

SchoolBeat

**SchoolBeat.cymru**



The All Wales School Liaison Core Programme

# Newsletter

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

Number

19



# Dear colleagues



This 19th EDITION is packed full of information, advice and news to help support you and your school. With young people being exposed to more time on the Internet, our special feature is on The Problem of Porn. As you may also know, Nitrous Oxide has become an increasing problem within our communities and we look at the risks and dangers of this recreational drug.

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## ★ SPECIAL FEATURE ★

### The Problem of Porn!

The Internet is a remarkable tool for children and young people to explore, experiment, socialise, create and educate themselves in new and exciting ways.

But it also exposes children to risk of harm, including viewing inappropriate content such as pornography.

The NSPCC asked Middlesex University to look into how many children have been exposed to porn

and the impact for them of viewing such content.

The research consisted of an online survey of 1001 children aged 11-16 across the UK.

The key findings were:

- 48% of 11-16 year olds surveyed had seen pornography online
- 7% of 11-16 year olds surveyed had shared a naked or semi naked image of themselves



- More boys view online pornography, through choice, than girls
- Children were most likely to have seen pornography online for the first time accidentally. (e.g. via pop-ups or shown by someone else unexpectedly)
- A greater proportion of boys (44%) said that pornography had given them ideas about the types of sex they wanted to try, than girls (29%).

Of those who had seen pornography online:

Children said how easy it is to access pornographic images or films online. Even very hard-core pornography.

A 13-14 year old girl commented,

**On popular hashtags on Instagram, which younger children can access, there are some explicit pictures. Makes me feel irritated that people can come across these when they don't want to or have not tried to**

Some young people's perceptions of pornography include:

- Feeling less negative over time and generally less anxious or disgusted by what they see when they repeatedly access porn.
- Wanting to be able to find out about sex and relationships and about porn in ways that were safe, private and credible.



- Young people highlighted the need for materials that are age and gender appropriate.

To view the full report, visit:

<https://learning.nspcc.org.uk/media/1187/mdx-nspcc-occ-pornography-report.pdf>

## DOPAMINE THE CHEMICAL HIGH!

Dopamine is a neurotransmitter that is central in our drive for personal reward. When young people take part in stimulating or potentially addictive habits such as gaming or pornography, there is a flood of Dopamine in the brain. With repetitive increases in Dopamine released in the teen brain it is rewired to crave the same effect.

Teen brains are the most sensitive to Dopamine at the age of 15 and react up to **four times** more strongly to images perceived as exciting. A teen's brain is at its peak of Dopamine production and neuroplasticity making it highly vulnerable to addictive behaviour and rewiring, as their young brain has not yet finished developing.



# Harmful Sexual Behaviour (HSB)

HSB is... “Sexual behaviours expressed by children under the age of 18 years old that are developmentally inappropriate, may be harmful towards self or others, or be abusive towards another child, young person or adult.” (Derived from Hackett, 2014).

For a minority of children who may be exposed to pornographic material there is a real risk of them displaying HSB. Habitually watching porn would be an example of problematic HSB. It may be disruptive to the child’s development and can cause distress, rejection or increase victimisation of the young person displaying the behaviour.

Sexually abusive behaviours by children towards other children; although less common than abuse by adults, is still a significant risk. Pornography may of course not be the only reason behind the abusive sexual behaviour but may contribute.

**In the UK it is estimated that around a third of sex offences against children and young people are committed by under 18s.**



**Sending pornographic images or films to a child is a serious offence in law.**

The Sexual Offences Act of 2003, says it an offence in law for an adult to:

- Cause or incite a child to engage in sexual activity (s.10)
- Engage in sexual activity in the presence of a child (s.11)
- Cause a child to watch a sexual act (s.12)

**The maximum penalty for causing a child to watch a sexual act is 10 years in prison.**

**Signs to look out for that a young person may have a developing porn addiction.**

- Tiredness or irritability – (from viewing or self-stimulating to porn for long periods of time, maybe awake throughout night).
- Decreased interest in and/or decline in school performance.
- Diminished ability or interest in socialising with others.
- Excessive interest or no interest in common dating activities.
- Secretiveness around their digital devices, such as deleting browsing history.
- Lying to parents and carers about amount or nature of sexual activities.
- Isolation – spending a lot of time alone in a bedroom or bathroom.
- Lack of empathy toward those involved with the young person in sexual behaviour.



