IMPORTANT INFORMATION FOR STUDENTS

Keeping yourself safe:

We want to help keep you safe, secure and happy. Please take a look at this information about:

- Who you can contact if you have any concerns
- How to be alert to potential risks
- How to help yourself stay safe online

Introduction

Helping to keep you stay safe, secure and happy is at the heart of everything we do at Cathedral Academy. As an academy, we want to support you with the latest information and guidance available about some of the potential risks young people face today.

Who you can contact

Mr N Poskitt - Designated Safeguarding Lead

Miss L McIntosh - Deputy Designated Safeguarding Lead

Miss N Harding — Deputy Designated safeguarding lead

Miss K Scholey - Staff and Student Welfare Officer

Any Student Liaison Officer or member of the safeguarding team.

These staff are experienced in dealing with Safeguarding issues and will ensure that your concerns are handled appropriately and with the best interests and safety of the young person at the heart.

Mr Poskitt
Assistant Principal

Miss McIntosh
Inclusion Manager

Miss Harding
Education Welfare Officer

Mrs Scholey
Student Welfare Officer

Miss Coulson

Year 11 SLO

Mr Newlove

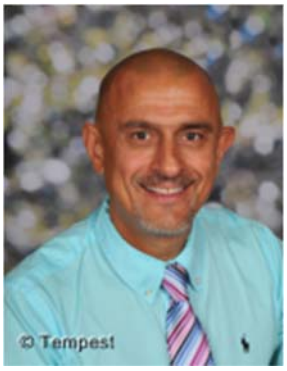
Year 10 SLO

Mr Summerfield

Year 9 SLO

Miss Sona

Year 8 SLO



Mr Boam

Year 7 SLO

Miss Toney

Curriculum Leader

RS

Mr Harrison

SENCO

Miss Johnson

Attendance Manager

Mrs Kearney

Chaplain

Bullying

Some of the different types of bullying:

- Homophobic
- Racist
- Appearances
- Sexist
- Religious
- Xenophobic
- Disablist

"There's always someone happy to listen!"

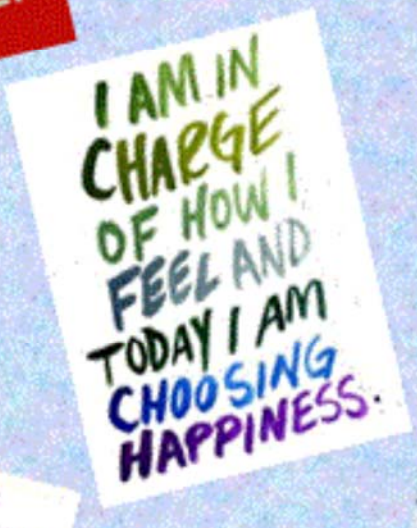
"There's always someone happy to help!"

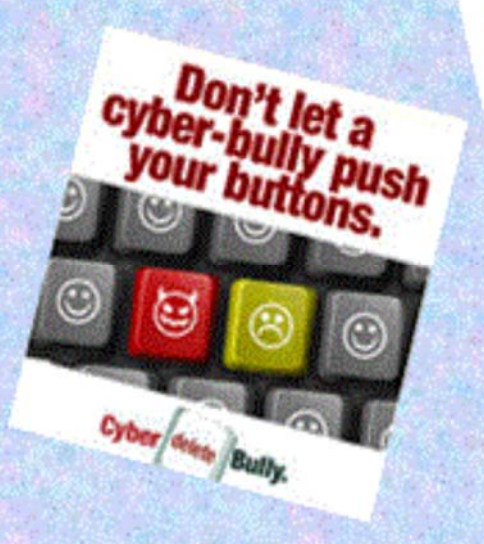
How to get help:

- Tell Someone
- Block the bully's
- Build your confidence

Don't:

- Reply to the bully's
- Fight the bully's alone





WAKEFIELD & DISTRICT
safeguarding children board

Thinking of Running Away?

Running away from home isn't always planned. It can be a last-minute decision, and you might not be prepared – with no money, warm clothes or any idea about where you might seek help.

