



## Safeguarding & Child Protection at Ellesmere Port Catholic High School

### Prayer for a new term.

Lord, as we prepare for the coming of a new term, make us ready, respectful, safe and kind. Make us available and attentive and available to hear you. Thank You for the gift of being able to rise each day with the assurance that You walk through it with us.

Thank You for the gifts of creativity and uniqueness, and the energy to put them to good use.

Amen



### Are all your contact details up-to-date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details for you.

Please find links that you may find useful in these increasingly difficult times.

<https://www.cheshirewestandchester.gov.uk/residents/housing-benefit-council-tax/help>

<https://www.cheshirewestandchester.gov.uk/residents/energy/home-energy>

<http://www.welcomenet.co.uk/get-support.html>

<https://www.cheshirewestandchester.gov.uk/residents/education-and-learning/household-support-fund>

<https://www.cheshirewestandchester.gov.uk/residents/housing-benefit-council-tax/cost-of-living-support/warm-welcoming-spaces>

<https://www.cheshirewestandchester.gov.uk/residents/housing-benefit-council-tax/benefit-advice/financial-help>

<https://www.cheshirewestandchester.gov.uk/residents/education-and-learning/free-school-meals>

### Designated Safeguarding Lead

**Mr Colin Jones**

### Deputy Designated Safeguarding Lead

**Mrs Carly Hughes**

### Useful Acronyms and Vocabulary

**CEOP** - Child Exploitation  
and On-line Protection  
Centre

**CYC**—Cheshire Young  
Carers

**CAMHS** - Child and  
Adolescent Mental Health  
Services

**KSCIE** - Keeping Children  
Safe in Education

**RSE** - Relationships and  
Sex Education

**ELSA** - Emotional Literacy  
Support Assistants

### Useful Websites

[youngminds.org.uk](http://youngminds.org.uk)

[nspcc.org.uk](http://nspcc.org.uk)

[childline.org.uk](http://childline.org.uk)

[cheshireyoungcarers.org](http://cheshireyoungcarers.org)

[ldas.org.uk](http://ldas.org.uk)

[papyrus-uk.org](http://papyrus-uk.org)

## Drug Information Alert

**DATE:** 20 February 2023  
(to be displayed until 20 March 2023)

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**Danger: REPORTS OF HARM IN AEROSOL/GAS USE**

After what appeared to be an isolated incident in summer 2022 when a young person died of apparent aerosol/gas use, there has been a more recent report where a young person reportedly lost consciousness when aerosol/gas use was suspected. There are also reports referencing 4 young people using aerosol/gases in Cheshire West & Chester.

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**Details:**

Aerosols/gases are a wide range of products that contain volatile substances which people inhale for their psychoactive effects.

There are lots of aerosol/gases that can cause harm and many are household products, such as deodorants, hairsprays, and butane gas.

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**Consequences:** Inhaling aerosols/gases can cause breathing difficulties, blackouts, slurred speech, hallucinations, falls and accidents.

Squirting products down your throat can cause it to swell up so you can't breathe. It can also cause heart attacks and users to lose consciousness. Some users also die from choking on their own vomit.

Some of these products are also flammable which increases the risk of burns.


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**Harm reduction:** There is no 'safe' way to use aerosols/gases.

- People using aerosols/gases should not do it alone.
- Don't spray aerosols/gases directly into mouth.
- Mixing aerosols/gases with alcohol or prescription medication is particularly dangerous and the effects can lead to unconsciousness.
- Don't smoke or light anything nearby as these products are flammable.

The alert should be displayed with the date it should be taken down.  
The impact of an alert is lessened the longer it is displayed.  
If the issue is still a concern after the date specified, an update can be issued.

WDP





www.startingwell.org.uk

**Ellesmere Port Catholic High School**

21st September 2022  
19th October 2022  
23rd November 2022  
14th December 2022  
11th January 2023  
8th February 2023  
22nd March 2023  
26th April 2023  
24th May 2023  
21st June 2023  
19th July 2023


Maybe subject to change  
www.startingwell.org.uk/drop-in

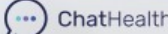
Visit us at:  
**High School Drop-in**  
**ASK US ANYTHING!**

High School Drop-in is...


