

RÆDWALD TRUST

NEWSLETTER

SUMMER 2021



MENTAL HEALTH

More training for our dedicated first aid team

POLICE SUPPORT

Helping students through difficulty

READING SCHEME

New chapter for our SEN students

Ipswich Hospital School's Lead Teacher, Kate Kingsford runs Mental Health First Aid training.



Learning all about healthy relationships

TEENAGERS are learning how to approach relationships, families, careers and the wider world with gender identity at the heart of their studies.

Parkside students are getting support on topics such as sex, sexuality, sexual health, and sexual orientation.

In response to student request, an age appropriate and relevant programme of learning has been developed.

They also address the subjects through their form time, awareness

days, and with displays in the classroom.

Lessons are supported by PCSO Ellen Whight who offers a legal perspective to the curriculum, helping pupils understand the Equality Act 2010, and what it means to be prejudiced or to discriminate.

Teacher Nicola Edwards said: "We recognise that young people may be discovering or understanding their sexual orientation or gender identity whilst at school.

"There is an equal opportunity

to explore the features of stable and healthy same-sex relationships which is integrated appropriately into the RSE and PSHE programme."

She added: "Sexual orientation and gender identity are explored at a timely point and in a clear, sensitive and respectful manner."

"They look at terms associated with gender identity and sexual orientation as well as the support that is available for people's protected characteristics, like race, religion, disability, sex and gender."

How it started with Kick-Off@3

The Suffolk Police League has been built on the success of the Kick-Off@3's 2019 tournament and culture.



The collaborative initiative set up by Michael Wallace and Ashley Leven has gone from strength to strength, positively impacting hundreds of young people across various communities in the UK through its many initiatives, campaigns and workshops. The pair, along with Kick-Off@3's youth volunteers, ambassadors and partners, work hard to educate young people, diverting the vulnerable youth from criminal activity and violence.

For more information please visit: www.kickoffat3.co.uk



KEY DATES TO REMEMBER

We run weekly fixtures on Friday evenings from 6-9 PM for boys and girls.
@ Whitton Sports Centre, Ipswich.

U14's - years 8/9
U16's - years 10/11

League taster sessions:
Starting 06 August 2021 for 4 weeks.

League start date:
10 September 2021



For more information please email: suffolkpoliceleague@gmail.com

If you would like to take part but have any barriers the league will be happy to support.



PRE-REGISTRATION OR REFERRAL ONLY!
Scan this QR code to find more info on registering with the Suffolk Football League.



Scan me!

SUFFOLK POLICE LEAGUE

Weekly football for boys and girls

U14's - years 8/9
U16's - years 10/11

- ✓ Free courses for participants and young people within the league.
- ✓ Earn money through refereeing local youth leagues with potential career prospects.
- ✓ Gain contacts within the industry, providing opportunities for possible work experience.



RULES SUMMARY

Match Format

7v7
Standard FA rules / 6 outfield & 1 goalkeeper.

Match Length

30 Minutes total with 2 Min half time.

Substitutes

Rolling on and off subs.

Sin Bins

Sin bins will be in effect during all games. Players will go into the sin bin for dissent cautions.

Ball return to play

The ball must be returned via kick-in from the sideline (you can score directly from a kick-in).



COMMENTS

Andrea Pittook, Head of Grant Programmes at Suffolk Community Foundation said "This programme will develop community links, improve the health and well-being of young people and will also offer places for young people to become qualified coaches."

Tim Passmore, Suffolk's Police and Crime Commissioner said, "The team spirit provided by Suffolk FA provides a supportive environment for young people to thrive and develop their social skills and learn life skills such as personal safety and crime prevention."



Remarkable spirit shown through great difficulty

RAEDWALD TRUST CEO, Angela Ransby



WHAT a year we have had. Our achievements are a testament to our colleagues, partners, children and families.

Because of our community, we have been able to keep going; to keep fighting; and to hold tightly to the values and beliefs that sit at our core.

