

# Safeguarding Information For Students



## Your Safeguarding Team – Located in A14

If you are a child or young person under 18 years old, this document is for you.

Safeguarding children is all about working together to keep you, other children and young people safe from abuse and neglect, and making sure that you are able to grow up free from fear, and that you can reach your full potential. The information below gives you an idea of what this covers.

The information in this area will help you if;

- You are being badly treated or abused by someone and don't know where to get help
- You know another child or young person (maybe a friend or a brother or sister, or cousin) who is being badly treated or abused
- You just need some advice or someone to talk to

## Bullying

No-one has the right to make you feel uncomfortable or unsafe, and no-one should be bullied.

Bullying is anything that others do to you Several Times and on Purpose and which makes you feel upset, scared, or hurt.

Bullying can happen in and out of school, and teachers and other adults who work with children and young people have a duty to take action to look after you – this includes both your emotional health and physical safety.

Please don't suffer in silence – try to find someone you trust who you can talk to about it – a friend or a trusted adult can only really know how things are for you, and then help you work out what you want to happen, if you talk to them.

If you aren't ready to talk to someone you know, you can always call Childline 24 hrs a day 7 days a week on 0800 1111.

Our Safeguarding Team are always available for you to talk to and are located in A14. You can also email them on [safeguarding@oswba.co.uk](mailto:safeguarding@oswba.co.uk).

## Online Safety – Think before you send

If you share an image of yourself online by photo, text or video, via your phone, tablet or computer always think first **“Would I be ok with anyone and everyone seeing this?”**

Any image of yourself that you send, can and might be shared by the person you sent it to. Once you press send, it is no longer in your control.

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If you share a 'nude' or 'underwear shot' even with someone you trust, you are not able to control who they forward it to or where they save it. It can be sent on to anyone or posted anywhere on the internet. It could end up on social networking sites or even sexually explicit sites.

You should never feel pressured to send an image of yourself to anyone. Think about why someone would want you to do this. Once they have your image, they have it forever and could even use it against you.

## Did you know?

Being involved in sending explicit pictures, where the person in the picture is under the age of 18, can be a criminal offence. This could lead to you getting into trouble with the police, affect your chances of getting a job and even limit the countries that you can travel to.

If someone is forcing you to send an inappropriate image of yourself, you should report him or her to the Police by calling 101. Or you can share with a trusted adult who will be able to help you.

Download [ChildLine's free Zipit app](#) for loads of great comebacks if someone is trying to get you to send them a sexual image.

Before you share a photo of yourself always' **"Think before you send" Do not send anything you would not want your parents, teachers, friends or future employers to see!**

## Useful Links for Online Safety;

Net Aware: <https://www.net-aware.org.uk/>

Think U Know: <https://www.thinkuknow.co.uk/>

CEOP: <https://www.ceop.police.uk/safety-centr>

Childline: <https://www.childline.org.uk/>

## Sexual Exploitation

### What is child sexual exploitation?

Child Sexual Exploitation is where someone is taking advantage of you (or someone you know) sexually for their own benefit. Sexual exploitation can happen to boys and young men as well as girls and young women. It can happen to anyone and people who exploit you can be any age, male or female.

### How does it happen?

Sexual exploitation can be hard to recognise because often it feels like that you are in a good relationship with the person – or people – who abuse your trust in them. It could be that a friend, or group of friends, or someone you think of as a boyfriend or girlfriend

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exploits you or it might be a person or a new group of people you only just have to know, in person or online.

Often people who exploit you are nice to you, your friends and family; they might buy you things, including alcohol or drugs, they might listen to your problems, take you to great places, be there for you, and they might give you a place to stay when you're having problems.

Anyone who persuades you to have sex with them or other people, or encourages you to post sexual images of yourself via text or on the internet, in return for the things that they have given you, such as drugs, alcohol, cigarettes, money, food, accommodation or affection, **is sexually exploiting you, even if you don't always feel like they are.**

If what you are being asked or forced to do makes you feel uncomfortable or worried in some way and somehow feels wrong then remember it probably is.