## What do children need from school and professional services?

- 👍 Good quality **evidence led, Relationships and Sexuality Education (RSE)** at key developmental stages of their lives.
- 👍 **Positive relationships with adults** that allow them to **discuss anything that worries them** with non-judgmental responses.
- 👍 **Support to make positive choices** when using the **Internet** and opportunities to learn about digital resilience.
- 👍 **Education around consent** from early years to understand that our body belongs to us.
- 👍 **Raising awareness with parents of online risks** and how to **install software on children's digital devices** that offers some protection.
- 👍 Identifying **who can offer help and support if anything goes wrong**.
- 👍 Using **child friendly search engines** in school and at home.
- 👍 **Directly addressing the issues of pornography** with young people as part of an effective RSE programme.
- 👍 **Safeguarding referrals** to be made when a **child or young person is at risk of abuse or HSB**.

**SchoolBeat resources around sexting, consent, safer relationships, and CSE.**



## Help and support



Live Fear Free Helpline

Providing confidential support and information on domestic abuse, sexual violence and violence against women in Wales

Llinell Gymorth Byw Heb Ofn

Darparu gwybodaeth a chefnogaeth cyfrinachol ynghylch trais domestig, trais rhywiol a thrais yn erbyn merched yng Nghymru

**0808 80 10 800**



**Two ways to give info about crime anonymously**

**Call on 0800 555111**

**Online Form at fearless.org**

# Drug in the Spotlight:

# The low down on Nitrous Oxide

## Words for Nitrous Oxide

- Balloons
- Whippits
- Laughing gas
- Nos
- Hippie crack
- Chargers

## What is Nitrous Oxide?

- A colourless gas that people inhale, usually via a balloon.
- You might have seen metal canisters lying around in streets outside bars and clubs.
- Some people say the gas has a slightly sweet smell and taste.

## How does Nitrous Oxide make you feel?

Nitrous Oxide slows down the brain and body's responses. The effects of Nitrous Oxide depends on how much has been inhaled, but can include:

- Feelings of extreme happiness, relaxation and calmness
- Fits of giggles and laughter (leading to the nickname 'laughing gas')
- Sound distortions and hallucinations – hearing or seeing things that aren't really there.

## Nitrous Oxide can also:

- Give you a severe headache
- Cause dizziness
- Stop you thinking straight
- Cause intense feelings of paranoia.



## The law

Nitrous Oxide comes under the category of being a Psychoactive Substance (covered by the Psychoactive Substances Act 2016) so it is illegal to produce, import or supply to someone else for its psychoactive effect.

# RISKS



Inhaling Nitrous Oxide directly from the canister is very dangerous because the gas is under such high pressure. It can cause a spasm of the throat muscle and stop a person breathing.



Heavy regular use of Nitrous Oxide can lead to a deficiency of vitamin B12 and to a form of anaemia (low level of red blood cells). Severe B12 deficiency can lead to nerve damage, causing tingling and numbness in fingers and toes. This can be painful and make walking difficult.



It can be hard to judge how much Nitrous Oxide is a 'safe' level of use.



If someone inhales too much Nitrous Oxide, they may fall unconscious and/or suffocate from a lack of oxygen. People have died this way.



It is dangerous to mix Nitrous Oxide with Alcohol and can lead to confusion, feeling sluggish and loss of bodily control.



The heart can be put under pressure if mixed with stimulants like Cocaine and the combined substances may disrupt the heart rate.

