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The All Wales School Liaison Core Programme

Newsletter

Autumn 2017



Dear Colleague,

We hope you had an enjoyable summer holiday.

This edition is packed full of information, advice and news to help support you and your school. This term's Special Feature is on **Children and the Problem of Online Pornography.**

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Children and the Problem of Online Pornography

“ Over half of 11-16 year olds are exposed to online pornography. ”

Taken from a report commissioned by the Children's Commissioner for England with NSPCC and Middlesex University. 'I wasn't sure it was normal to watch it', an examination of the Impact of Online Pornography on the Values, Attitudes, Beliefs and Behaviours of Children and Young People. (2016)

Children and young people are able to access pornography, at the click of a button. Children as young as 8 are seeing things online that they find disturbing and worrying. Whether they look at porn by accident or intentionally, they need to be able to talk about this with adults.



With the onset of puberty, it is natural for young people to become curious about sex. At this time they are also vulnerable to their environment and their brains can be 'wired' around the experiences and information they receive.

In 2013, Children's Commissioner's research found viewing pornography resulted in young people developing:

- unrealistic attitudes about sex and consent
- negative attitudes towards roles and identities in relationships
- casual attitudes towards sex and sexual relationships
- an increase in 'risky' sexual behaviour
- unrealistic expectations of body image and performance.

“ I'm always watching porn and some of it is quite aggressive. I didn't think it was affecting me at first but I've started to view girls a bit differently recently and it's making me worried. I would like to get married in the future but I'm scared it might never happen if I carry on thinking about girls the way I do. ”

Boy, 12-15 – taken from NSPCC survey 2015

“ With half of young people aged 11-16 years old reporting seeing online pornography, it underlines the importance of continued efforts to both reduce the chances of children being exposed to online pornography and to equip them with the critical thinking skills and resilience to reduce the negative impact of any exposure. ”

Will Gardner, CEO of Childnet and Director of the UK Safer Internet Centre, 2016



What the government is doing...

The UK Government is introducing new measures to help keep children safe from harmful pornographic content.

The Digital Economy Bill contains measures to bring in age verification for pornographic sites and the ability to withdraw payment services from non-compliant sites. The British Board of Film Classification BBFC, will have powers to make Internet service providers restrict access to pornographic sites, which do not put tough age verification measures in place to protect children.

“ Childline has seen a 6% increase in counselling sessions where the young person specifically mentioned concerns about online porn or websites containing harmful content. ”

NSPCC, 2015



It is important that children and young people learn about healthy relationships consistently through their education. Learning about positives like respect, equality, friendship, love, kindness, positive body image and developing self-confidence are key.

Young people want the topic of porn to be included in their PSE lessons. Some may be influenced to carry out inappropriate behaviour towards others, which may actually be sexual offences in law. Viewing porn may also be influencing the phenomenon of sexting behaviour.

“ 74% of 11-18 year olds said that porn should be discussed in sex education ”

NSPCC Sex Education Survey, 2013

What can we do about the problem?

One action that can help is to install parental controls on children's digital devices.

Parental controls help to:

- block or filter what is seen when searching online
- plan what time of day our child can go online and how long for
- stop them from downloading apps they're too young for
- manage the content different members of the family can see.

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 suitably trained

- parents' views are sought and awareness raising around inappropriate online content occurs
- there are safe channels through which young people can access advice if they have concerns around sex
- inputs from experts such as the police, school nurses or other appropriate agencies are available to support curriculum deliveries.



Ask your School Community Police Officer (SCPO) about lessons and assemblies that support learning about healthy and respectful relationships for pupils from 5-16 years of age.



Foundation Phase lesson that explores domestic abuse in a family.



Lower KS2 lesson that explores healthy and unhealthy behaviour.



Upper KS2 lesson that explores personal safety.



KS3 lesson that explores sexual exploitation.



KS3 lesson that explores domestic abuse in teen relationships.



KS4 lesson that explores sexual consent and the law.

“ The resources and activities on schoolbeat.org are very useful. I have used many from the teacher section to help the children in my class consolidate their learning after the school police officer's lesson. ” – Year 6 teacher

SPECIAL FEATURE! SPECIAL FEATURE!

E-Cigarettes

or **Electronic Nicotine Delivery Systems (ENDS)**

According to a recent statement from Public Health Wales (January 2017) ENDS should feature alongside other substances such as Tobacco and Alcohol, in all health education for children and young people and be presented as harmful to health.