Young people might run away because of:

- Arguments with family
- Violence
- Problems at school
- Pregnancy
- Forced marriage
- Being in a stressful situation.

Things to keep in mind:

- Being homeless means not having somewhere to live
- This can also include sofa surfing
- Living on the streets is very hard and you might be at risk
- Think about who can help and get support if you're thinking of running away
- If you're in danger or need urgent help, you can call the police by dialing 999

Support & Advice:

- Runaway Helpline Call or Text 116 000 or email 116000@runawayhelpline.org.uk. Free, confidential, 24/7 advice and support.
- Childline: Call 0800 11 11
- If you're in danger or need urgent help, you can call the police by dialing 999
- If you are not in need of urgent help, you can call 101

need help?

What is Anxiety

Anxiety is a feeling of fear or panic. Feeling generally anxious sometimes is normal. Most people worry about something - money or exams - but once the difficult situation is over, you feel better and calm down.

The Symptoms of Anxiety:

- Difficulty sleeping
- Feeling frightened, nervous or panicky of the time
- Getting down or depressed
- Stomach cramps and/or diarrhea
- Low appetite
- Lack of concentration
- Dry mouth
- Trembling
- Feeling faint

Consult your GP, Family Member, Friend or Teacher for Help & Support

Where to get help with Anxiety

There are a number of ways of getting support:

No Panic (supports panic attacks, OCD, Phobias and other anxiety disorders - 0844 967 4848, www.nopanic.org.uk

ChildLine (Supports all anxiety issues) - 0800 11 11, www.childline.org.uk

CAMHS (referral is needed) - 01977 605526, www.southwestyorkshire.nhs.uk

What is Depression

Depression a mood disorder where you feel very down all the time. Can happen as a reaction to something like abuse, bullying or family breakdown, but it can also run in families.

It is one of the most common types of mental illness. Although it's hard to feel positive when you're depressed, there is lots of support available to help you feel better.

What are the Symptoms

- Not doing things that you enjoy
- Avoiding friends or social situations
- Sleeping more/less than normal
- Eating more/less than normal
- Feeling irritable, upset, miserable or lonely
- Being self-critical
- Feeling hopeless
- Self-harming
- Feeling tired and having no energy

It's important to talk to your GP to get a full diagnosis.

What to do about Depression

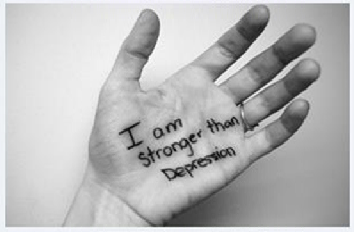
Take the first step – depression can affect anyone, and you deserve help to feel better. Talk to someone you like and trust, like a teacher, relative, counsellor or friend.

Your GP may offer to refer you to the child and adolescent mental health service (CAMHS), an expert or a psychiatrist who can help you.

Treating Depression

Depression can be treated with medication, therapy or a combination of both. Exercise can also help.

You may be offered cognitive behaviour therapy (CBT) to help you manage your thoughts and feelings.



Where to get Help

Samaritans
116 123 (**Free 24 Hour Service)**
01924 377 011 (**local call charges apply**)
www.samaritans.org

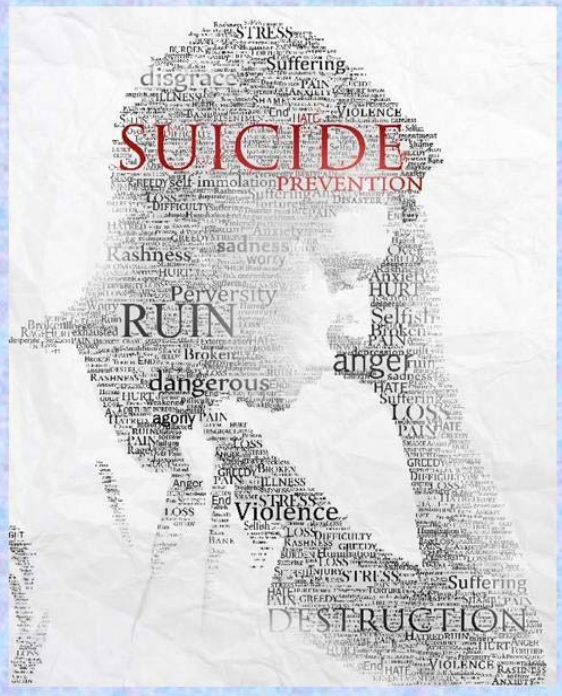
Papyrus - 0800 068 41 41
www.papyrus-uk.org

