

**SPECIAL  
PARENTS  
EDITION**

**SchoolBeat.cymru**



**The All Wales School Liaison Core Programme**

# Newsletter

**Police safeguarding the children of Wales  
through crime prevention education**

Number

# 18



# Dear colleagues & parents



This SPECIAL PARENTS' EDITION is packed full of information, advice and news to help support you and your child in school. Safer Internet Day is in February so our Special Feature this time is about Digital Resilience. We have also enclosed a Free Pull-out Parent's Guide to SchoolBeat.

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## ★ SPECIAL FEATURE ★

# DIGITAL RESILIENCE

## WHAT IS DIGITAL RESILIENCE?

Digital resilience is the ability to recognise risk online and to know what to do to stay safe.

Resilience develops when children are faced with challenges. A resilient child will stay safe when the unexpected or scary thing

happens online because they know what to do.

It is important that children take age- appropriate risks so they can learn and recover. For this to work keeping the lines of communication open is essential. It may be difficult to keep up with all the new devices and apps that children are so comfortable



using but establishing ground rules, monitoring use and talking about negative content will help children process what they see.

Dr. R Graham, a Child and Adolescent Psychiatrist says:

**When we cannot bear to speak about difficult issues, or we try to shut them down, they become more, rather than less frightening. What has been seen (online) cannot be unseen, Talking together makes a difference.**

Digital Parenting: Vol.6, Vodafone

Although sometimes difficult to do, adults need to set boundaries so that children know what is safe and what is not safe to do.



Talk about how to post safely by not giving out personal details such as contact details and location. Demonstrate how to report inappropriate contacts from others and who to talk to if something bad happens.

You can also make sure that children know they can use safe search engines such as SafeSearch to make sure that they do not come across upsetting things.

Schools are able to help by teaching children to think critically about what they are doing and seeing, building confidence and offering trusted adults to talk to when things go wrong such as teachers and School Community Police Officers.

## SO THE BEST ADVICE?

Let children make the best use of digital devices by talking about their skills and experiences!

## REMEMBER!

We have a number of SchoolBeat inputs educating our children and young people about digital resilience throughout all Key stages.

Visit **SchoolBeat.Cymru** for more information.



## Who can help?

Everyone has a part to play in keeping children safe online and there is lots of advice and help available.

The Welsh Government provide resources and advice on Hwb: <https://hwb.gov.wales/zones/online-safety>

The NSPCC and other charities provide useful advice: <https://www.net-aware.org.uk/tips-and-advice>

South West Grid for Learning offers advice, resources and services <https://swgfl.org.uk>



# NEW ZEALAND OFFICER VISITS THE NORTH WALES SCHOOLBEAT TEAM

**A Police Officer travelled over 11,600 miles to spend time in North Wales classrooms and learn more about SchoolBeat.**

Senior Constable Terri Middleton from Greymouth, New Zealand paid a visit to North Wales Police's School Beat Team after learning about the Programme which offers crime prevention lessons to pupils from five to 16-years-old.

Terri, who last visited the UK more than 30 years ago, works in a prevention role in partnership with schools on the West Coast of South Island.

Awarded funding via the Woolf Fisher Police Fellowship to visit international counterparts, Terri arranged the visit to learn more about school lockdown procedures, find out about resources delivered to pupils and observe how effective strategies are implemented. She said: "It's been really interesting to hear how

the SchoolBeat Programme is delivered to pupils in Wales. I've had a fantastic few days meeting the team which has given me a better understanding of how police forces in Wales are working hard to prevent young people from entering the criminal justice system.

**// It's good to know, that although we are on the other side of the world there are so many shared ways that young people are being safeguarded //**

"I would like to extend my sincere thanks to everyone who has taken the time to answer my questions and it's been a real privilege to visit a beautiful area such as North Wales."

As part of her 3 week study visit she also arranged to visit police colleagues in Cheshire, Yorkshire and Merseyside. She has since reported her findings on her return to New Zealand.

Mannon Williams, North Wales' SchoolBeat Coordinator said:

"It has been an absolute pleasure to host Terri who has thoroughly enjoyed her time with us. It was also interesting to find out about similar approaches and gain some new ideas which will be helpful in future to the teams here".

# NEW SCHOOLBEAT INFORMATION LEAFLETS AVAILABLE!!

A large range of new leaflets designed by **SWPPRINT** in co-ordination with SchoolBeat covering a variety of subject matters are available to order now, to see what is available or for more information please visit [SchoolBeat.cymru](http://SchoolBeat.cymru)



“It was fascinating to learn about the vast area and the huge number of schools that Terri has to cover and how she overcomes those challenges to engage with her community. I very much look forward to keeping in touch with Terri to see how our work here in Wales can help inspire officers in New Zealand.”

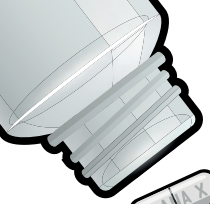
During her week with North Wales Police Terri visited schools in Conwy and Rhyl to observe some of the lessons being delivered by the Police Officers who work as part of the SchoolBeat team.