“ The use of Nicotine by children and young people is unsafe, it can cause addiction and can harm the developing adolescent brain. There are no benefits to children and young people in using ENDS. There is concern that ENDS are seen as ‘safe’ but this is not the case, while the health risks of ENDS are significantly lower than cigarettes they are not without risk. ”

Public Health Wales 2017



There are also concerns that:

- The widespread use of ENDS is re-normalising smoking.
- Use of ENDS could reduce the likelihood of smokers quitting by displacing scientifically proven methods to help people quit.
- The use of ENDS can act as a gateway to Tobacco use - especially among children and young people.
- ENDS, while presenting a lower health risk for existing smokers than Tobacco use, are not safe. There is an international consensus that for non-smokers, use of e-cigarettes represents a potential risk to health.

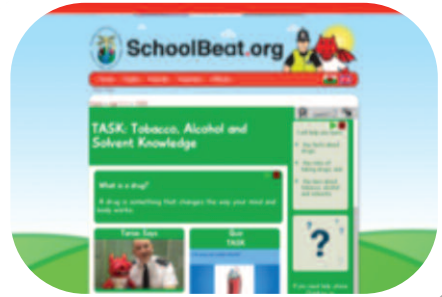
Further research in all areas is required and will continue.



Future recommendations include:

- Restrictions on the use of ENDS in settings used by children e.g. in schools and school grounds and around the entrances to schools.
- A ban on 'confectionary-like' flavours of e-liquids, in order to reduce the appeal of ENDS to children and young people.
- Restrictions on the advertising of ENDS in all media that would be regularly viewed by children and young people.
- An enforcement programme to minimise the sales of ENDS to those under 18 years of age.

Visit the teacher and pupil section on our website for more information!



BANG!!!

Have fun, act sensibly and safely and think about others!

Once again in the lead up to Halloween and Bonfire night SCPOs and CSOs are available to schools to deliver important messages concerning young people's behaviour leading up to and on these key dates. SCPOs and CSOs can deliver 2 Assemblies called **Have Fun and Stay Safe!** (Primary) and **Be A Nice Guy** (Secondary).

Have fun and Stay Safe aims to help pupils to think about others and stay safe while having fun. **Be A Nice Guy (BANG)** aims to help pupils to:

- act responsibly and think about others
- know how not to get in trouble with the law
- understand the dangers associated with the misuse of fireworks
- know what the law says about fireworks.

Pupils are:

- encouraged to enjoy these events while behaving sensibly
- reminded being out at night in dark clothing can be dangerous as they may not be easily visible to drivers
- encouraged pupils to tell their parents where they are going
- reminded that irresponsible behaviour may have a negative effect on vulnerable members of the community
- informed that unacceptable behaviour will be dealt with.

So the key message is:

Have fun, act sensibly and safely and think about others!

Drug in the SPOTLIGHT...

IPEDS

IMAGE AND PERFORMANCE ENHANCING DRUGS

IPEDs (Image and Performance Enhancing Drugs) are substances Used by people to enhance their performance or looks.

They include:

- Anabolic Steroids
- Tanning Injections
- Botox
- Slimming Pills



Rebecca Evans, Minister for Social Services and Public Health in Welsh Government spoke in January 2017 about a culture of IPED misuse that is threatening to damage the health of a generation.

“ The use of IPEDs is not just a problem in sport - it is a wider societal issue. There are a worrying number of young people purchasing and taking illicit substances for image enhancing reasons. ”

There are also significant harms associated with the use of IPEDs, including heart disease and liver damage, as well as those related to mental health, including increased aggression and depression. There is also the risk of infection from injecting drugs.



Using IPED's under the age of 18 also interrupts and destabilises the growth process and can cause long-term damage.

UK Anti-Doping's (UKAD) Chief Executive, Nicole Sapstead said,

“ We continue to be concerned about the number of young people who are turning to steroids for performance or cosmetic enhancement. Not only is it a serious issue for sport but it is becoming a serious issue for our society and a generation of young people. ”

Sport Wales is taking a zero-tolerance approach to IPED misuse in sport.

Brian Davies, Director of Elite Sport at Sport Wales, commented,

“These are key issues for us because at the heart of sport is fair competition, where people know their responsibilities and compete clean from performance enhancing drugs. Education, targeted testing and sporting bans are all tools that have been used to ensure the integrity of sport.”

Public Health Wales has carried out significant work to address the problem of IPEDs, including the development of the website www.ipedinfo.co.uk to provide information and harm reduction advice for those using or considering the use of IPEDs.

AWSLCP KS3 Vanity Insanity Lesson



IPEDs and the Law

Anabolic Steroids are controlled as Class C substances under The Misuse of Drugs Act, 1971, and scheduled under Schedule 4, part 11 of the Misuse of Drugs Regulations, 2001.

Import restrictions are now in place for all Image and Performance Drugs under the 1971 Act.

It is now against the law to purchase Steroids and associated drugs from outside the UK through the Internet and mail order sites and have them delivered. Penalties include up to 14 years in prison and/or a fine.