I couldn't feel a greater sense of honour or privilege to stand with our community and deliver our ordinary magic.

Thank you to everyone who has been part of our successes.

Ellen's here to help students

THE Raedwald Trust's PCSO has spoken about the vital work she does with students to ensure they are safe and have someone to turn to if they are in trouble.

Ellen Whight has been working with the students in Key Stage 2, 3 and 4 across the trust for nine months.

The 26-year-old runs seminars and classes for pupils exploring what the police do, what powers they have and who makes the laws.

She said: "My main job is to keep the kids safe and in education. I really love getting to know them and taking down those barriers that do exist between the police and some of the kids. Some don't like police and may have had bad experiences in the past.

"I feel like it's my job to build a good relationship with them, so if they do need to call the police at any time they feel like they can.

"We are here to protect and serve and I always say to students we are not the bad guys.

"I was doing a talk about where the laws come from and the students thought it was the police who created the law.

"When I told them, it was actually the Government that created laws and we are just there to enforce them, that sort of blew their mind."

Whight has recently been running classes on online safety, knife

crime and county lines and says the most rewarding part of her job is knowing she is helping the young students.

She said: "Two weeks ago I ran a class on knife crime, which explained the law, what counts as a weapon and what will happen if you're caught carrying one. The pupils really engaged with this class and it gave them an

understanding of knife crime and how to report any concerns they have.

"I felt proud that these pupils knew they could always come to me and any information they gave would be treated in strict confidence.

Whight previously spent five years as an international photographer

and she has been teaching students about the skill.

She is also originally from the Nacton area of Ipswich, which she says has made it easier to build rapport with the students.

She said: "I come from a background quite similar to some of these students.

"I grew up in this area and I know it's easy to do well and easy to end up in situations where you don't do so well.

"That has definitely helped to build trust. I left my job as a photographer travelling the world because I knew I wanted to help children. The Raedwald Trust has given me the perfect opportunity to do that."

CEO of the Raedwald Trust

We are here to protect and serve and I always say to students, we are not the bad guys...

Making a difference

Robots to the rescue

DOZENS of schools across the county have now signed up for the Raedwald Trust Medical Needs in Schools programme.

The Raedwald Trust has also been able to provide support for pupils who might otherwise struggle to stay in school since its launch in October 2020.

This includes two types of robots which allow students to be virtually in the classroom with their friends, even if they have to stay at home due to a medical need.

MNIS uses the AV1 robot, and the Double 3 to help seven pupils keep in touch with the classrooms, with more planned for the next academic year.

Schools who sign up are given support to review and update their medical needs policy as well as help with individual health plans (IHPs), from processes through to planning and implementation.

A member of staff from each school is given a place on the trust's mental health first aid course and the school is given signposting for mental health resources and guidance.

Free workshops for staff are put together by the Raedwald Trust in partnership with Ipswich Hospital, on a range of topics facing young people, from anxiety, to eating disorders, and diabetes, to pain management.

Workshops are delivered by experts in the field who have experience in working with children and young people with those conditions.



Ellen, left, teaches the pupils about knife crime.

Angela Ransby says Ellen has taken huge strides in developing a relationship between students and the police.

"We are fortunate to work in partnership with such a committed and dedicated officer like Ellen.

"She has developed a very special bond with the young people she works with and very much feels like a part of the Raedwald Trust family.

"She is a trusted, familiar face within our school community helping to provide a safe, academically supportive and welcoming learning environment for our young people."

PCSO Ellen Whight is happy to help our students.

SPECIAL education needs students will read books that reflect their lives and experiences thanks to a highly innovative new curriculum.

The Raedwald Trust is working in partnership with Greenfields Education to develop a bespoke Reading Curriculum to support and engage pupils attending Alternative Provision settings.

Books on the reading list will be selected to ensure that every pupil can see themselves in the characters and themes that they read about.

This will include books with a diverse range of characters from all walks of life, such as children with autism and OCD and people who have faced adversity and overcome challenges.

