

SchoolBeat.org



The All Wales School Liaison Core Programme

Newsletter

Summer 2014



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Dear Colleague,

We hope you had a good Easter break. This summer's issue is packed full of interesting features, including a special feature on Sexting.



smartphone

“
Children should be given classes on the dangers of sexting.”

January 2014 - Prime Minister David Cameron

Special feature

Sexting

Sexting refers to sending sexually provocative pictures, messages or video clips via a phone or the Internet.

A study conducted by Plymouth University and UK Safer Internet Centre supported by the NSPCC, revealed concerns and trends in 'sexting' amongst teenagers, last year.

The study showed that:

- Sexting is considered almost routine for many 13-14 year olds
- Young people are generally unwilling to turn to adults for help due to fear of being judged
- Young people think that issues around sexualised online content (both pornography and self-generated content) should be discussed in school.



Jon Brown – Sexual Abuse
Lead for NSPCC

“

Good quality sex education is absolutely critical. It needs to be age-appropriate, but if we are to be able to help young people navigate their way through these pressures, it also needs to start in primary school. We need to teach young people about respecting themselves and respecting each other.

”

Jon Brown of the NSPCC reports children and young people are often coerced into exposing themselves online, resulting in them feeling humiliated. He says, “Girls feel coerced into sharing pictures.” The NSPCC have dealt with cases where girls have written across their breasts, ‘I belong to X [the boyfriend’s name]’.”

What does the term mean?

Doxing, sometimes spelled as **Doxxing**, refers to the practice of gaining and revealing someone’s personally identifiable information, such as posting a photo without consent.

“

More than half of 11-14 year olds have viewed pornography online, with many saying this has affected relationships with others their age.

”

**Young Minds Survey,
January 20th 2014**

Research from Plymouth University revealed that 40 % of 14 to 16 year olds say they have friends who have engaged in sexting. Worryingly, nearly 20 % did not think there was anything wrong with full nudity in such images, while 40 % thought toplessness was acceptable.

Young people are increasingly choosing to make and send self-generated indecent images (SGIs). A new trend amongst some is called ‘trophying’, which involves boys collecting SGIs sent by girls that want to appear in boys’ top 10 ‘sexiest girls’ category.

Young people need to know that making or sending an indecent image of someone under the age of 18 is a serious offence and has significant penalties in law; even posting or sending indecent ‘selfies’, is a serious offence.

Jonathan Baggaley of
CEOP says:

“

Child sex offenders are no longer looking to meet up, as they can abuse victims via a webcam, there’s not even the traditional grooming process; we see abusers simply resorting to blackmail, recording a webcam feed (or pretending to) and then saying that they will send it to all the child’s friends if the child doesn’t do more extreme acts.

”

It is important for children and young people to know that a large proportion of indecent self-generated images, posted on the Internet, end up in the collections of child sex offenders.

Children and young people need to be taught that if they would not want a parent or carer to see a photo they have taken, then they should not be sending or posting it online.

Drug in the spotlight

Synthetic Cathinones



Synthetic Cathinones; often sold as a white powder/crystal online and in 'head shops,' are readily available to young people. These substances are marketed as bath salts, plant food or research chemicals. They carry the warning, 'not for human consumption,' in order to get around the law that stipulates they are illegal to supply or sell.

Naturally occurring Cathinones are derived from the Khat plant (*Catha Edulis*). The active compound in Khat, a Cathinone, is a class C substance controlled under the 1971 Misuse of Drugs Act.

Synthetic Cathinones are similar in structure to Amphetamines and like 'Speed' are stimulants. Mephedrone is an example of an illegal Synthetic Cathinone that is controlled as a class B substance. Symptoms of intoxication mimic those of Cocaine, Ecstasy and Amphetamines.



Effects:

- Euphoria
- Elevated mood
- Increased alertness.

Risks:

- Over stimulating the heart and circulatory system (heart attacks)
- Fits
- Anxiety attacks & paranoia
- Increased aggression
- Reduced inhibition resulting in risk taking behaviour.

