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The All Wales School Liaison Core Programme

Newsletter

15



Dear Colleague,
We hope you had a happy and safe New Year!



This edition is packed full of information, advice and news to help support you and your school. This term's Special Feature is on safeguarding children and young people in the extreme event of a terror attack.

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★★ SPECIAL FEATURE ★★ **Safeguarding Children and Young People in Wales**

“ Following the attacks in London and Manchester I have recently met with Counter Terrorism Security Advisors from the Wales Extremism and Counter Terrorism Unit (WECTU) to discuss extremism in our schools. Although at this point in time, there is no intelligence to suggest schools are at greater risk, and it is important to stress that - I feel there is a need for schools to review their policies and procedures to ensure these are sufficiently robust to deal with such an incident. ”

Kirsty Williams, AM. The Cabinet Secretary for Education in Wales.



Speak to your School Community Police Officer about the delivery of our KS3/4 Extremism assembly presentation:

Keep Calm and Know the Facts.

New guidance for Head Teachers and their SMT called; 'Protecting Schools: An Integrated Security Approach', can be found on the www.schoolbeat.org website.

The protective security options contained within this toolbox will not only offer an enhanced security in relation to issues such as terrorism but also risks from such threats as dangerous animals, disgruntled pupils, violent parents, public disorder, criminality and major incidents in the area of a school.



Protecting Schools

An Integrated Security Approach



Toolbox for School Community Police Officers & Schools



The Government's advice if anyone is caught up in a frightening situation such as a terrorist act is to Run, Hide, Tell.

Find a short film at www.youtube.com/watch?v=s3y51Vd4kJ4

Government Advice

Run

Getting away from the danger is vital. Try to locate where the danger might be and move away from it.

You may find that Police Officers and other security staff are shouting instructions at you. Listen carefully to their instructions and move quickly away.



Tell

Keeping as quiet as possible, stay hidden and use a mobile phone to tell 999 where you are.

If you are unable to talk you can text the emergency services instead. If you call **999** but can't speak the operator will ask you to make a noise. If you cannot do that without revealing your hiding place, you can type in **55** into your phone. This will alert the call handler to the fact you are in a serious situation and then they will help you. **Listen carefully to anything you are told to do.**

Hide

When the danger is severe you might need to hide.

Try to find a hiding place behind thick walls. Get out of sight as quickly as possible. Turn your phone off, including the vibrate setting.



The problem of County Lines

Gangs from large urban areas such as **London, Birmingham and Liverpool**, travel to smaller locations to sell Heroin and Crack-Cocaine. These gangs are operating in Wales.

Gang members or low level **runners** travel between the urban location and Wales on a **regular** basis to deliver **drugs** and collect **cash**.

Gangs **exploit** children to deliver drugs from the urban area to the county

Children and young people are vulnerable to being recruited by these gangs.



“ What we find, time and again, is that early identification is paramount to safeguarding young & vulnerable people, and identifying and tackling gang/group exploitation ”

SaferLondon

location using **intimidation, violence, debt bondage** and/or **grooming**.



Signs to watch out for: Plugging the gaps!

A way forward is for schools to audit their policy around healthy relationships, the curriculum and services to young people, to ensure:

- young people are consulted about what is included in relationship education
- that policies include issues around pornography
- internet safety and healthy relationships are explored throughout a young person's school life
- staff delivering the curriculum are
- Persistently going missing from school or home and / or being found out-of-area.
- Unexplained acquisition of money, clothes, or mobile phones.
- Excessive receipt of texts / phone

Concerned?

What should you do?

Any practitioner working with a vulnerable child or other person who they think may be at risk of county lines exploitation should follow their local safeguarding guidance and share this information with their local authority social services.



If you believe a person is in immediate risk of harm, you should contact the police.



Home Office
GUIDANCE:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/626770/6_3505_HO_Child_exploitation_FINAL_web__2_.pdf

DRUG IN THE SPOTLIGHT

Fentanyl

Fentanyl hit the headlines recently after it was linked to the death of the singer Prince.

This synthetic drug is often mixed with street Heroin or other class A drugs by dealers and then supplied to customers. Quantities the size of a pinhead are considered dangerous. At least 60 drug deaths in the United Kingdom between 2016 and 2017 have been linked to Fentanyl. As little as 0.002g is potentially fatal.



While it can be legally prescribed, sometimes in the form of a patch or nasal spray, Fentanyl is only used as an anaesthetic for large animals such as elephants. It is an extremely strong synthetic opioid painkiller prescribed for chronic pain.

American social media campaign poster highlighting the potency of Fentanyl



In the United States a Police Officer overdosed on Fentanyl after brushing it off his shirt following a drugs raid.

Street names include 'drop dead' and 'serial killer'.

“ People are playing Russian roulette with their lives by taking this stuff, that’s why we would strongly recommend the drug-using community to stay away from it ”

Detective Superintendent Pat Twigg
West Yorkshire Police

Clive Wolfendale, chief executive of drugs charity CAIS said recently that “The drug could kill very quickly!”

