

SchoolBeat
oolBeat.o
lBeat.org

SchoolBeat.org



The All Wales School Liaison Core Programme

Newsletter

Summer 2015



Dear Colleague,

We hope you had an enjoyable Easter break.

This summer's edition is packed full of information, advice and news to help support you and your school. This term's special feature is on **Alcohol and Summer Festivals**.

Contents...

SPECIAL FEATURE

Alcohol and Summer Festivals	p 2-4
Internet safety – Update	p 5
Drugs in the spotlight – Nitrous Oxide & PMMA	p 6-7
Safeguarding	p 8-9
– Child Sexual Exploitation (CSE)	
– Useful resources	
School safeguarding lessons	
– Primary & Secondary	p 10-11
Introducing the Coordinators	p 12

Alcohol and Summer Festivals

Speaking at the Chartered Institute of Environmental Health (CIEH) Wales' conference, Professor Bellis said:

“ It's a huge issue as when you have alcohol, social media and peer pressure coming together, it is a recipe for disaster. It's not surprising that we see terrible tragedies. ”

– May 2014

“ Young people 15 years and under should not drink alcohol at all ”

Liam Donaldson, Chief Medical Officer for England, December 2009 'Guidance on the Consumption of alcohol by young people'.



With summer approaching, many young people will be attending festivals. One drug is often readily available. That drug is ALCOHOL.

Alcohol is classed as a drug because it changes the way the mind and body works. It is a poison and a depressant. Although Alcohol is legal to buy from the age of 18, there are several laws governing its use. Under the influence of Alcohol people often feel more relaxed and may take risks, doing things they may not do when sober. It is not uncommon for young people to binge drink during festivals.



Young people need to be aware that the strength of alcoholic drinks can vary. There is no safe limit of Alcohol for young people because their bodies are still growing. Alcohol can harm the developing brain and body.

Alcohol and the Law

- Police can confiscate Alcohol from young people drinking it in the street.
- 16 and 17 year olds can drink wine, beer or cider with a meal if it is bought by an adult in an area designated for meals.
- It is against the law for a shopkeeper or publican to sell Alcohol to anyone under the age of 18.
- It is against the law to drive with more than 80 milligrams of Alcohol per 100 milliliters of blood.

How do School Community Police Officers educate pupils about Alcohol?

They help pupils to:

- Know the effects and risks of using Alcohol
- Know the laws around Alcohol
- Understand its effects on people.

Alcohol and the Law

People's drinking in public places can cause many social problems.

People can be anti-social whilst under the influence of Alcohol, with behaviour varying from being loud, to aggressive and violent. Drinking Alcohol increases the instances of fighting, criminal damage, sexual offences, unplanned pregnancies, getting Sexually Transmitted Infections (STIs) and sustaining injuries through Alcohol related accidents.

How do School Community Police Officers educate pupils about Alcohol?

Young people should:

- always take responsibility for their actions.
- always know what they are drinking
- never leave any drinks unattended
- not encourage friends to drink to excess.

Mixing Alcohol with energy drinks may spell disaster.

Energy drinks continue to sell mass quantities to their youthful target audience. These drinks claim to stimulate the mind and body plus provide a boost of energy but can have adverse effects when mixed with Alcohol.

High levels of Caffeine in energy drinks can boost heart rate and blood pressure, causing palpitations, according to National Institute of Health. Mixing these drinks with Alcohol further increases the risk of heart rhythm problems. The appeal behind mixing energy drinks with Alcohol is the promise of a sustained rush that would allow people to go on drinking longer.

Alcohol makes people dehydrated, which is one of the reasons why people have hangovers, and the Caffeine in the energy drinks is a diuretic which also causes people to lose water. So it makes the effects of dehydration and the likelihood of a hangover worse.

Help and advice about substances For help about drugs:

Dan 24/7 Wales Drug and Alcohol Helpline

Tel: **0808 808 2234**

Website: **dan247.org.uk**

DrinkLine provides confidential information and advice about Alcohol-related problems and can refer you to a local agency. Tel: **0800 917 8282**

Al-Anon Family Groups provides self-help groups for people who are affected by someone else's drinking.