Commenting on a report written by the Advisory Council on The Misuse of Drugs into 'legal highs,' or more appropriately termed, New Emerging Drugs, Harry Shapiro, DrugScope's Director of Communications and Information, said:

“ ...challenges stem from the problem of identification: accurately identifying substances which have either been seized or ingested is difficult. Little or no accurate information is provided on packaging regarding contents; the same brand names can be used for different substances and could contain a mixture of both legal and illegal substances. ”



WEDINOS tests substances to give rapid and accurate information to reduce harm.

The number of UK deaths linked to so-called 'legal highs' has risen in recent years from 10 in 2009 to at least 68 in 2012. Drug markets are changing. It can be hard to get accurate information.

Who are they?

Public Health Wales with the support of Welsh Government and others have developed a project designed to identify new drugs, combinations of drugs and trends in use across Wales, particularly amongst young people.

WEDINOS (Welsh Emerging Drugs and Identification of Novel Substances) is the first of its kind and aims to provide information and reduce harms related to drug use.

What do they do?

The WEDINOS project allows for the collection and free testing of samples of unknown substances (pills, powders, and plant materials e.g. herbal highs/synthetic cannabinoids). Samples may be sent in by individuals or from organisations including schools, youth clubs, health and social care settings etc.

What happens next?

Once they have been tested, the results are disseminated via the website: www.wedinos.org, along with relevant information on the harms associated with use and pragmatic harm reduction information for those who may be working with individuals considering further use. In addition, the test results and information will clarify the legal status of the chemicals within the sample.

New (Novel) Psychoactive Substances

A New (Novel) Psychoactive Substance (NPS) is legally defined by the European Union as a 'new narcotic or psychotropic drug, in pure form or in a preparation, that is not already listed under control of drugs legislation but which may pose a public health threat'.

“

It's very important from a health perspective to understand what substances are in circulation in the community so that clinicians know how to treat and work with those individuals that are affected.

”

**Josie Smith -
Public Health Wales**



Since October 2013, WEDINOS has received over 150 samples for testing. These have been submitted by health and social care services across Wales. Substances analysed have included a mixture of drugs under control of the Misuse of Drugs Act 1971 (class A, B and C), those under Temporary Class Drugs Order, and substances not controlled. In some cases, samples purchased as New Emerging Drugs or 'legal highs' were analysed and identified as containing substances controlled under the Misuse of Drugs Act 1971.

Evidence from across the UK showed that, even within a single batch of substances brought into the country from China or India, the actual chemical make-up can vary widely.

For further information please visit our website at

www.wedinos.org

or e-mail the project

admin@wedinos.org



Good Practice



A word from a Gwent secondary school teacher...

“

This year we have used our School Community Police Officer to help us successfully deliver the Welsh Baccalaureate programme to year 10 pupils.

”

What the pupils had to say:

“Our Police Officer helped to highlight problems which wouldn't be emphasised by a teacher.”

“She could talk about real life stories and situations.”

“Our Police Officer gave us a good understanding of what is going on in our area and educated us on realistic situations.”

“This is the first year that year 10 has had specific Welsh Bacc lessons as in the past they had distinct Welsh Bacc days. The use of our School Community Police Officer was experimental to begin with but has been very successful with both the staff delivering the course and the pupils.

We as a school decided to split the Welsh Bacc course into half terms to meet the recommended guided learning hours. In the first half term we concentrated on PSE Element 1 (Positive Relationships) and 2 (Health and Emotional Well-being). During the term, staff and pupils acquired knowledge from the experiences gained from the Safer Relationships, Community Diversity, No Means No (sexual consent) and Dangerous Deception (child exploitation) lessons from the All Wales School Liaison Core Programme (AWSLCP).

