



IN THIS EDITION: Child Safety Week: top tips for safety, dealing with change & moving up to secondary school. Online safety. County Lines information - a new drug threat to be aware of.

★ Child Safety Week - 4th-10th June

Child Safety Week is the flagship annual campaign run by the Child Accident Prevention Trust (CAPT) - the UK's leading charity aiming to reduce the number of children and young people killed, disabled or seriously injured in preventable accidents. The message for the week was 'Together we've got this' - because we can all do something to help keep things safer for children in our homes and neighbourhoods.



★ Here are some of the things you can do:

- ★ Teach your child how to cross the road safely & keep your speed down if you are a driver
- ★ Keep products with accessible button batteries well out of your child's reach to avoid the risk of choking
- ★ Keep cleaning products and detergent capsules out of reach of children
- ★ Use stair gates as soon as your child can crawl & always hold on when carrying your baby
- ★ Keep blind cords and chains secured with a cleat, chain break or cord tidy
- ★ Make sure your child knows how to swim & is supervised at all times around water
- ★ Test your smoke alarms regularly & plan how your family will get out if a fire breaks out
- ★ Don't keep painkillers on a bedside table or in open handbags
- ★ Remember to cover up in the sun and apply sun screen

For more information, visit www.capt.org.uk



★ Dealing with change

It's that time of year when there are lots of changes coming up for children and families; moving schools, changing teachers and classes and making new friends. This is particularly true for parents and children in Year 6 with the move up to secondary school. Here are some tips to help your child cope with new situations:

- ★ **Talk about things well in advance** and discuss what their worries are.
- ★ **Keep as much the same as possible during a big change** and stick to routines.
- ★ **Answer all their questions** - even if some are repeated many times.
- ★ **Expect that they might revert back to younger behaviour** - this is normal - so try to be patient.
- ★ **Let them express all their feelings** both positive and negative.
- ★ **During times of change, a little extra attention** will go a long way in helping children deal with stress.

(Adapted from www.brighthorizons.com)



★ Moving up to secondary school

★ We interviewed some year 7 children about their experiences of transition to secondary school. Here's what they said...

★ **Q: What strengths do you think you needed when moving up to secondary?**

A: Trying new things, doing your best, being confident, standing up for yourself, being positive, starting again, being proud of being different, not giving up, being brave, working hard, being sensible.

★ **Q: what did you worry about before going up to secondary school?**

A: Getting bullied at school or online, making new friends, how to get to school, getting lost in school, getting picked on by older pupils, being different, harder work, getting into trouble, how to get help if I need it, being home alone after school.

★ **Q: What advice or information did you get from teachers, parents and friends?**

A: Not to worry (which wasn't always helpful if you are worried); the differences between primary and secondary school; the size of the new school; not to be late for school or different lessons; don't use your personal email to message teachers or staff; be early for the bus; information about what would happen in the first couple of weeks.

★ **Q: What advice or information was missing?** **A:** Can you go to the toilet? Are you allowed to go during lessons? What is the behaviour system? What will I get in trouble for and what are the punishments? The lunch and break payment system (how do I get something to eat?) What is the timetable for the bus where do I get the bus from? What support will be available at secondary school? A map of the school; that you can be late for each class not just at the beginning of the day.

★ **Q: Did any of your worries happen?** **A:** "I was mostly worried about being bullied because of my size and not having the right equipment, but I didn't get picked on and I didn't have the wrong equipment." • "A lot of people are worried about fitting in, but they shouldn't be, there is going to be someone a bit like you, who you have something in common with and after a few weeks those people group together" • "If anything happens you can sort it out with a teacher or one of the pastoral support team".

★ Top tips for parents & children

- ★ **Equipment** - pack your bag the night before to make sure you have everything you need for the next day and avoid rushing around in the mornings and forgetting something. Mostly all you need is a pen, pencil, rubber and ruler.
- ★ **Bedtimes** - agree a bedtime for school nights (Sunday to Thursday), and to turn off TV's, computers and mobile phones an hour before bed so that your brain can rest.
- ★ **Brain food** - eat something for breakfast that will keep you going until break time. Take a healthy snack in case you need it.
- ★ **Homework** - make a plan for where and when you will regularly do homework at home. You will need a place to sit and a clear space to put your books where they won't be touched by younger brothers and sisters.
- ★ **Weekends** - set aside some time to do your homework then enjoy your weekend, don't put off doing your work and then spoil all of the weekend worrying about it. Get it done and out of the way!
- ★ **Worrying** - learn a technique called 'Stop Worrying':

The "Stop Worrying" technique

1. Identify what you're worrying about in a sentence and write it on a piece of paper to 'crystallise' the worry.
2. Decide how long you will give yourself to think about your worry; good choices will be 5-15 minutes.
3. Now focus on your worry considering all aspects of the worry and possible solutions.
4. When time is up put the piece of paper away somewhere safe.
5. If you find yourself worrying again soon afterwards just tell yourself, 'I've done all my thinking about that worry, and no extra thinking time will add anything new for the moment'.