Dyfed-Powys Police Awards 2017

The hard work, dedication and bravery of officers, staff and volunteers were celebrated at the Dyfed-Powys Police Spring 2017 Awards.

Awards ranging from bravery, diversity in action and neighbourhood policing, to staff member, team of the year, volunteer and unsung hero were awarded, with inspirational stories coming from nominees across the Force.

The Dyfed-Powys Police School Community Police Officers were very worthy runners-up in the 'Team of the Year' category and were highly commended for their prevention work with children and young people across the whole of the force area.

Driving, mobile phones and the law



Using a handheld mobile phone while driving is illegal.

It has been since 2003. From 1st March 2017, the penalties for holding and using your phone while driving have increased. **It's now 6 points and £200.**

It is not illegal to use hands free, but any time a driver's attention is not on the road can be dangerous.

Psychoactive Substances Act 2016



The Psychoactive Substances Act 2016, provides a blanket ban on the production, supply and importation of new psychoactive substances. This legislation makes new drugs that appear on the market illegal quicker than ever before.



Headshop owners and other suppliers have had to adapt to the new laws and stop the trading of these potentially dangerous drugs. Police forces have also been working with Local Authorities to educate users and potential users about the new law and the risks of taking unknown substances.

Officers have been given powers to stop and search people, vehicles and vessels, enter and search premises in accordance with a warrant, and to seize and destroy psychoactive substances.

While the new Act does not criminalise simple possession of psychoactive substances, it will be an offence to possess them within custodial institutions, or anywhere with intent to supply them to another. It is also an offence to import them for example, by buying them from a foreign website.

The AWSLCP has recently updated its lesson on the harmful effects of New Psychoactive Substances.

Pupils learn:

- what NPS are,
- the law around NPS
- how to resist peer pressure
- where to go for help and advice.



“ Forces are committed to reducing the harm caused by all drugs but we cannot do this alone; prevention, education and health services all have a crucial role to play. ”

Commander Simon Bray (National Police Chief's Council Lead for New Psychoactive Substances)

Removing Indecent Pictures

When an illegal, indecent image of a child (under 18) has been posted online it might seem like the end of the world to a pupil.

It is true that once posted, the person loses control of the image. However, something can be done to help.

An online report can be made to the **Internet Watch Foundation (IWF)**.

<https://report.iwf.org.uk/en/>



The IWF will contact the host website and try to remove it. Pupils should know they can talk to someone for help such as their teacher or their SCPO.

They can also contact www.meiccymru.org or www.childline.org.uk and speak to a counsellor who will help.

The 7 C's of building resilience in children

- 1 COMPETENCE** – Empowering children to make positive choices.
- 2 CONFIDENCE** – Focusing on the best in each child. Recognising and rewarding when they get it right.
- 3 CONNECTION** – helping children to develop healthy relationships and positive communication.
- 4 CHARACTER** – Helping children to develop positive values and behaviour.
- 5 CONTRIBUTION** – Giving children opportunities to contribute and feel a sense of belonging and purpose.
- 6 COPING** – Helping children learn strategies to cope with stress, worries and other negative experiences.
- 7 CONTROL** – Helping children to learn how to take responsibility for themselves and who can help when things feel outside of their control.



Autumn 2016 saw the launch of a **brand new** and **redesigned website** for **Fearless**, Crimestoppers youth platform, where 11-16 year-olds can learn more about the types of crime, how to protect themselves and **report crime 100% anonymously**.

The new website allows teachers and organisations working with young people to increase their knowledge on crime and prevention techniques and provides downloadable teaching materials and an interactive guide to use in lessons. The site also features a comprehensive A to Z of crimes giving young people straightforward information and advice.

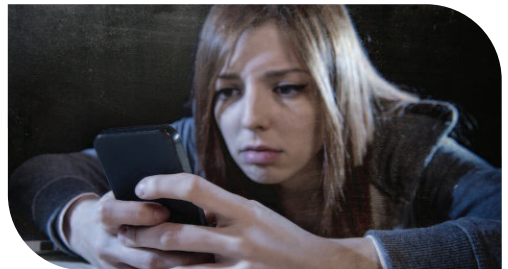
You can take a look at the new Fearless website at www.fearless.org

New offence of sexual communication with a child introduced 3rd April 2017

It is now a criminal offence for anyone aged 18 or over to intentionally communicate with a child under 16, where the person acts for a sexual purpose and the communication is sexual or intended to elicit a sexual response.

The offence applies to online and offline communication, including social media, e-mail, texts, letters, etc.

The penalty for being convicted of
12



this offence is up to 2 years in prison and automatic placement on the Sex Offender Register.