As well as books reflecting pupils' lived experiences there will also be literature which explores wider societal issues like discrimination, climate change and globalisation.

Greenfields Director Lauren Meadows, who is developing the curriculum with her team, said: "This Reading curriculum is completely unique – we don't know of another that has been written specifically to serve the Alternative Provision community.

"As you can imagine, we cannot take an off the peg reading programme from a mainstream school because that would not be reflective of the students' experience and would be unlikely to meet their needs.

"To foster a lifelong love of reading or just to get someone interested in books you must provide literature that speaks to people's lived experiences.

"The books that will sit at the heart of the curriculum will be informed by the lives of the students who will read them.

"We also want students to read about the experiences of those that are perhaps quite removed from their own lives.

Greenfield Education Consultant, Lauren Meadow.

Reflecting real life experiences through books

Encouraging students to read literature they can relate to will help their development...

There will be books about living with autism and OCD because that is the reality of the students who will be reading them.

"We want to promote rich discussion and understanding about the plight of those facing discrimination on grounds of race, sexuality or their physical bodies; on issues around climate change and globalisation."

The bespoke programme will provide teaching resources and high-quality reading material for students of all ages across the Trust.

Greenfields Education will also offer support in implementing the curriculum by providing lesson plans and teacher training.

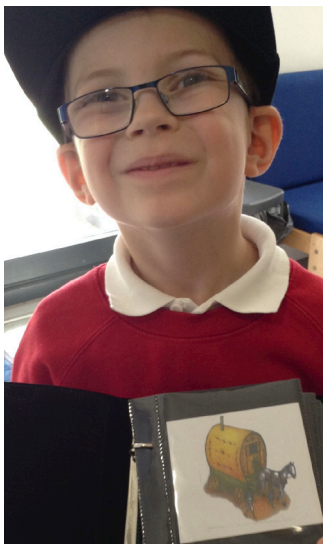
CEO of the Raedwald Trust Angela Ransby said: "As a Trust we have always sought to be innovative to give our students the best possible education.

"The young people we work with often have very different perspective and lived experiences than others at mainstream schools.

"Yet up until now this was not reflected in the books they were reading. It is critical young people are able to see representations of themselves in art and literature.

"Otherwise, they feel excluded and isolated and often find themselves drifting to the fringes of society which can have really dire consequences."

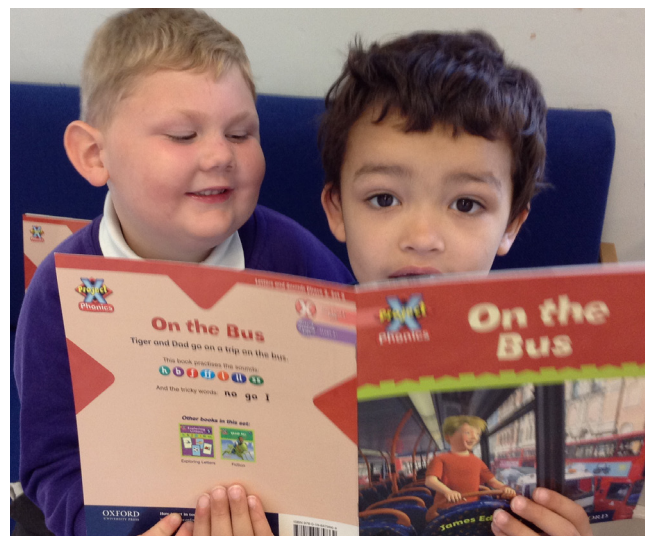
Always passionate



Reading brings so much joy!

STUDENTS have been using talking books to retell the story of Wind in the Willows.

STUDENTS at First Base learned about travelling on the bus during guided reading.





Supporting mental health with training

Courses scheduled for later this year will help grow our mental health support team...

THE Raedwald Trust has trained over 80 new mental health first aiders despite coronavirus pandemic restrictions.

They have adapted to offer both online and face to face training in how to support with issues such as cyber bullying and substance misuse.