ChildLine
0800 11 11 (**24 Hour Service**)
www.childline.org.uk

Kooth
www.kooth.com

Suicide Awareness

If you are feeling so down that you can't see a way out, know that others have felt this way ad survived. You are not alone and however bad you feel, you can be helped.



A number of things can lead up to suicidal feelings:

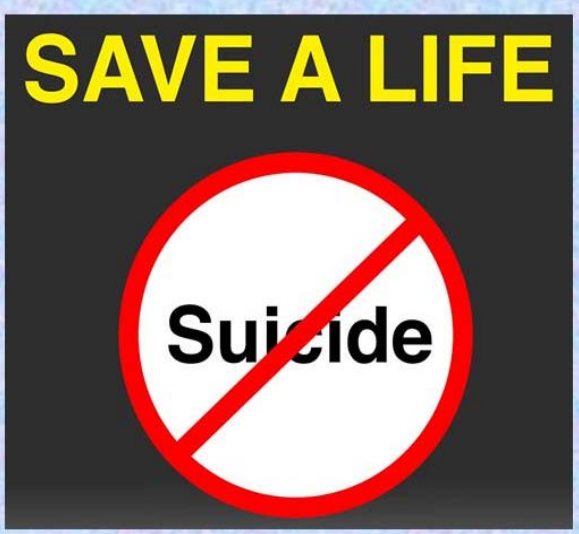
- Depressed, or have another serious mental illness
- Using drugs or alcohol, particularly if you're upset
- Very anxious about the future or today's pressures
- Under pressure from family or your peers

Things to keep in mind:

- Think about who can help and get support if you're thinking of suicide
- If you're in danger or need urgent help, you can call the police by dialing 999
- Never give up, you are stronger than you know.
- Think Positive.

Support & Advice:

- Papyrus ww.papyrus-uk.org, Confidential advice and support for young people who feel suicidal. Email: pat@papyrus-uk.org, Text: 07786 209 697
- Childline: www.childline.org.uk, if you're under 18 you can confidentially call, email, or chat online about any problem big or small. Freephone 24h helpline: 0800 1111



Stay Safe Online

Remember the 5 SMART rules when using the internet and mobile phones.

S **SAFE:** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

m **MEET:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

a **ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

r **RELIABLE:** Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.

t **TELL:** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Find out more at Childnet's website …

Child Sexual Exploitation

Child sexual exploitation (CSE) is a type of sexual abuse. Children in exploitative situations and relationships receive something such as gifts, money or affection as a result of performing sexual activities or others performing sexual activities on them. Children or young people may be tricked into believing they're in a loving, consensual relationship. They might be invited to parties and given drugs and alcohol. They may also be groomed and exploited online. Some children and young people are trafficked into or within the UK for the purpose of sexual exploitation. Sexual exploitation can also happen to young people in gangs.

If you have suffered abuse just always remember that it is never your fault, SPEAK UP AND SPEAK OUT.

Remember if you need someone to talk to you can talk to anyone at school or alternatively you can ring Childline on 0800 11 11 – 24 Hour Line.

What is Child Sexual Abuse

Sexual abuse is when someone is forced, pressurised or tricked into taking part in any kind of sexual activity with another person.

Sexual abuse can include lots of things like rape and sexual assault, sexual harassment, online grooming and domestic abuse or violence.
It can also include sexual exploitation (being pressure into having sex with someone in return for getting something like money or drugs), sexting or child pornography.