## \* BE AWARE \*

- ! If someone chooses to use Nitrous Oxide or any substance, they should never be alone. If they got into difficulty there would be no one to call for help.
- ! If someone becomes unconscious, they should be put into the recovery position and medical assistance be sought immediately. **CALL 999. THE PERSON WILL NOT GET INTO TROUBLE.**
- ! Never inhale the gas directly from a canister or from bags put over the head, as this can cause suffocation.
- ! Never drive whilst under the influence as it may affect the driver's coordination and ability to think clearly.

**NEW**  
**SchoolBeat**  
**Resource!**

# TRICKED

**Tricked and Trapped is our new input which educates learners about Child Criminal Exploitation (CCE) (also sometimes referred to as County Lines) was launched in North Wales recently.**

This input is being delivered to year 8 pupils across Wales. It will also be available for other agencies on our Partners' tab on [www.SchoolBeat.cymru](http://www.SchoolBeat.cymru).



The input, which includes an animated short film is based on a true story which happened in Wales. We follow the story of a young girl who is befriended by another girl, her older boyfriend and his mates. She is introduced to Cannabis and quickly gets into a debt, which she finds impossible to repay. Things escalate into a life of delivering and collecting money for drugs, travelling from one area to another, day and night and being put in very risky situations.

We see how she finally got out after being attacked by the gang. She comes to the attention of Police – who are then able to assist. She is also able to support.

The input includes short activities that encourage learners to spot the signs of potential criminal exploitation in themselves or others around them.

Learners learn about the law around the Criminal Exploitation of Children and that what they have seen in the film is wrong. The actions by the adults are **CRIMINAL** – and the adults are **BREAKING THE LAW**.

**'No child can consent to criminal exploitation and it's never their fault!'**

When discussing the law – the Rights of the Child are emphasised so that learners recognise that they have the right:

- To be protected from being hurt or badly treated
- To be protected from dangerous
- Not to be touched in ways that makes them feel uncomfortable, unsafe or sad
- Not be abducted, sold or trafficked



# & TRAPPED

- To be kept safe from things that could harm my development
- to help if I have been hurt, neglected or badly treated

The input has been endorsed by the Children's Commissioner for Wales Professor Sally Holland.

'I am particularly delighted to see how Children's Rights have been linked to each aspect of this lesson...it's a powerful input and will need a lot of support around it. I am confident that our children and young people will get the support they need from staff and Officers to keep safe from Criminal Exploitation.'



PC Mel Cartledge and PC Dylan Pritchard trialling 'Tricked and Trapped' in North Wales recently.



As always, the pupils are signposted to agencies where they can get help and assistance if they need to report anything about the issue.

Teacher resources to support the input are available on [www.SchoolBeat.cymru](http://www.SchoolBeat.cymru).

Pupil and Parent presentation resources will also be available soon.



# The link between Cannabis and the Criminal Exploitation of Children (also known as County Lines)

Criminal Exploitation of Children (CCE) follows a similar pattern to child sexual exploitation. First, there's a grooming process. Most commonly, gangs from nearby cities target young **Cannabis** users. Young people who 'show potential' are groomed with compliments and the illusion of friendship. They're often given gifts like cigarettes, Alcohol and free Cannabis.

Victims then move onto the next stage and are **allowed a larger quantity of Cannabis** so

they can make a small profit. Sometimes they're allowed to hang out with the gang members. The promise of belonging and acceptance is often a powerful motivator.

Eventually the young people are allowed to start drug running.

They're given tasks to deliver packages to different locations in the town and surrounding areas.

The grooming process is complete when the gang feels the young person is ready to run a phone line and sell class A drugs.

Throughout the process the young people really believe they're friends with gang members. They typically don't see themselves as victims because they've been groomed and manipulated in a highly effective way.