**If you are worried for yourself or a friend, please talk to an adult you trust. Remember: if you are in any danger or feel unsafe, get in contact with the police immediately on 999.**

**If you would like to talk to someone in confidence you can contact;**

- Freephone on 0800 1111 and this number won't appear on a telephone bill. Available 24 hours a day.
- NWG Network: <https://www.nwgnetwork.org/for-young-people/> – 24/7, FREE, ANONYMOUS, OR TXT. 116 000.
- Men and Boys Coalition: [www.mesmac.co.uk/blast](http://www.mesmac.co.uk/blast) Supports boys and young men who have been, are being, or are at risk of being sexually exploited
- Tel; 0113 2444209 Text 07808 863662
- Services in Wolverhampton
- Multi Agency Safeguarding Hub (MASH) on: 01902 555392
- Base 25 Empower Project Tel: 01902 572040, text 07800 002222

## Self-harm

There are many different ways in which young people self-harm, but all forms of self-harm are used as a way of managing difficult or distressing feelings or experiences. Self-harm can be a way of coping for lots of different people in society – young or old, so it's not just young people who self-harm.

If you are struggling with difficult thoughts, feelings or experiences and using self-harm as a way of dealing with them, there is a strong possibility that you are not the only one in your class or circle of friends.

Self-harm is way of coping with difficult and distressing feelings. It can include anything that you do that causes you an injury or harms you in some way. Sometimes it may be called self-injury.

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Common sorts of self-harm include;

- Cutting yourself
- Burning yourself
- Taking overdoses of tablets (this can be prescribed medication, over the counter medication or illegal drugs)
- Anything that causes you to be harmed or placed in danger in some way
- Other examples might include:
- Using food to deal with feelings,
- Not allowing yourself fun-time or friends
- Working so hard you don't go to bed
- Putting yourself in risky or dangerous situations
- Banging your head against a wall
- Breaking your own bones
- Throwing yourself down the stairs
- Pulling your hair out

## **For confidential help and advice contact;**

- <https://papyrus-uk.org/help-advice/>
- HopeLineUK 0800 068 41 41
- This helpline is run by [Papyrus](#), a national charity set up to prevent suicide amongst young people and young adults

## **Useful services & helplines**

If you think that you would like to talk to someone about your self-harm and what else might be going on in your life that you are finding difficult, there are lots of different people who can help.

## **Services in Wolverhampton**

You can go to Accident and Emergency (A&E) at New Cross Hospital, Wednesfield Road.

Talk to your doctor (GP). They can help you to get any professional help you might need.

There are a range of other services that can help if you are worried about self-harm. Talk to a teacher, trusted friend or adult, or a member of our Safeguarding Team located in A14, or email: [safeguarding@oswba.co.uk](mailto:safeguarding@oswba.co.uk).

## **Helplines**

- Base 25 Tel: 01902 572040, text 07800 002222
- Childline – Free and confidential helpline for children and young people Tel: 0800 11 11
- HopeLineUK – a specialist helpline staffed by trained professionals who give non-judgemental support, practical advice and information to: Children, teenagers and young people up to the age of 35 who are worried about themselves Anyone who is concerned about a young person Tel: 0800 068 41 41
- Youngminds: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

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- Free and confidential national helpline for parents. Tel: 0808 802 5544 (9:30am – 4pm) Monday to Friday <https://www.mencap.org.uk/advice-and-support/learning-disability-helpline>
- Learning Disability Helpline – provides information and advice. Tel: 0808 808 1111
- Samaritans – [https://www.samaritans.org/how-we-can-help-you/contact us?gclid=EAlalQobChMItu2l2Oiw3wIVrL3tCh256g4EEAAYASAAEgKYD\\_D\\_BwE](https://www.samaritans.org/how-we-can-help-you/contact-us?gclid=EAlalQobChMItu2l2Oiw3wIVrL3tCh256g4EEAAYASAAEgKYD_D_BwE)

**If you require support from a member of our Safeguarding Team please do not hesitate to contact; [safeguarding@oswba.co.uk](mailto:safeguarding@oswba.co.uk)**