Our School Officer has contributed something very important to our lessons; she has brought a real life perspective that is specific to her experience as a police officer and which adds a credibility to the content of the lessons. Pupils and staff have learned from her experiences and I believe that the AWSLCP has a big part to play in the delivery of the Welsh Baccalaureate”.

For more information on incorporating the AWSLCP lessons into your Welsh Baccalaureate lessons see Teacher Section of www.schoolbeat.org and speak to your School's Officer.

What's been happening?

AWSLCP National Quiz 2014

The four year 8 teams that successfully qualified as winners in the regional round of the AWSLCP quiz, battled each other for the National Trophy at the Copthorne Hotel on the 6th February 2014.

The event was organised and funded as a partnership between the Four Police Forces of Wales and the Fire and Rescue Service. Other partners involved were; Welsh Government, Road Safety Wales, Healthy Schools and Wise Kids. Prizes were sponsored by G4S and Mainline Coaches.

The competing schools were:

- **Caldicot Comprehensive School**, Monmouth representing Gwent
- **Dwryfelin Comprehensive School**, Neath representing South Wales
- **Ysgol y Creuddyn**, Penrhyn Bay, Llandudno, representing North Wales
- **Sir Thomas Picton School**, Haverfordwest, representing Dyfed Powys

Following a very entertaining and intense competition, the winning school was Sir Thomas Picton School from Haverfordwest.

“

Pupils have enjoyed working as a team. Their confidence in public speaking has grown greatly!

Teacher

”

“

I am more knowledgeable on things I need to know for the future!

”

“

I thought it was really professional and I really enjoyed it!

Year 8 Pupils

”



Winners:
Sir Thomas Picton School



Runners up:
Caldicot Comprehensive

A big thank-you goes to Kevin John who did an excellent job as quiz master for the evening.



AWSLCP Primary Teacher Conferences

A partnership with



The three conferences held across Wales in January 2014 were focused on sharing best practice for Primary Schools around the topic areas of Substance Misuse, Internet Safety and Safer Relationships.

The conferences were addressed in North Wales by the Police & Crime Commissioner Winston Roddick, in Dyfed Powys by the Police & Crime Commissioner Christopher Salmon and by Assistant Police & Crime Commissioner Sophie Howe in South Wales.



Teachers attending the Conferences told us:

“

All workshops will help raise the standards of PSE provision within my school!

I particularly liked ideas for activities to use in class with the children!

An eye opener!

Increased awareness of how to effectively and confidently address more sensitive subjects we may be more concerned about tackling.

”



Top left: DP Police & Crime Commissioner Christopher Salmon
 Top right: NW Police & Crime Commissioner Winston Roddick & Linda Roberts National Coordinator of AWSLCP
 Centre left: SW Assistant Police & Crime Commissioner, Sophie Howe
 Centre right: Substance Misuse workshop
 Bottom left and right: Safer relationships workshops



What's New?

Motivating Our Youth (MOY) Secondary School Summer Project

MOY is a secondary school, week long project, that engages pupils in a challenging but fun educational programme. This includes classroom based and physically challenging activities that promote team building, carried out in specialist outdoor pursuits centres. It is completely FREE to schools and is led by experienced School Community Police Officers.

Who can participate?

The target group for the project is year 8 pupils whose behaviour is causing significant concern and are identified as either being on the cusp of offending or are first time offenders. Pupils from your school will be selected in consultation with you. There will be places for around 2-3 pupils per school.

What do I do next?

Head Teachers should register their school by contacting Linda.roberts@south-wales.pnn.police.uk Please speak to your School Community Police Officer to find out more.



KS3/4 Assembly



The assembly aims to help secondary school age pupils to know what risks are online and how to stay safe; know how to avoid misusing digital technology and to know what sexting is and its consequences.

For delivery of this assembly please speak to your School Community Police Officer.

What you will find at www.schoolbeat.org

Teacher Section



Lots of information, resources, contact numbers & web-links!



New PSE materials for 2013/2014

Foundation through to KS4 available for download



Parent Section



Pupil Section