Your guide to getting ready for secondary school



★ Tasks to get ready	Where could you find out - or who could help? (e.g. secondary school websites, friends or neighbours who are already at secondary school)	★ Tick (✓)
Get a map of the new school		<input type="checkbox"/>
Find out about the timings for the school day		<input type="checkbox"/>
Find out who else is moving to the same school		<input type="checkbox"/>
What uniform and PE kit do you need?		<input type="checkbox"/>
What equipment will you need for your lessons?		<input type="checkbox"/>
How will you get to your new school? Plan your journey & do a few trial runs		<input type="checkbox"/>
What time will I need to leave home in the morning to get to school on time?		<input type="checkbox"/>
What time are lunch and break times? Where do students eat lunch? How do they pay?		<input type="checkbox"/>
What happens if I get into trouble? What are the punishments?		<input type="checkbox"/>
What is the name of my form tutor? And my head of year?		<input type="checkbox"/>
What other activities are offered during or after school?		<input type="checkbox"/>

★ **Calling all budding writers!** We are looking for children to join our Safety Net team of reporters. Do you enjoy writing? Want to get involved with interviewing & talking to other children about what matters? Let us know, we'd love to hear from you. Speak to your class teacher, and ask them to email our Participation & Peer Support Worker Charlotte: charlotte.whitehead@safety-net.org.uk

★ At what age should a child be using social media?

Did you know that just about every social media site allows users to sign up when they reach 13 years of age? However, according to Ofcom, 67% of 5 to 7 year olds, 91% of 8 to 11 year olds and 98% of 12 to 15 year olds use online services. Unfortunately, signing up for platforms like Twitter, Facebook, Snapchat and Instagram is not difficult as birthdays are easily faked and companies rarely monitor underage use.

Why are age restrictions important? At the age of 12 the part of children's brains that deal with impulse control and ethical/moral thinking are not yet fully developed. This means that it is difficult for children to fully understand the possible consequences of a post they make on social media or be able to handle mistakes or deal with online problems like bullying. That is why it's important to take steps to restrict children's access to some online sites. This could include agreeing with your child that you can monitor their online chats, setting up parental control programmes and applying age-related filtering services which are offered by most British internet service providers. *(Adapted from Netnanny.com)*

★ County Lines

The Brighton & Hove Safeguarding Boards have been busy working with services in the city to look at a serious issue, known as 'County Lines', which is a form of criminal exploitation. County Lines is a crime which involves the supply of drugs using a 'burner' mobile phone or 'deal lines'. Groups tend to be from big cities and use children as young as 12, as well as vulnerable adults, to move drugs and money into smaller towns and rural areas. Children, typically boys between the ages of 15 and 16, but sometimes younger, move the goods by travelling by coach, train, and taxi.

County Lines groups tend to use younger members to identify and target other children, either through personal or social media links. The groups then keep children in their service by enforcing drug debts – frequently inflated or simply made up – and by threatening family members to ensure their obedience.

For more information - including what signs to look out for and where to go for help and advice - go to www.brightonandhovelscb.org.uk. Your school's Designated Safeguarding Lead is also on hand if you have any concerns.



In its work with children in local primary schools, Safety Net has become very familiar with Fortnite - a popular video game. Terri Fletcher, Director says: *"We support local children who are struggling because of anxiety issues. We are seeing some children who are overusing this game in the evening and are having difficulty sleeping as a result. This is having a knock on effect on their ability to cope with other issues during the day".*

Fortnite has more than 40 million players worldwide, so the chances are that your children and their friends are already fans. The good news is that although Fortnite is a multiplayer shooter game it has a child friendly style and doesn't show graphic violence. The bad news is that children can become obsessed with playing the game.

So what's your next move? If your children are playing on an Xbox or Play Station, you can use parental controls to put limits on how long they can play for. It's also a good idea to agree a time limit with them when they start playing e.g. 60 – 90 minutes and limit play before bedtime.

★ **We would love to hear from you!** If you have a question or would like to make a suggestion for future editions, email us at newsletter@safety-net.org.uk. For an online edition, visit www.safety-net.org.uk or www.brightonandhovelscb.org.uk