Tel: **0207 403 0888**

Stay Safe

@ Summer Festivals

- Avoid binge drinking as this increases the risks of Alcohol poisoning – being drunk makes you more vulnerable.
- Use medication prescribed for YOU responsibly. Where possible keep it on your person, in a locker or out of sight.
- Avoid taking illegal drugs. Dispose of any illegal substances in drug bins provided at festival entrances.
- Don't be tempted to try out any unknown substances with the intention of getting high, as you won't know what you're taking or how your body will respond.
- Keep an eye on friends – if you believe a friend has taken something and becomes unwell, take them to the first aid tent or get festival security. Mixing Alcohol with any other drugs is extremely dangerous.

Plain clothes Police and drugs dogs attend festivals; if you are caught with drugs you will be arrested.



Download a FREE poster at:
<http://www.schoolbeat.org/fileadmin/posters/Staying-Safe-at-Festivals-ENG.pdf>

Internet Safety

Association of Chief Police Officers (ACPO) Week of Action 'Cybercrime Awareness'

“ While we actively encourage young people to embrace the Internet's huge potential, it's vitally important they are equipped with the skills and knowledge needed to do it safely and responsibly. ”

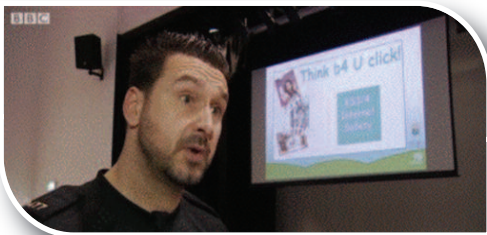
Carwyn Jones,
The First Minister 2015.

ITV Cymru News reported that:

Police forces throughout Wales are sending School Community Police Officers into schools to show children a film which focuses on the risks and dangers of sexting to raise awareness about the social and legal consequences of sending indecent images.

<http://www.itv.com/news/wales/2015-02-10/film-aims-to-show-dangers-involved-in-sexting/>

Pictured below is PC Richie Norris, speaking to BBC Cymru about the legal implications and consequences of young people choosing to share naked selfies.



The AWSLCP has received media attention and been given a high profile across Wales during recent weeks. SCPOs have delivered lessons and assemblies to pupils to raise awareness of how to use the Internet safely.

For more information on our Internet Safety lessons please speak to your SCPO.

360safe
the online e-safety tool

SOUTH WEST
GRID
FOR LEARNING

About South West Grid for Learning

The South West Grid for Learning (SWGfL) Trust, is a not-for-profit charitable trust providing schools and other establishments with safe, secure, managed and supported connectivity and associated services, learning technologies to improve outcomes, and the toolkit for being safer online.

About the online tool – 360 Degree Safe

360 Degree Safe is a multi-award winning schools' self-review, online tool. It provides a user friendly and interactive means for schools to review their E-Safety provision and to develop an action plan to bring about improvements.

The tool is free of charge to schools on completion of a simple registration process.

Please visit: <http://www.swgfl.org.uk>

Drugs in the spotlight

Nitrous Oxide



What is it?

Nitrous Oxide, also known as 'laughing gas', is a substance with a number of legitimate uses in medicine, catering and vehicle engines.

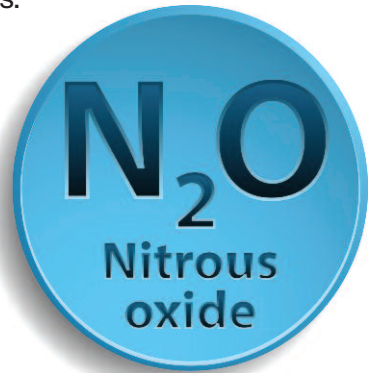
It is also the second most popular recreational drug amongst young people, with 7.6% of 16-24 year olds responding to the 2013/14 Crime Survey for England and Wales reporting Nitrous Oxide use in the last year. When inhaled, this substance can make users feel euphoric and relaxed, with some reporting hallucinations.

Where and how is it used?

Nitrous Oxide is now being used in a number of settings such as clubs, private residences and parks, and is particularly prevalent at festivals. It is commonly sold in small metal canisters containing the gas which is then either transferred into a balloon for inhalation using a dispenser or a 'cracker'.

What are the risks?

