



DERBY MOOR ACADEMY

Guide to Safeguarding for Parents and Carers

Together we succeed

Achievement

Aspiration

High Expectations

Community

Guide to Safeguarding for Parents and Carers

We have put together this booklet to give you some information about how you can help to keep your child safe.

How Derby Moor help to keep students safe

- We will provide a safe environment for students to learn
- We will have an up to date and robust child protection policy
- All staff will be Police checked to make sure they are safe to work with students
- We will educate your child about keeping themselves safe within lessons
- We will encourage students to tell us if something is wrong
- We will always listen to you and work with you if you have concerns
- We will have a designated person who has additional training in child protection
- We will share information with appropriate agencies if we have concerns
- All staff will receive child protection training which is regularly updated, so they are equipped with the knowledge and skills to keep children safe

What Parents and Carers can do to keep their children safe

- Feel confident to raise any concerns they may have about their child or another child
- Make sure school is aware of any medical conditions
- Be familiar with the school policies surrounding safeguarding
- Let school know if your child is going to be absent and why
- Let the school know if there are any changes to your circumstances – e.g. change of parental responsibility, change of name or address
- Let the school know if you have any court orders relating to the safety of your child

Safeguarding Team

Derby Moor has a dedicated Safeguarding Team of experienced and specially trained staff.

Name of Designated Safeguarding Lead: Cathy Bhundia –Vice Principal

Name of deputy Designated Safeguarding Lead : Jon Scott

Other staff with safeguarding responsibilities: House Managers/Inclusion Manager

Name of Designated Governor: Graham Pyman

Name of Designated Teacher for looked after children: Cathy Bhundia –Vice Principal

Other Local Key Safeguarding Contacts

Derby Safeguarding Children Board 01332 642351

Safe and Sound 01332 362120

Children's Social Care

First Contact Team 01332 641172

Careline (out of hours service) 01332 786968

Local Authority Designated Officer (LADO) 01332 717818

Channel/Prevent (radicalisation/extremism) for advice and information please contact the Prevent Team based at The Council House tel 01332 293111 or contact the Police Prevent Team on 101

Female Genital Mutilation (FGM) mandatory reporting via Police on 101

IF YOU ARE CONCERNED ABOUT THE SAFETY OR WELFARE OF YOUR CHILD, OR A CHILD YOU KNOW. YOU CAN ASK FOR ADVICE, OR REPORT YOUR CONCERN TO ANY OF THE ABOVE



What is Child Sexual Exploitation (CSE)?

Child Sexual Exploitation (CSE) is when a young person is used by being made or tricked into doing something sexual sometimes receiving something in return like love, affection, money, drugs, alcohol or gifts. CSE is a hidden crime that can happen to anyone under the age of 18: male or female; straight, gay or bisexual; disadvantaged or privileged and whatever their culture and religion.

What are the potential signs and indicators?

- Having an older boyfriend/girlfriend
- Having a controlling partner
- Having unaccounted for money or gifts out of the blue
- Signs of underage sex such as sexually transmitted infections or pregnancy
- Not attending school or not coming home
- Being friendly with adults or suddenly changing peer groups
- Chatting to or exchanging pictures with strangers online
- Changes in behaviour that are out of character
- Avoiding a certain person
- Secrecy
- Use of the internet that causes concern including possible use of web cam
- Poor self-image, eating disorders or self-harm

What can you do if you are concerned?

Speak to the Safeguarding and Child Protection Officer in School

If you suspect that a young person is being groomed or sexually exploited in Derby call any of the numbers below:

Safe and Sound 01332 362120

Local Authority Duty Number on 01332 641172

The Police 101 Emergency 999

Or visit the following websites to find out more:

www.knowaboutcse.co.uk

<http://www.stop-cse.org/>

<http://www.derbyscb.org.uk/scb7.asp>

What do we do as a school? Child Sexual Exploitation is against the law and a form of abuse, therefore this will be dealt with in line with our Child protection and safeguarding procedures.



Self-Harm

What is Self-Harm?

Self-Harm is when a person deliberately injures or harms themselves. This can include cutting, burning skin, scratching, hitting or taking harmful substances. People who self-harm tend to use it as a way of dealing with problems such as bullying, abuse, trauma, neglect or depression. Self-harm tends to be carried out in private and kept secret from family and friends so it is not always easy to detect. Young people will often go to great lengths to cover self-harm scars and injuries.

What are the potential signs or indicators?

- Unexplained injuries such as cuts, burns, scalds
- Being secretive
- Keeping themselves fully covered even in hot weather
- Bald patches from pulling out hair
- Becoming withdrawn and isolated
- Self-loathing
- Low self-esteem and thinking they are not good enough
- Signs of drug or alcohol misuse

What can you do if you are concerned?