Terri is a Senior Constable and has enjoyed a 27 year career with New Zealand Police. She has held a variety of frontline roles and her focus is now working in partnership with schools.

*Terri with pupils at a school in the central region*



*Terri meeting Sergeant Beth Jones and Mannon Williams*



# DRUG IN THE SPOTLIGHT

## (Alprazolam) Xanax



### FACTFILE

**Slang names:** 'bars', 'ladders', 'footballs', and 'zannies'.

**Side effects:** sleepiness, depression, headaches, feeling tired, memory problems, dilated pupils (when too much has been taken), confusion, hallucination, slurred speech, disinhibition.

Xanax is used for short term management of panic disorders. Unfortunately, young people are resorting to using Xanax to treat mild anxiety and as a result are putting their lives at risk. It is, unfortunately, extremely habit forming. Xanax is taken orally but (particularly with poly-drug users) it has been known to be mixed and injected with other depressants like Heroin. This makes it incredibly dangerous! Xanax is not available on the NHS but it is for sale online making it easily available.

### DANGERS

**High dosages can be fatal.**

It can take anywhere between 5 minutes and up to 1 hour to start feeling the effects of the drug.

The effects can be felt for 2-4 hours with "fuzzy" feelings lingering for much longer.

Mixing Alcohol and Xanax can cause severe sedation and intoxication. Alcohol increases the effects of Xanax, so using the two substances together can create a toxic build-up of Xanax which can lead to overdose.

**Signs of overdose to watch out for are:** weak and rapid pulse, shallow breathing, clammy skin, extreme drowsiness, muscle weakness, dilated pupils, confusion, fainting, loss of balance, and light-headedness.

Xanax can also interfere with medications such as: oral contraceptives, antidepressants, antibiotics and opioids.

Withdrawal from Xanax can be severe. Symptoms start between 2-7 days of going without and can last up to 8 weeks! Withdrawal can produce sleep problems, restlessness, nervousness, aggression, and poor concentration.

Help is available from local drug agencies and online.

[www.dan247.org.uk](http://www.dan247.org.uk)

0808 808 2234



# GRIFF'S STORY

NEW FOR 2020

**'Griff's Story' is SchoolBeat's new lesson and film resource, designed to educate children about Child Sexual Abuse and Exploitation (CSAE).**

The film follows a 10 year old boy called Griff, who attends a Saturday sports club. As the story unfolds, we see an adult attempting to groom Griff and later we learn how an older child named Huw helps Griff to speak up and get help.

The focus on a young boy, reflects research from charities such as Barnardo's and the NSPCC that highlights a particular risk to boys. Research also suggests that boys are also less likely to report concerns or be seen as victims.

The film is designed, in an age appropriate way, to help children

recognise the signs of CSAE and to provide them with the language, skills and confidence to speak out and be heard. The film is groundbreaking as it is accessible to all learners and is available in British Sign Language, Welsh and English, with audio description.

Visit YouTube for a preview of the film: <https://bit.ly/2O75E3x>

The film and accompanying lesson resource will be available to 40,000 year 6 children in in Wales each year!

Kirsty Williams, Education Minister for Wales, spoke at the recent film launch held at the Wales Millennium Centre.

**"KEEPING OUR CHILDREN SAFE FROM HARM IS NOT SOMETHING WE CAN DO IN ISOLATION, WE ALL NEED TO WORK TOGETHER"**



She stated that the film was an excellent example of partnership working and added that the work of SchoolBeat in partnership with schools, ensured that key safeguarding messages were delivered in a sensitive and engaging way.

# BRIDGING THE GAP

## WORKING WITH HOME EDUCATED CHILDREN...



**SchoolBeat has piloted an exciting Elective Home Education Project with families from the South Wales force area.**

40 guests enjoyed a morning's session at South Wales Police Head Quarters, visiting the Heritage Centre and

participating in class based inputs about online safety and staying safe in the community.

Faith McCready the National lead for the SchoolBeat Programme said, "Parents told us that they welcomed and appreciated the visit and saw the value in what the children were learning about.

They said that they thought the day was well planned and that a clear itinerary given well before the visit was helpful".

One parent told us, "The children were thoroughly engaged in the day at South Wales Police HQ. From the moment we arrived my 3 children knew exactly what was happening and what was expected of them. My daughter has Asperger's and this helped so much".

Another parent of a boy commented, "My son asked on the way home if we can go to lots more of these! Which is an achievement in itself, as he refuses to attend any Home Educated groups due to problems socialising etc. Thank you for a very informative day. I am positive the future groups will be as pleased as we are".







**"We loved every minute of it. The police were superb and so talented at what they do with the kids. Thank you so much for getting this made available to our kids"**

Parents said how effective they felt the day was at helping their children to stay safe online. One parent told us, "They all came away with so much. So much so my youngest keeps telling me not to over share information. She is really focused on not disclosing too much personal information online - which is fantastic".