They also learn how to spot triggers and signs of mental ill health and confidence as well as skills such as non-judgmental listening and how to reassure a young person in distress.

This term saw two new trainers join the team: Jade Storer, from Outreach, and Alison Embley from Westridge. They will work alongside Kate Kingsford at the Hospital School.

Kate said: "With limited opportunity to deliver training due to COVID restrictions, adding 88 delegates to the number has been an achievement. Our congratulations also go to Jade and Alison, for passing the training course."

"They both had to master online training and deliver training on an unfamiliar media platform. A great achievement and both have received excellent feedback."

The courses are one and two days. The one-day youth Mental Health Champion Scheme and the two-day Mental Health First Aider Course.

Two Day Youth Mental First Aider - Face to face training - Copleston High School.

20th & 24th September 2021

13th & 14th October 2021

8th & 9th November 2021

Two Day Youth Mental First Aider - Face to face training - Claydon High School.

9th & 10th December 2021

Two Day Youth Mental First Aider - Face to face training - FB Bury St Edmunds.

29th & 30th September 2021

Two Day Youth Mental First Aider - online training.

19th & 26th November 2021

Mental Health First Aid Champion - 1 day training - Copleston High School.

14th September 2021

2nd November 2021

Striving to innovate

Increasing our vocational output

PUPILS have been taking their learning outside the classroom – literally – thanks to an enhanced learning programme developed during the pandemic.

Third party provision will be scaled up next academic year with students having more time to study vocational skills such as construction, mechanics, roofing, and agriculture.

As well as the offers from Eastern Region Training and the Deben Community Care Farm, the Raedwald Trust is partnering with Brickmakers Wood, and Suffolk Wildlife Trust.

Martin Weston, External Provision Lead, said: "Our fantastic group of third-party providers worked with our young people offering them their vocational experiences."

"They have remained open alongside the Trust and have been instrumental in helping with mental wellbeing and engaging students in projects they take pride and enjoyment in."

There are also plans to add forest skills and carpentry to the offer from September 2021.

Farm visits help to cope with anxiety

MUCKING in at the farm is offering a therapeutic solution to anxiety and stress for Raedwald Trust students.

Under the guidance of experts, they have been cleaning out horses, pigs, cows, chickens and much more at Deben Community Care Farm.



Throughout the day, students clean, feed, herd and check the animals to make sure they are happy and healthy.

External Provision Lead Martin Weston said: "When they are anxious or stressed and not coping with things in their lives, this is helping them engage with their learning."

"We find the farm is really therapeutic for them."



Online lessons strike a chord

KEEN musicians are able to have live lessons once again following the easing of coronavirus restrictions.

They kept up with lessons online while playing in person was banned under covid guidelines but are relishing playing together again.

The 1-2-1 lessons have resumed meaning students can get in vital practice ahead of planned music performances and productions.

Music Lead, Gil Walters, said: "This has been a great experience for many students who have never had access to music.

"They now understand how to get creative exploring various sounds, loop samples, and explore basic music arrangements. Many students are realising for themselves skills that they are capable of articulating through music."

Students have also been using their time in music classes to complete their Silver and Bronze Art Award this term. In Music Club each Thursday they have been writing their own songs and getting in practice ahead of concert performances.

There are also plans for a new music studio hub in the new academic year.

Mr Walters said: "This will give students a dedicated space for music, to have the best learning experience with professional music industry equipment and a music focused environment for improved development.

"Music and the creative arts have a very important impact with the students in the trust, having seen past students who have gone on from the trust to take their skills and learning further in college."

FIRST Base students have delighted in learning about ants, wasps and bees and becoming mini-beast scientists.

Lessons in the classroom about creepy-crawlies and critters led to the creation of an outdoor meadow for students to explore, and they did not miss an opportunity to hide bugs to scare the adults, having become experts in handling them.

They created posters and fact sheets, before identifying the real animals by carefully catching them before putting them back.

Head of School, Ms Myhill, said: "We have been developing our outdoor meadow classroom; it is equipped with wonderful information displays and well labelled resources.