The Welsh Government has said it is currently monitoring the drug’s impact in Wales.

Mixing Drugs

POLYDRUG USE

Polydrug use is the use of more than one drug, often with the intention of enhancing or countering the effects of another drug.

There is a real risk of overdose and fatality.

Why Do People Mix Drugs?

- To increase the effect of a drug or to 'bring on' its desired effects.
- To reduce the negative effects of a drug, usually when 'coming down' from that drug.
- To substitute for the drug they were really looking for i.e. 'the next best thing'.
- It seemed like a 'good idea at the time'. Sometimes people will mix drugs when they are already intoxicated, aren't thinking straight or if people around them are mixing drugs.

What Are the Effects of Combining Drugs?

It is not always possible to predict the exact effects of a drug. Everyone is affected differently.

The same person can use the same amount of the same drug on different occasions and have different effects each time.

This variation depends on:

- The drug itself (e.g. its purity, the amount used, frequency of use, how the drug is used, whether the drug has been cut, or mixed with another drug).
- The person who is using the drug (e.g. their mood, expectations, personality and individual characteristics) .
- The setting (e.g. where the person is, the people they are with).

If the effects of **one drug are hard to predict**, then being under the influence of **more than one drug at a time** makes the effects even more **unpredictable**.

In addition to all the factors listed above, the effect of mixing drugs depends on which drugs are mixed together.

Stimulant drugs or uppers

– Increase activity in the central nervous system.

Combining different stimulants can increase the risk of heart problems and substance-induced psychosis which is a serious mental illness that causes people to misinterpret or confuse reality. Users can also increase their risk of experiencing anxiety or panic attacks.

Stimulant drugs include:

- Cocaine
- Caffeine
- Methamphetamine
- Dexamphetamine (prescription medication used to treat ADHD and narcolepsy).

Combining Depressant Drugs

Depressant drugs or downers

– Reduce activity in the central nervous system.

The main risk of combining depressants is that they work together to slow down both the heart and breathing rate. This increases the risk of fatal overdose.

In addition to the risk of using one depressant drug, using more than one at a time can:

- Increase the risk of accidents or injury through being 'out of it'.
- Increase the risk of nonfatal overdose which can lead to long term health problems and permanent brain damage.

Depressant drugs include:

- Alcohol
- Heroin
- GHB
- Ketamine
- Opioids
- Benzodiazepine (e.g. Xanax and Valium).

Combining Stimulants and Depressants

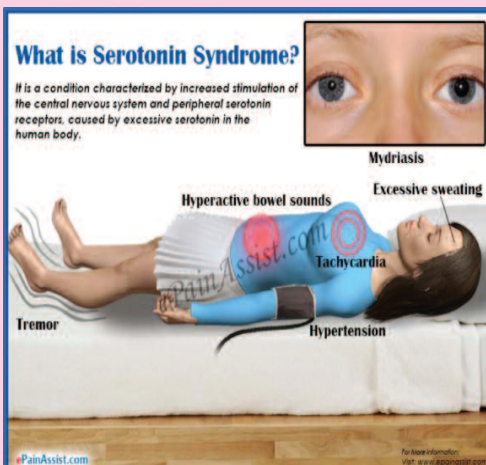
Combining stimulants and depressants can have unpredictable effects and risks.

- Using Cocaine and Alcohol together produces a chemical called Cocaethylene, which is toxic and can have fatal consequences.
- Using Methamphetamine and Alcohol places extra strain on the heart, which may lead to serious complications.
- Smoking Cannabis with Tobacco increases exposure to harmful chemicals such as tar and carbon monoxide, which increases the chances of health problems such as respiratory tract infections, bronchitis and a range of cancers.
- Consuming Alcohol and Ecstasy together can increase dehydration and overheating.

Combining Prescribed Medication With Drugs

Taking prescribed medications alongside any other type of drug can have serious negative effects:

- Using depressant medications such as Benzodiazepines with other depressants like Alcohol can increase the risk of overdose.
- Using stimulant medications like Ritalin with other stimulants such as Methamphetamine increases the risk of anxiety and panic attacks, heart problems and substance induced Psychosis.
- Some types of antidepressants increase the risk of serotonin syndrome when they are combined with other drugs that also increase the levels of serotonin in the brain such as Ecstasy/MDMA, Methamphetamine, Cocaine and LSD.



Create, Connect and Share Respect for Safer Internet Day 2018

Safer Internet Day 2018, has as its slogan, “Create, Connect and Share Respect: A better internet starts with you”.

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of people across the UK get involved to help promote the safe, responsible and positive use of digital technology for children and young people.

1,600 organisations got behind the Safer Internet Day in 2017, collectively reaching 42% of children across the UK.

Hundreds of schools, youth groups, companies, charities, police services and wider help inspire a

Better Internet
this **Safer Internet Day.**



Get involved...