Inhaling Nitrous Oxide can be dangerous, and can lead to loss of blood pressure, fainting and even heart attack. Prolonged exposure to Nitrous Oxide may also result in bone marrow suppression and poisoning of the central nervous system. These risks are likely to be exacerbated if the exposure to the gas is combined with Alcohol or other drugs.



Is Nitrous Oxide legal?

Under the Misuse of Drugs Act, 1971, Nitrous Oxide is not a controlled drug. However, the Intoxicating Substances (Supply) Act, 1985, prohibits the sale or supply of Nitrous Oxide to those under the age of 18, or to a person acting on behalf of someone under the age of 18.

If the seller has reason to believe may be inhaled for the purposes of intoxication he can refuse to sell the product.



Paramethoxymethamphetamine (PMMA)

What is PMMA?

The majority of street names associated with PMMA are actually street names for Ecstasy pills. These have included Red Mitsubishi, Pink McDonalds, Pink Ecstasy, Mitsubishi Turbo, Killer, Dr Death, Double Stacked, Chicken Yellow, Chicken Fever. In the most recent cases, Superman branded pills have contained PMMA.

What are the effects of PMMA?

It can make users feel alert, alive and full of energy, feel in tune with surroundings. Sounds and colours are more intense and users may have enhanced feelings of love for friends and strangers.



Dangers associated with PMMA

The effects of PMMA can take a while to take effect so there's a risk of the user double-dosing to compensate, risking a fatal overdose.

Other risks include:

- Increase in blood pressure and pulse rates
- Feelings of paranoia and depression
- Muscle spasms
- Nausea and sickness
- Overheating and dehydration.

Is PMMA legal?

PMMA is a Class A drug which means possession can result in up to 7 years in prison and/or an unlimited fine. Supplying someone else, even friends, can result in a life sentence and/or an unlimited fine.

There are reports in Wales that red Superman-branded pills are in circulation, including some tested and identified by WEDINOS.

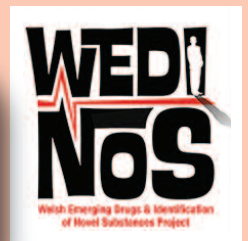
WEDINOS test substances to give individual users and others rapid and accurate information to reduce harms.



Without testing – users have no way to know what they are taking.

During early 2015, WEDINOS announced that pills containing PMMA had caused a number of deaths and hospitalisations in this country. These pills were found to be 10 times stronger than 5 years ago.

– WEDINOS Feb 2015



For further information please visit the WEDINOS website:

www.wedinos.org or email the project: admin@wedinos.org

Safeguarding

Child Sexual Exploitation (CSE)



“ Child Sexual Exploitation is when a young person under the age of 18 is taken advantage of, groomed and controlled for a sexual purpose. ”

– AWSLCP definition

Child Sexual Exploitation (CSE) happens when people use the power they have over children and young people to sexually abuse them. This may be as a result of a difference in age, gender, intellect, strength, money or other resources.

People may think of CSE in terms of serious organised crime, but it also covers abuse within relationships and may involve informal exchanges of sex for something a child wants or needs, such as accommodation, gifts, cigarettes or attention.

Some children are groomed through girlfriends/boyfriends who then force the child into having sex with friends or associates.



CSE signs to look for...

Signs and behaviours generally seen in children affected by Child Sexual Exploitation (CSE) include:

- Going missing for periods of time or regularly returning home late
- Missing school or being disruptive in class
- Having unexplained gifts or possessions that can't be accounted for
- Having health problems that may indicate a sexually transmitted infection
- Having mood swings and changes in temperament
- Using drugs and alcohol
- Displaying inappropriate sexualised behaviours, such as over familiarity with strangers
- Dressing in a sexualised manner or sending sexualised images by mobile phones (sexting)
- Showing signs of unexplained physical harm such as bruising and cigarette marks.