"The children were fascinated to find out about the wasp spiders who are special residents of the meadow.

"They were very careful and remembered to handle the creatures carefully and to put them back where they found them.

She said the children became particularly interested in wasps and ants.

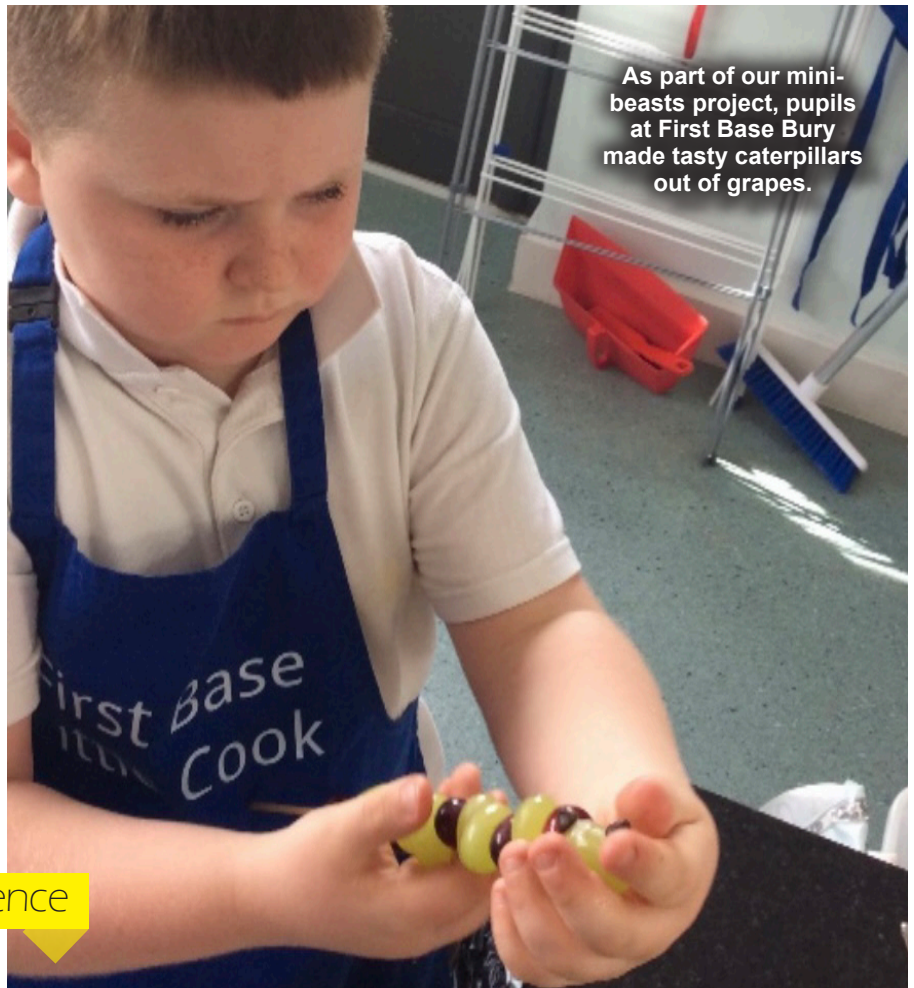
Pupils also used the mini-beast theme in their enrichment activities, making their own edible bugs using an assortment of foods, and creating a "stunning" collage ant from pipe cleaners, sequins, ribbons, matchsticks and tissue paper.

As well as offering a new creative outlet, the lessons helped introduce new vocabulary, including non-fiction, contents, and index, as children got to grips with the resource books.

Ms Myhill added: "The theme of mini-beasts was also used in our role play area which became an 'explorer' world.

"The children engaged beautifully with the books, bugs and equipment in the area. They especially liked finding the bugs that had been hidden in the camping area. They then hid the bugs to scare the adults."

Getting a taste for mini-beasts!



As part of our mini-beasts project, pupils at First Base Bury made tasty caterpillars out of grapes.