There are several organisations that offer advice and support for people that self-harm and their families and friends. These include:

- The Samaritans Helpline: 08457 90 90 90 [samaritans.org.uk](https://www.samaritans.org.uk) (24 hour)
- Childline 0800 1111 (24 hour)
- Mind: 0300 123 3393
- Harmless -harmless.org.uk
- National Self Harm Network www.nshn.co.uk

Speak to the Safeguarding and Child Protection Officer in School

What do we do as a School?

Self-harm is dealt with in line with our Safeguarding and Child Protection Procedures. We have staff that are trained to support students in this area. We also access external agencies that can provide additional support to students who require it.



Eating disorders.
Know the first signs?



Eating Disorders

What are Eating Disorders?

There is a commonly held view that eating disorders are a lifestyle choice or a diet “gone too far”. An eating disorder is a serious mental illness. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder. They can effect both girls and boys. The mean age to develop an eating disorder is 15.

What are the potential Signs and indicators?

There are various physical, psychological and behavioural warning signs that can signal the onset or the presence of an eating disorder, however due to the nature of an eating disorder many of the characteristic behaviours may be concealed. A person with an eating disorder may go to great lengths to hide, disguise or deny their behaviour

- Stay away from Food. Say they are not hungry
- Dramatic weight loss (be mindful not everyone with an eating disorder is underweight!)
- Preoccupation with food, weight and calories
- Excessive exercise.
- Poor circulation and feeling cold all the time (often blue extremities)
- Refusal to eat certain foods (e.g. carbohydrates, fats etc.).
- Stained teeth and bad breath
- Visiting the bathroom after meals
- Frequent comments about feeling ‘fat’ despite being underweight.
- Development of food rituals (e.g. eating foods in certain orders, excessive chewing, portioning, squashing).
- Withdrawal from social situations.
- Consistent excuses to avoid meal times or situations involving food.
- Binge Eating

What can you do if you are concerned?

Local Support

- **First Steps** - a local Derby Charity – Tel: 01332 367571 Email: info@firststepsderbyshire.co.uk
- **Eating Disorder team at CAMHS** - If you are really concerned, you can self-refer directly by calling 0300 790 0264 and asking to speak to the Duty Officer for the Eating Disorder Team.

National Support

BEAT – Beat is the UK’s Eating Disorder Charity and offer support to Parents and Sufferers
www.b-eat.co.uk, Helpline: 0808 801 0677, Youthline: 0808 801 0711 Email: help@b-eat.co.uk



What is Sexting?

Sexting is when someone sends or receives a sexually explicit text, image or video on their mobile phone, often in a text message or other application.

What would have been considered a taboo act several years ago is now a common practice among teens. While no parent wants to believe their kids would engage in sexting, all parents should be aware of these warning signs.

What are the potential signs and indicators?

- They become overly protective of their mobile phones to the point of grabbing it away from you or sleeping with it under their pillow
- They privately read or send texts or turn their backs when someone is near
- They are defensive when you question them about their secretive phone use
- An increase in flirty photos and language, or friends who do the same
- The use of various codes and acronyms. These may appear like typing errors but are actually used to send sexting messages covertly

What can you do if you are concerned?

Speak to the Safeguarding and Child Protection Officer in School

Contact: Childline on 0800 1111, First response on 0300 1313 126, or NSPCC on 0800 800 5000
Download childline's app Zipit, available for Android, Apple and BlackBerry smartphones (and iPod touch). It's free to download.

Visit the following website for advice on staying safe online:

<http://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/explore/online-safety/Pages/Sexting.aspx>

<http://www.youandco.org.uk/crime-info/are-you-safe-online/sexting-flirty-or-criminal>

What do we do as a school?

Sending a sexually explicit photo of someone under 18 is illegal, even if you are sending one of yourself. It will be dealt with in line with our Safeguarding and Child Protection Procedures.



Child Abuse

Child abuse is any action by another person – adult or child – that causes significant harm to a child. It can happen over a period of time or be a one-off event and it can increasingly happen online. The four main types of abuse are:

- Physical abuse
- Emotional abuse
- Neglect
- Sexual abuse

Most children know their abusers. They may be family members or friends of family, someone who works with the child or a neighbour.

What are some of the potential signs or indicators?

- Bruises or physical injuries
- Stay away from certain people or fear of being alone with someone
- Sexual behaviour inappropriate for their age
- Being watchful or always on edge
- Wetting the bed
- Becoming clingy
- A change in behaviour
- Losing interest in appearance
- Reluctance to change for, or participate in, games or swimming
- Repeated urinary infections or unexplained stomach pains
- Negative statements about themselves
- Severe sleep disturbances with fears, phobias, vivid dreams or nightmares
- Dirty skin, body smells, unwashed, uncombed hair and untreated lice
- Frequently left unsupervised or alone
- Becoming secretive
- Coming home late or staying out overnight

What can you do if you are concerned?

