

We appreciate that for some of you this is a period of additional worry and anxiety. To further help you through this time we want to direct you to a number of organisations who may be able to support. You can access these from home and they are very useful if you are feeling overwhelmed. Do access them if you need to, remember never do nothing:

➤ **Getting Help:**

www.childline.org.uk is a safe confidential place to talk about anything at all; whether you think it's big or small issue a counsellor will listen and give you support and suggestions. You can call on Freephone 0800 1111, request a 1-2-1 chat, send an email, write on the message boards, and use the self-help interactive toolbox. At the moment counsellors are available between 9am-12am

➤ **Mental Health Support**

www.KOOTH.com is a free structured online counselling service; once you create an account you can arrange to speak with a trained counsellor who will offer 6-8 counselling sessions. In addition, you can access the message boards, read magazine articles, submit your own articles, and create an online journal. Kooth is completely anonymous, and available 365 days a year (weekdays 12-10pm, weekends 6-10pm). For more information watch this video (<https://vimeo.com/318731977/a9f32c87de>)

➤ **Child Exploitation**

County Lines is a topic, which in recent years, has become a highly sophisticated means of exploiting children and young people. You can find further information, advice and guidance at <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/>

➤ **Stop Domestic Violence Now!**

Domestic abuse is wrong and can never be justified. Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you or someone you know. Act now and follow this link... <https://thehideout.org.uk>

➤ **Online Safety**

With the increased reliance on technology it is important that you are keeping yourself safe online. Please follow the link as this will give you practical tips to ensure you are doing the right thing: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

In addition, the following links offer some very useful advice for Parents/Carers about the steps that can be taken to keep children safe when using new technologies.

Privacy settings:

<https://www.thinkuknow.co.uk/parents/articles/a-parents-guide-to-privacy-settings/>

Gaming:

<https://www.thinkuknow.co.uk/parents/articles/gaming/>

Internet of things (IoT):

<https://www.thinkuknow.co.uk/parents/articles/what-is-the-internet-of-things-iot/>

Reporting:

This final link allows you to report things to CEOP (Child Exploitation and Online Protection command) and gives you advice about what to report and when:

<https://www.thinkuknow.co.uk/parents/>

Furthermore, remember there is also a section on the school website under “Parents + Students” called ‘Help + Support Outside School’. It has some more very helpful information for you (<https://www.bishopperowne.co.uk/help-support/>).