Useful resources

“ We know that children do take risks online, sometimes without realising it... Our Share Aware campaign gives parents straightforward, no-nonsense advice that will help them to untangle the web and feel confident talking to their children about online safety. ”

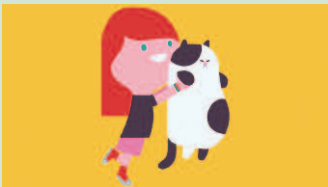
– Quote by Peter Wanless, NSPCC CEO

Share Aware is the NSPCC campaign for parents of children aged 8-12 – it helps parents to keep their children safe in a digital age. Watch films at:

<http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>



Watch the short film ‘I saw your willy’



Watch the short film ‘Lucy and the boy’

Downloadable booklet:

<http://www.nspcc.org.uk/global-assets/documents/advice-and-info/share-aware.pdf>



NSPCC 

Believe in children



Barnardo's

Resources available from Barnardo's:
Sexual exploitation: Sex, Secrets and Lies, bilingual booklet for KS3/4/

http://www.barnardos.org.uk/_sex_secrets_and_lies_booklet_welsh_final_version.pdf

http://www.barnardos.org.uk/cc126b-barnados-lft-englishversion-_web_final_version.pdf



Spot the signs animated film helps parents to know the tell tale signs of Child Sexual Exploitation, and offers a number of practical steps they can take to protect their children.



The FREE new 'Wud U?' App lets young people find out how to make safe decisions to help prevent them from being sexually exploited. Download the poster from:

<http://www.barnardos.org.uk/cse-app-poster.pdf>

Safeguarding lessons available from your SCPO



This lesson sensitively introduces the concept of domestic abuse. Through the use of story time and other interactive activities, it helps children explore and understand difficult emotions. The lesson also highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.

NEW!

Foundation Phase



The lesson raises awareness with pupils that it's not possible to tell what a person is like just by their appearance. It helps identify potentially dangerous situations and explores coping strategies. A short DVD called Anwen's Story highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.

KS2



This lesson focuses on all children and young peoples' right to feel safe. Through class activities and group work pupils are asked to consider various safe and unsafe situations, how risks can be reduced, and who they can turn to if they need help or support.

Secondary School



This lesson focuses on a young couple called Carys and Rhys and their relationship. Pupils learn about the different forms of domestic abuse and are empowered to identify the warning signs of an abusive relationship. Scenarios are used to help the pupils understand how to access help and support.

KS3



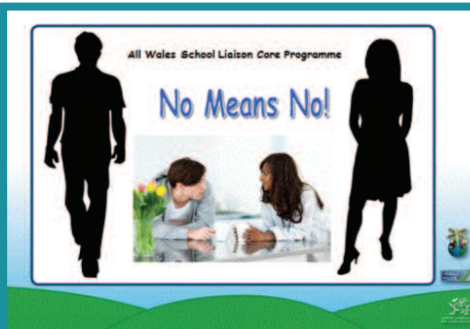
Pupils learn about the dangers of giving away personal info online and the risks of meeting online strangers. Pupils follow the story of a girl called Bethan who is groomed by adult pretending to be a teenage buy online. Pupils identify risks taken by the character Bethan in a DVD film and explore strategies to stay safe when online and what to do if anyone on line makes them feel unsafe.

KS3



The story used is based on a real life event. A DVD tells the story of a girl called Lucy who is groomed by a man who contacted her through the Internet, posing as a contact from a model agency. Lucy eventually becomes a victim of child sexual exploitation. The lesson focuses on identifying the early warning signs that all is not well and encourages pupils to make positive choices to keep safe.

KS4



A DVD clip is used to trigger group discussion around sexual consent, the Law and its consequences.

Pupils explore scenarios to enable them to make informed decisions. The lesson also highlights local and national support agencies.

KS4

Meet the Coordinators...



We are delighted to introduce Faith McCready, the new National Coordinator for the All Wales School Liaison Core Programme. Faith has previously done a great job as a Regional Coordinator in both Dyfed Powys and South Wales.

With her team of Regional Coordinators and School's Officers, she is looking forward to continuing to build on the excellent work of the last National Coordinator, Linda Roberts.

Faith McCready NATIONAL COORDINATOR



faith.mccready@south-wales.pnn.police.uk

Please feel free to contact Faith or any of the Regional Coordinators in your area.



Mannon Williams
NORTH WALES

mannon.williams@north-wales.pnn.police.uk



Bethan James
DYFED POWYS

bethan.james@dyfed-powys.pnn.police.uk



Lyndon Samuel
GWENT

lyndon.samuel@gwent.pnn.police.uk



Catherine Lewis
SOUTH WALES

Catherine.lewis@south-wales.pnn.police.uk