If you're worried there are several organisations that offer advice and support:

- NSPCC 24/7 for help, advice and support on 0800 800 5000
- Childline helpline 24/7 0800 111
- Stop it Now! Helpline 0808 800 5000 (sexual abuse)
- First Contact Team 01332 641172

What do we do as a School?

Child abuse is illegal and is always dealt with in line with our Safeguarding and Child Protection Procedures.



Drug and Alcohol Misuse

What is Drug and Alcohol Misuse?

When the experimenting or occasional use of substances has become regular and frequent and has been going on for an extended period. Not all drugs are illegal, but they can still be harmful to your health such as alcohol and 'legal highs' which have been developed to mimic the effects of illegal drugs like cocaine and ecstasy but are structurally different enough to avoid being classified as illegal substances.

Types of Drugs

- **Depressants** – such as alcohol
- **Stimulants** - such as cocaine
- **Inhalants** - glues, aerosol sprays, gasoline, paints, and paint thinners.
- **Club drugs** like ecstasy (MDMA) and date rape drugs, such as flunitrazepam (Rohypnol) and gamma-hydroxybutyrate (GHB).
- **Methamphetamine** (commonly called meth, crank, or speed).
- **Hallucinogens**, including ketamine, LSD, and PCP (phencyclidine).
- **Opiates**, such as codeine, heroin, and morphine
- **Prescription drugs**, such as diazepam (for example, Valium), hydrocodone and acetaminophen (Vicodin), and oxycodone (OxyContin).
- **Anabolic steroids**, which are used to build muscle tissue and decrease body fat
- **Legal Highs** – legal substances which produce the same or similar effects to illegal drugs such as cocaine, ecstasy & cannabis

What are the potential signs or indicators?

- Become more secretive
- Find it hard to concentrate at school or truant from school
- Suddenly getting into trouble at school, truanting or change in grades
- Missing money, valuables, or prescriptions
- Acting uncharacteristically isolated, withdrawn, agitated or aggressive
- Dropping one group of friends for another
- Loss of interest in old hobbies
- Demanding more privacy; locking doors; avoiding eye contact; sneaking around
- Bloodshot eyes, pupils larger or smaller than usual
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Deterioration of physical appearance, personal grooming habits
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

What can you do if you are concerned?

There are several organisations' that offer advice and support for those affected by drug abuse or alcohol misuse:

- Breakout on 01332 641661 or email: breakout@derbyshcft.nhs.uk
- Laurens Link on 01332 362744 www.laurenslink.co.uk
- FRANK on 0800 77 66 00 www.talktofrank.com
- Drinkline National Alcohol Helpline 0800 917 8287 www.wrecked.co.uk

What do we do as a School?

We are able to signpost students to appropriate support organisations and can offer 1:1 support to students where there are concerns around substance misuse.



Female Genital Mutilation (FGM) is any procedure that intentionally alters or causes other injury to female genital organs for non-medical reasons (initiation, cutting, and circumcision). It can seriously harm a girls' health in the long term. FGM is illegal in the UK and a form of child abuse.

- A girl talking about a special ceremony
- A girl talking about going on holiday to her country of origin
- A girl requesting a prolonged holiday period
- A girl being withdrawn by parents/carers from lessons that cover personal development or growth

- Phone the NSPCC helpline 0800 028 3550, 24hrs a day or the Freedom charity helpline on 0845 607 0133
- Speak to the Safeguarding and Child Protection Officer in School

Staff are educated and aware of the potential signs of FGM. We have a duty of care to safeguard any girls we feel are at risk. We will contact the police if we are concerned a student is at risk from FGM.



Forced Marriage

What is a Forced Marriage?

Where one or both parties are forced to marry without his or her consent or against their will. A large number of forced marriage victims are young people still at school. Cases have been reported in children as young as 5 years old. Forced Marriage is against the law.

What are the potential signs or indicators?

- Request for extended time off school
- Prevented from going on to further/higher education
- Being withdrawn from school
- Fear about forthcoming Summer holidays
- Anxious and depressed and not interested in life
- Reluctant to talk about family and home
- Change in behaviour and mood swings
- Signs of self-harming or developing an eating disorder such as anorexia
- Loss of interest in school and homework
- Non-attendance at school with no notification that they are ill
- Disappears from social networks such as Instagram, Facebook and instant messaging

What can you do if you are concerned?

Call the Freedom charity helpline on 0845 607 0133 or talk to a police officer or the Forced Marriage Unit
Speak to the Safeguarding and Child Protection Officer in School

What do we do as a School?