Child Sexual Abuse is illegal in the UK

What you can do:

- Collect things that could be used as proof
- Never give up
- Remember you're not alone
- Report the abuse to a teacher, police officer, doctor, parent, guardian or friend

NEVER GIVE UP

Ways you can tell someone you've been sexually abuse:

- Pick somebody you trust
- Write it down
- Pick a time
- Get support
- Understand that it's NOT your fault
- Know that someone is always here for you & will support you

Who to call:

- Emergency 999
- Non-Emergency 101
- Social Care Direct: 0345 8503 503
- ChildLine: 0800 11 11
- Kooth: www.kooth.con

What is Sexting

When people talk about sexting, they usually mean sending & receiving :

- Naked pictures or "nudes"
- Underwear shots
- Sexual or dirty pics
- Rude text messages or videos

Sexting can easily happen, things can go wrong, even when you didn't mean for them to.

They can be sent using mobiles, tablets, smartphones, and laptops .

Is Sexting Illegal?

YES, When you're under 18 it's against the law for anyone to take or have a sexual photo of you – even if it's a selfie.

What are the risks:

- No control of images and how they're shared
- Blackmail
- Bullying
- Unwanted Attention
- Emotional Distress

Who to report sexting to

- Emergency Dial 999
- Non-Emergency 101
- Family, Friends or Guardians
- Teacher

Information & Support

There is a lot of help and support out there for you, just ask and see support. Don't be afraid.

Disrespect Nobody - www.disrespectnobody.co.uk

ChildLine - www.childnet-int.org

Friends yours to lose...

If you're convicted of looking at indecent images of children you will be placed on the sex offenders register and you could lose your friends, your family or your job.

No excuses, you will be caught

For anonymous advice and information before it's too late contact Stop It Now: www.get-help.stopitnow.org.uk

stop it now! UK & Ireland
Together we can prevent child sexual abuse

Confidential Helpline
0808 1000 900

Office of the Police & Crime Commissioner West Yorkshire

WEST YORKSHIRE POLICE

www.westyorkshire.police.uk/iioc

What is Hate Crime

Hate incidents and hate crimes are acts of violence or hostility directed at people because of who they are or who someone thinks they are.

Hate incidents include:

- Verbal abuse like name-calling
- Harassment
- Physical attacks such as hitting
- Threats of violence
- Hoax calls, abusive phone or text messages, hate mail
- Online abuse for example on Facebook or Twitter

- Harm or damage to things such as your home, pet, vehicle
- Graffiti
- Arson.

Hate incidents and hate crimes are illegal in the UK

How can you report a hate crime?

There are a number of ways to report a hate crime or incident:

- Emergency call 999
- Non-Emergency dialing 101
- You can get more support from Stop Hate UK
- Tell a family member, friend or guardian
- Speak to your school teacher

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE©

THE YOUNG PEOPLE OF WAKEFIELD EXPECT...

As children and young people in Wakefield, we want all of the adults in our community to help us to be safe and protected. If we have a problem or need your help, we expect that, as adults, you will:

1

Do your **best** to help us be **safe**

2

When there are choices about what can be done, **consider our opinions** and **respect** our wishes

3

Always be **ready to listen** to us and speak with us

4

Value us and always **involve us**

5

Treat us with **care** and **respect**

6

Be clear about how things work and **what we should expect** to happen

7

Take what we say **seriously**

8

Involve the **right people**, **at the right time**, when we need it

9

Look after our information and **take care** how you use it

10

Get to know us and **understand** our lives

WAKEFIELD & DISTRICT safeguarding children board

Helpful Numbers 4 Young People

ChildLine 0800 1111

Call 0800 1111

Get help and advice about a wide range of issues, talk to a counsellor online, send an email or post on the message boards. For all young people up to 19 years old.

SAMARITANS

Call 116 123

A charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide

Beat Eating disorders

Call 0808 801 0711

Open 3:00pm - 10:00pm
Every Day for under 18's

CALL TXT 116 000 free • 24/7 • confidential runaway helpline

Call or Text 116 000

Free - Open 24/7

kooth

www.kooth.com/

Free, safe and anonymous online support for young people

PAPYRUS prevention of young suicide

Call 0800 068 4141

Text 07786209697

The national UK charity dedicated to the prevention of young suicide

you don't want to speak to someone on a helpline, you could talk to:

- A member of your family, a friend or someone you trust, such as a teacher
- Your GP, a mental healthcare professional or another healthcare professional
- A minister, priest or other type of faith leader