Expertise, experience, excellence

Refocus programme changes attitudes

STUDENTS at risk of underachieving are getting support via a programme which builds confidence and helps them plan for the future.

The Refocus programme is now in its second year, with solid success rates, including many pupils ready to return to their mainstream schools within one term.

Running each morning, the pastoral and

academic programme aims to both refocus teenagers and encourage positive life choices after exclusion from mainstream school.

GCSE or functional skills Maths and English is covered, as is science, careers and post-16 support, alongside a bespoke PSHE programme.

This includes mental health awareness,

building self-esteem, coping with exam stress, online safety, healthy relationships, transitions, exploitation and radicalisation.

Many are ready to return to their home schools within one term of the outreach programme while others stay on for extra support because they find the different approach beneficial.

The verdict on the Refocus scheme

WHAT do our students and their families say about Refocus?

One pupil said: "I have learned more than at my whole time at normal school. I have had 100 per cent attendance and found learning easier and more relaxed."

Another said: "This school has made me concentrate and focus better than at normal school. The groups are smaller. This school is amazing."

A parent added: "Our son is finding the small setting very comfortable, and the staff relationships are also so strong.

"I'm hopeful for many more improvements with him due to these sessions."

Another said: "I'm really happy with how my son is getting on at Raedwald Trust.

"He enjoys it and actually comes home and speaks about his day. Since he has started, he is like a different child.


"All the ladies who work with him are all lovely. Can't thank them enough for helping my son."

One said: "When he was at home doing school online it's more stressful and difficult to focus on it. His mental health was not good, until he went to the Raedwald Trust.

"He is now a happy boy and happy to have met new people and to do his lessons. His mental health is improving.

"Every morning he is up and ready to go to school and said he has a normal life. My husband and I are so happy to see him happy and learning.

"We hope he will return to full time education by September as it's his last year."



Providing
key skills
for all

Students have pathway to employability with construction, roofing and mechanics...

CAREER prospects look bright for Raedwald Trust students thanks to a highly successful partnership with Eastern Region Training (ERT).

They have been learning key skills in construction, roofing and mechanics while gaining qualifications which will put them on to the path of employability.

The 12-week course is equivalent to a level 1 qualification in construction or mechanics and offers hands-on training.

External Provision Lead Martin Weston said: "Students who attend seem to really enjoy their time learning new skills.

"ERT has also helped our students to understand what they want to do post 16 with 60% of Year 11 students attending applying to post 16 colleges to pursue courses in construction or mechanics."

A total of 36 pupils have benefited from the ERT course across the year, with six attending each morning and six each

afternoon, across three days each term.

Having successfully completed a construction course, the students then swap in the next term to carry out a mechanics course, meaning some have two qualifications by the end of the year.

Mr Weston added: "Some of our hard-to-reach students have really taken to the hands-on learning we can offer through the construction course.

"While our autistic students benefit too, because it's active, you're moving around and helps with hand eye coordination. It's really popular and really good."

In the next academic year the programme will expand to include partnerships with Brickmakers Wood and the Suffolk Wildlife Trust.

Always passionate





MEMBERS from the Rotary Club were treated to a guided tour and delicious baked banana bread cake made by a student during a visit.

A YEAR 10 student showing off her skills with the majorette's batons.



STUDENTS showed their skills during a trip to Clip'n'Climb.



STUDENTS at First Base don't let the rain get in the way of having fun.

PICTURE CORNER



FORMER pupil Charlie got his silver merit badge at his new mainstream school. We're so proud of him.



A GREAT day out was had at Colchester Zoo where students had fun as well as learning about animals.



OUR little building crew working hard at break time.