Forced Marriage is illegal and a form of abuse, therefore this will be dealt with in line with our Safeguarding and Child protection procedures.



Honour based violence

What is Honour based violence?

Honour based violence is a crime or incident which has or may have been committed to protect or defend the honour of the family and/or community. It can exist in any culture and can be for a number of reasons including: interfaith relationships, pregnancy outside of marriage, taking part in activities or wearing clothes that are not considered acceptable within a particular culture, divorce. Most victims are girls or women but some are boys and men. Honour based violence is against the law.

What are the potential signs and indicators?

- Absence from School
- Restrictions in leaving the house or being accompanied outside the home
- Breakdown in communication between the victim and their friends
- Change in behaviour and mood in an otherwise happy person

What can you do if you are concerned?

Call the Karma Nirvana helpline on 0800 5999247

Speak to the Safeguarding and Child Protection Officer in School

What do we do as a School?

Honour based violence is against the law and a form of abuse, therefore this will be dealt with in line with our Child protection and safeguarding procedures.



Radicalisation

What is Radicalisation?

Radicalisation is a process by which an individual or group comes to adopt increasingly extreme political, social, or religious ideals and aspirations.

What are the potential signs or indicators?

- When someone begins to separate from their family, friends and community
- A significant change of appearance/clothing and/or behaviour
- A significant move towards extreme beliefs and attitudes
- Justifying the use of violence to solve societal issues
- Joining or seeking to join extremist organisations
- Significant changes to appearance and/or behaviour
- Experiencing a high level of social isolation
- Excessive time spent online or on mobile phones, and secretiveness or reluctance to discuss what they are doing
- Argumentative and unwilling to listen or consider others viewpoints

What can you do if you are concerned?

Speak to the Safeguarding and Child Protection Officer in School

What do we do as a School?

All staff have received Prevent Training. Prevent is part of the UK's counter terrorism strategy, preventing people from becoming involved in terrorism or supporting terrorism. The Prevent Team is there to support and protect vulnerable individuals susceptible to radicalisation and prevent them being drawn into terrorist activity.

Any student we are concerned about will be referred to the Prevent Team in line with our Safeguarding and Child Protection Procedures.



Staying Safe Online

The internet and social media have now become an integral part of the way people live their lives. It is a great way to stay connected with friends and family however you need to be wary about the personal information you post and the risks you can face.

You can find out more information about how our children use the internet and social media, the risks they face and how to set privacy settings at:

- www.childnet.com/sns
- www.net-aware.org.uk/
- www.internetmatters.org
- www.nspcc.org.uk/online-safety
- www.parentzone.org.uk
- www.thinkyouknow.co.uk/parents
- www.ceop.police.uk/safety-centre/
- www.askaboutgames.com

Derby City Council are also working closely with other partners to deliver information to educate people and raise awareness of online dangers and to empower people to protect themselves against becoming victims of online crime. More information can be found on the link below

<http://www.derby.gov.uk/community-and-living/crime-prevention/online-safety/>

The UK Safer Internet Centre has also produced a number of useful leaflets to help keep children safe on social media.

More information can be found here:

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/safety-tools-on-online-services/social-networks>

Parental controls

There are free parental controls and filters available to help you set safer boundaries for your children on the internet and their mobile phones, but you will usually be required to set them up. Please visit the link below for guidelines on how to do this.

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>



If you are concerned about anonymity, you can contact Crimestoppers or Fearless as an anonymous route to give information about a crime or safeguarding issue. Both Crimestoppers and Fearless guarantee anonymity which means no one can ever find out you contacted them.

Fearless

Fearless is a service that allows you to pass on information about crime 100% anonymously. This means you don't have to give them any personal details. If you have information on any of the following you can contact Fearless at www.fearless.org

- Guns and knives
- Cybercrime
- Drugs and Alcohol
- Vandalism and ASB
- Sex Crimes

Crimestoppers

If there are any other safeguarding issues you come across such as knife crime, Derbyshire Crimestoppers is dedicated to fighting crime across Derbyshire.

Crimestoppers is there as an anonymous route to give information about crime. To pass on information about crime anonymously, call Crimestoppers on 0800 555 111 or submit an anonymous form online at www.crimestoppers-uk.org

As an independent charity, they are not part of the police. When you contact them you won't be identified. The only person who knows you contacted them with information is you.



DERBY MOOR ACADEMY

IF YOU ARE CONCERNED ABOUT THE SAFETY OR WELFARE OF YOUR CHILD, OR A CHILD YOU KNOW. YOU CAN ASK FOR ADVICE, OR REPORT YOUR CONCERN TO ANY OF THE BELOW

Derby Moor Safeguarding Team

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