- > face to face
- > confidential
- > for advice & support
- > with a Nurse

**'YOUR TIME TO TALK'**





11 - 19 years old?  
One text can  
make a difference...  
**07312 263260**



We can discuss anything e.g.

Exam Stress Self Harm Physical Health Emotional Health LGBTQ+ Changing Schools  
Family Worries Low Mood Growing Up Worries Diet and Exercise Healthy Relationships  
College UK's Anxiety Body Image / Body Confidence Social Media Bullying

We do not usually share your personal details or personal data if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first.  
We are happy to help you with any concerns you have and we will not get you into trouble for anything you tell us. We will not tell anyone else about what you tell us unless we think you are in danger or need help. We will not tell anyone else about what you tell us unless we think you are in danger or need help. We will not tell anyone else about what you tell us unless we think you are in danger or need help.  
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### What is an eating problem?

An eating problem is any relationship with food that you find difficult.

Many people think that someone with an eating problem will be over or underweight. People might also think that certain weights are linked to certain eating problems. Neither of these points are true. **Anyone can experience eating problems. This is regardless of age, gender, weight or background.** Food plays a significant part in our lives. Most of us will spend time thinking about what we eat. Sometimes you might: have cravings; eat more than usual; lose your appetite; try to eat healthier.

Changing your eating habits like this every now and again is normal. But if you feel like food and eating is taking over your life, it may become a problem.

### What's the difference between an eating problem and an eating disorder?

**An eating disorder is a medical diagnosis.** This diagnosis is based on your eating patterns and includes medical tests on your weight, blood and body mass index (BMI). **An eating problem is any relationship with food that you find difficult.** This can be just as hard to live with as a diagnosed eating disorder.

**Types of eating disorders:** Bulimia; Anorexia; Binge eating disorder; Other specified feeding or eating disorder (OSFED); Other eating and feeding problems

### Seeking support:

Talk to someone you trust: Eating problems can feel very difficult to talk about for many reasons. People close to you may find eating problems hard to understand, but will often want to help however they can. The eating charity Beat has tips for [talking to others about your eating problem](#). If you are finding it hard to talk, try writing things down. For example, you might find writing a letter helps you set out your thoughts more clearly.

**Seek peer support:** Eating problems can make you feel ashamed, isolated and misunderstood. It can really help to talk to people who are going through something similar. You can look for peer support online or face-to-face. These organisations can help you find peer support for eating problems:

Beat - Overeaters Anonymous - Student Minds - Side by Side (Mind's online peer support community)

**Look after yourself** - Try to be as kind to yourself as you can. Try Relaxation. Mindfulness. Improve your mental wellbeing

### Support is available:

Anorexia and Bulimia Care (ABC) 03000 11 12 13 [anorexiabulimiacare.org.uk](http://anorexiabulimiacare.org.uk)

Beat 0808 801 0677 (England)

Papyrus HOPELINEUK 0800 068 41 41

Samaritans 116 123 (freephone)

YoungMinds 0808 802 5544 (Parents Helpline)

letters YM) [youngminds.org.uk](http://youngminds.org.uk)

85258 (Crisis Messenger for young people – text the

## **Young people and toxic relationships - IDAS.org.uk**

Abusive relationships are common for teenagers with studies showing that abuse affects 14 – 25 year olds more than any other age group.

Abuse can happen at any age, regardless of your gender identity, sex or sexual orientation. There are often warning signs that a relationship is toxic or abusive and abusers may be jealous, may isolate you from friends and eventually be physically violent or make you do things you're not comfortable with. Toxic relationships can start with 'love bombing' which can make you feel special and loved to start with but can signal that someone is controlling or obsessive. If you are in a toxic or abusive relationship, we can help.

It is normal to sometimes argue and fall out with your partner, but no-one should ever feel scared, controlled or uncomfortable in a relationship.

Abuse does not have to mean that someone is physically hurting you; abuse can also be emotional, psychological, financial or sexual.

You may be confused because there are parts of that relationship that you like and that feel loving, and your partner may sometimes feel like your best friend, but if they behave in a way that means you feel scared or uncomfortable, then it is not OK. It may be that they are putting pressure on you to do something that you don't want to do, which might include doing things online.

If you are in a relationship with someone that you think may be abusive, we can support you for free and in confidence. We will never tell you what to do, but we will talk with you about what is going on for you, discuss your options and help you to stay safe. We will only ever share information with anyone if you tell us something that means you or someone else is at risk of being hurt.