Visit www.saferinternet.org.uk/safer-internet-day/2018

Follow the UK Safer Internet Centre on **Twitter @UK_SIC**

Follow UK Safer Internet Centre on **Instagram @UK_SIC**

Register as a Safer Internet Day supporter <http://bit.ly/SID18Supporter>

Download the campaign toolkit <https://www.saferinternet.org.uk/safer-internet-day/2018/campaign-toolkit>

Available from SWGfL:

- Education packs for children and young people aged 3-18 years, including lesson plans, assemblies, films, and quick activities.
- Films, quizzes and other interesting content and advice.
- Social media campaign **#SID2018**.
- Events and activities across the UK.

Further Information can be found at
www.saferinternetday.org.uk

Internet Safety Week 2018



SAVE the DATE

Safer Internet Day

2018 | Tuesday
6 February

www.saferinternetday.org



Ask your School
Community
Police Officer
about our range
of Internet
Safety lessons!

KS2



Lower KS2 lesson about staying safe online.
Don't share personal information!



Upper KS2 lesson dealing with Cyberbullying.



Upper KS2 lesson about misusing digital devices.

KS3



KS3 lesson on sexting, its consequences and the law.

Upper KS2 lesson



KS3 lesson on internet grooming.

Assemblies

Think Before You Share Online

Get SMART Online

Safer Surfing

Jade's Story

Think B4 U Click

Cyberbullying

Defend your Devices

New Lessons for 2017-18

Our new Support Menu KS2L lesson, 'Sinister Substances', was launched in August at the National Eisteddfod. This lesson replaces TASK.

A story written in the style of the 'Horrible Histories' series, introduces three Sinister Substances: Tobacco, Alcohol and Solvents. Through interactive activities, pupils increase their knowledge of the risks, consequences and Laws governing these substances.

Tobacco and Alcohol images from our newly launched Sinister Substances lesson



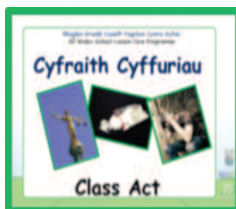
The lesson is supported by some fabulous art work which has been very well received by pupils:

“ It’s amazing! We now know they are dangerous”
“It’s important and fun and helpful ”

Year 4 pupil

“ I loved the artwork ”

Primary School Teacher



Our KS4 Lesson, Class Act, has been updated to include recent changes in Drug and Substance Laws.

In the lesson through an interactive workshop, pupils increase their knowledge of the risks, consequences and laws governing substance misuse. They are challenged to take a gamble in an activity that explores the strength, purity and contents of unknown substances and learn about the effects of substance misuse on an individual.

For more information ask your SCPO or visit Schoolbeat.org

Sexting:

Responding to Incidents and Safeguarding Children and Young People

The UK Council for Child Internet Safety (UKCCIS) has produced



guidance for educational settings in Wales to help schools deal with sexting in their schools.

The guidance aims to take a 'common sense' attitude to dealing with **youth produced sexual imagery (sexting)**, and offers advice within the context of a school's own child protection policy.

The guidance covers:

- Responding to disclosures
- Handling devices and imagery
- Risk assessing situations
- Involving other agencies, including escalation to the police and children's social care
- Recording incidents
- Involving parents and carers
- Preventative education

You can find the Welsh and English language version of the guidance on:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/609874/6_2939_SP_NCA_Sexting_In_Schools_FINAL_Update_Jan17.pdf

<https://s3-eu-west-1.amazonaws.com/hwb-team-storage/Online+Safety/Sexting+in+Schools+Wales+Guidance+Nov+2017+CY.pdf>

Sexting in schools and colleges

Responding to incidents and protecting young people



Look out for **NEW** teacher resources on grooming, available on www.schoolbeat.org

Provided for teachers after the Look Who's Talking lesson.

March 18th 2018

The National CSE Awareness Day aims to highlight issues surrounding CSE and encourages everyone to adopt a zero tolerance to adults developing inappropriate relationships with children or children developing inappropriate relationships with other children.

Schoolbeat provides a number of resources about relationships. Some lessons explore inappropriate relationships in more detail:

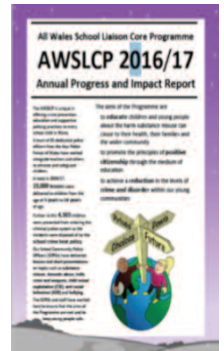
- Safe Haven FP
- Friend or Foe KS2
- The Right to be Safe KS2
- Look Who's Talking KS3
- Hidden Hurt KS3
- Dangerous Deception KS3
- No Means No KS4

Talk to your SCO for more information about lessons and assemblies and check out the Schoolbeat website!



ANNUAL PROGRESS AND IMPACT REPORT 2017

The AWSLCP has published an impact report summarising our achievements during the last year.



Think, spot and speak out against!

Did you know?

- Our School Community Police Officers delivered 19,000 lessons to 454,440 pupils. That is almost half a million pupils!
- 4,303 children were prevented from entering the Criminal Justice System through the School Crime Beat Policy.

These achievements would not be possible without your support!