim to listen, believe and support.

Respect
Men's advice line

I was at a point where I could find no help elsewhere. One call to the Men's Advice Line clarified everything in my head, validated me, and prevented my imminent suicide.

Tel - 0808 8010327
Email - info@mensadviceline.org.uk
Website - https://mensadviceline.org.uk