There is also help we can get for your partner, boyfriend or girlfriend if they want to receive support to help change their behaviour.



### **Spotting the signs of radicalisation—NSPCC**

We're here to protect children from harm. It can be hard to know when extreme views become something dangerous. And the signs of radicalisation aren't always obvious

"It might be nothing, it might be something. But whatever you're worried about, we're here to help". NSPCC

Radicalisation can be really difficult to spot. Signs that may indicate a child is being radicalised include: isolating themselves from family and friends; talking as if from a scripted speech; unwillingness or inability to discuss their views; a sudden disrespectful attitude towards others; increased levels of anger; increased secretiveness, especially around internet use.

Children who are at risk of radicalisation may have low self-esteem, or be victims of bullying or discrimination. Extremists might target them and tell them they can be part of something special, later brainwashing them into cutting themselves off from their friends and family.

However, these signs don't necessarily mean a child is being radicalised – it may be normal teenage behaviour or a sign that something else is wrong.

**Get support from our helplines - [nspcc.org.uk](https://www.nspcc.org.uk) 0808 800 5000**

We provide help and support to adults worried about the radicalisation of a child. We'll listen to your concerns, help you recognise the warning signs and, where possible, highlight local support services that are available.

We're also letting children know that they can contact [Childline](https://www.childline.org.uk) if they're worried that they're being influenced by other people or if they're worried about terrorism.

Our helplines offer a safe, non-judgmental space where adults and children can talk to us confidentially.

# 5 WAYS TO COPE WITH REVISION STRESS

Exams can be stressful, and it can be tough to cope with the stress sometimes. But there are small things you can do to make things easier.

Whatever your exams are this year, there are things you can do to help deal with the stress:

## Take things one step at a time:

Trying to do everything at once can be overwhelming. Make a [revision timetable](#) and focus on small goals. Take time at the end of each day to focus on anything you've achieved.

## Take care of yourself:

Try to keep to a [healthy routine](#), including getting enough sleep and eating healthily. Make sure to do at least one thing each day you enjoy, even when you're busy.

## Share how you're feeling:

You're not alone in how you're feeling. Whether it's talking to a friend, an [adult you trust](#) or posting anonymously on the [message boards](#), letting your feelings out to other people can be a relief.

## Focus on yourself:

Avoid comparing yourself to others and what they're doing, especially on [social media](#). If you're struggling with your feelings, places like the [Calm Zone](#) can help.

## Ask for help:

Exams can make everything feel difficult, especially if there are already other things stressing you out. It's always okay to ask

## ONLINE GROOMING

Grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual. We're here to tell you what you need to know to keep you and others safe from online grooming.

# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

## STAYING SAFE ONLINE

Online grooming is when someone uses the internet to trick, force or pressure a young person into doing something sexual - like sending a naked video or image of themselves. This is wrong.

Someone who's grooming others online will sometimes build their trust before talking about doing anything sexual. It's not easy to know if someone's trying to groom you, but no matter what's happening, we can help.

### 6 places where grooming can happen:

1. social networking websites
2. instant messaging and live streaming apps
3. photo sharing apps and sites, like Instagram
4. chat rooms
5. dating apps
6. online gaming sites.

Anyone can groom another person. A 'groomer' is someone who makes an emotional connection with someone to try and make you do things like:

- Have sexual conversations online or by text messages
- Send naked images of yourself, which is sometimes called [sexting](#)
- Send sexual videos of yourself
- Do something sexual live on webcam
- Meet up with them in person - They might be old, or young. And they can be male or female.

Most of us talk to people online - it's a great way to stay connected. It can even be a good way of making new friends sometimes. But it's really important to understand the dangers of talking to someone you don't know.. If you send someone sexual photos or videos of yourself, you lose control over what happens to them. The other person may end up sharing them with other people who might then keep sharing them. Someone could even use images you've sent to blackmail you. For example, they may say that they'll post them online if you don't keep sending more images. But we can help. If you're under 18 and someone posts an explicit or nude image online you can make a report to the Internet Watch Foundation (IWF). They can contact the website to try and remove it without getting anyone involved. Nobody should blackmail or pressure you into doing something sexual online. If someone is doing this you're not alone. You can make a report to CEOP. Or speak to a Childline counsellor.