We all need support sometimes. If you're worried about your mental health or wellbeing, please consider using one, or more, of these services...

kooth Kooth - A free, safe & anonymous online service for 11 - 18 year olds where you can find someone to talk to when you need it. www.kooth.com

MOODwise Moodwise - For 16 - 25 year olds to find tools & resources that can help them feel better. www.moodwise.co.uk

Suffolk Wellbeing - An NHS service that offers a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. www.wellbeingnands.co.uk/suffolk ☎ 0300 123 1503

The Mix - A website with lots of resources. There's a helpline with trained advisors, one to one web chat, a counselling service & more. www.themix.org.uk/get-support

YoungMinds Crisis Textline - For young people experiencing a mental health crisis. You can contact their messenger service by texting YM to ☎ 85258. For more information about other YoungMinds services: www.youngminds.org.uk

Childline - You can contact Childline about anything. It has lots of information on its website, a helpline & you can log in for a one to one counsellor chat. www.childline.org.uk/get-support ☎ 0800 1111

Samaritans - A number to call if you need someone to talk to who won't judge or tell you what to do. ☎ 116 123

Outreach Youth - Suffolk's LGBTQ+ youth work charity. Offers help & support. www.outreachyouth.org.uk

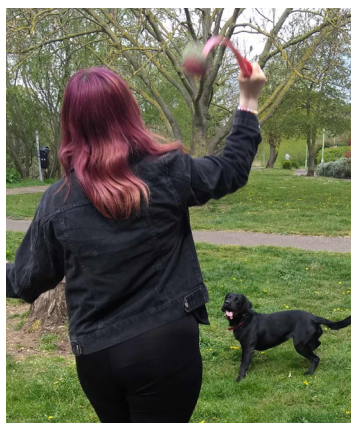
Papyrus - A confidential support and advice service (Hopeline) for young people struggling with thoughts of suicide. www.papyrus-uk.org ☎ 0800 068 4141

4YP - Provide a wide range of services (including counselling) and support for young people. Whatever your needs, 4YP workers will do what they can to help. www.4yp.org.uk ☎ 01473 252607

BEAT - The UK's eating disorder charity. www.beateatingdisorders.org.uk ☎ 0808 801 0711

ChatHealth - Confidential health advice from a school nurse. Available Monday to Friday 9.30am to 4.30pm. Text ☎ 07507 33356

Hope Again (Cruse) - A national charity that provides support, advice and information to young people when someone close to them dies. www.hopeagain.org.uk



A YEAR 11 student engaging very positively with dogs as part of a wider programme to teach responsibility.



ONLINE SAFETY AT HOME

Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video: [In-game chat: a guide for parents and carers](#).

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#).

More information?
Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parent's website](#) and download their [home activity worksheets for fun, online safety activities to do with your family](#).

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

Social Media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them. For advice and guidance, read [Is your child ready for social media?](#)

Remember, most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read [reporting to social media sites](#) for more information

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

For information, read [Teens and the sexual content on social media](#).

Online gaming

Online games are social activities, and most have features that allow children to chat with others whilst they play.

For information about the positives of gaming, the risks of in-game chat and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#).

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#)

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).

For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).

Sharing information, images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

If your child enjoys being online and uses social media apps, games and more, it's important you know how to protect their personal information and support them to make safe choices about what they share online.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#).

Read this [parent's guide to personal information and how to protect it](#) for more information to support your child.

If your child has shared something online they wish they hadn't - don't panic. Read [my child has shared too much online](#) for advice on how to support your child.

Livestreaming

Live streaming is now a very popular feature of many apps and platforms, and all you need to livestream is an internet enabled device like a laptop or a smart phone.

If your child enjoys livestreaming, you may want to read [what is livestreaming?](#) to find out more about it and help your child have a positive online experience.

Over the past few months, many of you may have watched a livestream, or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short video: [video](#) or download this [handy guide](#).

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Tell them about Thinkuknow: Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. Visit our [website for 11-13's](#) or our [website for 14+](#) for age appropriate information.

Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. [Thinkuknow](#), [Brook](#), [The Mix](#) and [Childline](#) all provide age appropriate information about relationships and sex that you can signpost your child to.

Child exploitation can happen anywhere.
You can help stop it by visiting childrenssociety.org.uk/lookcloser #LookCloser