The afternoon programme concluded with a visit to the dogs section, where Police Officers demonstrated how they work to keep our communities safer. The children were enthralled to watch how the dogs follow instruction to stop



people who are trying to run away!

Plans are now afoot to repeat this event across Wales in 2020.

**"This was a fantastic opportunity for parents and children to learn together about topics that are crucial to safeguarding"**

**Faith McCreedy,  
SchoolBeat**

# A PERSPECTIVE ON KNIFE CRIME ACROSS WALES

## #OPERATION SCEPTRE

Each year Police Forces across England and Wales participate in #Operation Sceptre.

This is a week-long approach aimed at tackling knife crime, trying to keep knives and blades out of circulation and raising awareness of their impact, while also increasing knowledge about the dangers of carrying knives.

Fortunately, Wales is a safe place to live and knife crime is not a part of everyday life, but Police Forces recognise the importance of taking action to prevent a problem occurring. Knife crime is should be seen in context. It is relatively unusual for a violent incident to involve a knife, and rarer still for someone to need hospital treatment. Most violence is caused by people hitting, kicking, shoving or slapping someone, sometimes during a fight and often when they are drunk.



#Operation Sceptre includes targeted operations, engagement and education to reassure young people that they are safer **NOT** carrying knives.

SchoolBeat's School Community Police Officers (SCPOs) fully support the educational arm of the operation to promote safety messages, provide advice and signpost young people to organisations

who can help like [www.fearless.org](http://www.fearless.org) where any concerns can be reported anonymously.

SCPOs are able to deliver a 'Why Weapons?' lesson and deliver our latest assembly presentation on Knife Crime – 'Being Knife Free – Staying Safe'.

**REMEMBER!**  
**CARRYING A KNIFE DOES NOT MAKE YOU SAFER!**



A parent's guide to the

## School Crime Beat Protocol

The aim of this leaflet is to help you understand how the Police support schools with incidents of crime between pupils on school premises, during school hours.

# SchoolBeat.cymru



Llywodraeth Cymru  
Welsh Government

For further information and advice  
for parents and pupils, visit  
the SchoolBeat website:  
[www.SchoolBeat.cymru](http://www.SchoolBeat.cymru)



**Did you know a School Community Police Officer (SCPO) sometimes known as a SchoolBeat Officer works in every school in Wales? SchoolBeat officers support the school to keep pupils safe by delivering crime prevention lessons and offering support to the schools to deal with serious incidents.**

**The purpose of this leaflet is to:**

- Help you understand how the Police and your school work in partnership.**
- Explain that the School Crime Beat Protocol is the agreement between the school and the Police which aims to prevent children from entering the Criminal Justice System (CJS) and having a criminal record.**
- Tell you what to expect if the SchoolBeat officer is involved with your child.**

**Your SchoolBeat officer will not generally deal with bullying and low level incidents. This behaviour should be dealt with by the school. Every school will have policies and procedures to follow which you can ask to see.**

My child  
is in trouble  
at school

I think  
my child is  
a victim at  
school

I think  
my child has  
committed an  
offence on school  
premises.  
What should  
I expect?

**IF YOU ARE CONCERNED ABOUT YOUR CHILD,  
ALWAYS CONTACT THE SCHOOL FIRST.**

Your school will conduct an investigation into the incident, speaking to all witnesses. Your child will usually be dealt with through the schools' policies and the SchoolBeat officer may be involved at any point.

If you are unhappy with what the school has done, you have a right to appeal to:

- The Headteacher
- The Board of Governors
- The Local Authority (for your school area)

**THE SCHOOL'S RESPONSE:**

1. Incident investigated through school process
2. School procedures exhausted
3. School may involve the SchoolBeat officer
4. SchoolBeat officer to assess case under School Crime Beat

If the school has not already done so, you may ask the school to involve the SchoolBeat officer to help.

## **PHONING THE POLICE**

**Before phoning 101, have you:**

- 1. spoken to the school?**
- 2. given the school time to investigate?**

**You have the right to contact the Police directly.**

**When you phone the 101 service, the call handler will listen and record the details of your conversation and enter these details on the Police system.**

**Your SchoolBeat officer may be best placed to help.**

**When the SchoolBeat officer is involved, they will decide if an incident can be dealt with by the School Crime Beat Protocol. If so, they will deal with the matter outside of the Criminal Justice System if possible. To do so, SchoolBeat officer can use a 'Restorative Solution', which gets the wrongdoer to take responsibility for their actions and then to make amends. This can help repair the harm and supports both the victim and the wrongdoer.**

### **POLICE RESPONSE**

- 1. Incident assessed by SchoolBeat officer**
- 2. A Police incident recorded**
- 3. Investigation carried out**
- 4. Outcome - CJS, or School Crimebeat**
- 5. Victim Support**

**If the incident cannot be dealt with by the SchoolBeat officer, the Police will investigate further. There are a number of possible outcomes which can be utilized to ensure a positive resolution for both parties.**