## **Criminal exploitation has disastrous consequences for young people**

There's often a misconception that young people choose drug running as a lifestyle. In reality, these are young and vulnerable people who've been groomed and often live in perpetual fear. Violence from other gangs is common, as is the threat of punishment for getting caught. Criminal exploitation is also linked with knife crime. Not only are they involved in crime, but they are also victims of crime.

Our new SchoolBeat input '**Tricked and Trapped**' helps young people to recognise the signs of criminal exploitation. They learn about the Law as well as understanding their Rights. They are also directed towards agencies where they can report anonymously or ask for help. This input will be delivered to year 8 pupils across Wales.





made in France  
110

**WARNING**  
Under pressure. Never expose to fire or flame. Do not use for lighting. Do not use for lighting. Do not use for lighting.

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## Safeguarding resources and activities for schools

Here is our latest list of resources to support children, parents and schools.

### Pupil Activity Books

#### Colouring activities

- Foundation Topics

<https://schoolbeat.cymru/en/news/article/colouring-activities/>

#### New Activity Book for ages 5-7

- Foundation Topics

<https://schoolbeat.cymru/en/news/activity-books/#c7000>

#### Activity Book for ages 5-9

- KS2L Topics

<https://schoolbeat.cymru/en/news/activity-books/#c6999>

#### Activity Book for ages 9-11

- KS2U Internet Safety

<https://schoolbeat.cymru/en/news/activity-books/#c7006>

#### Teenage Survival Guide for ages 11-16

- Safer Relationships • Journal

<https://schoolbeat.cymru/en/news/article/teenage-survival-guide/>



### Newsletter

#### SchoolBeat Newsletter 18 [Spring 2020]

<https://schoolbeat.cymru/en/news/article/schoolbeat-newsletter-18-spring-2020/>

### Leaflets from SchoolBeat

<https://schoolbeat.cymru/en/news/leaflets-from-schoolbeat/>



## News Section Articles

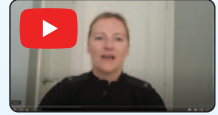
### Keeping Children safe online for families

<https://schoolbeat.cymru/en/news/article/keeping-children-safe-online-for-families/>



### Accessing inappropriate web content including porn and age inappropriate games

<https://schoolbeat.cymru/en/news/article/report-harmful-content-website-now-available-in-welsh/>



### Sexting - Share Aware vlog

<https://www.youtube.com/watch?v=mwbullvnHoA>

### Domestic abuse Vlog that raises awareness of DA, plus a dramatised spoken version of Tarian's Tale.

<https://schoolbeat.cymru/en/news/safe-haven-tarians-tale/>  
<https://schoolbeat.cymru/en/news/article/officer-blog-6-clares-law/>  
<https://schoolbeat.cymru/en/news/article/officer-blog-4-domestic-abuse/>



### Corona Virus and Me article

<https://schoolbeat.cymru/en/news/article/corona-virus-and-me-report/>

### Helping Children and Young People Live Stream and Vlog Safely

<https://schoolbeat.cymru/en/news/article/live-stream-and-vlog-safely/>



## Officer Blogs and Vlogs

### Officer Blog 1 & 2: Online Safety

<https://schoolbeat.cymru/en/news/podcast-online-safety-schoolbeat-fm/>  
<https://www.spreaker.com/show/schoolbeat-cymru-police-blog>

### Officer Blog 3: Keeping Communities Safe During Lockdown

<https://schoolbeat.cymru/en/news/article/officer-blog-3-keeping-communities-safe-during-lockdown/>  
<https://www.youtube.com/watch?v=53S2yOG-Yyg>



### Officer Blog 4: Domestic Abuse

<https://schoolbeat.cymru/en/news/article/officer-blog-4-domestic-abuse/>  
<https://youtu.be/kpIM83j-ZMY>

### Officer Blog 5: Share Aware

<https://schoolbeat.cymru/en/news/article/officer-blog-5-share-aware/>  
<https://www.youtube.com/watch?v=mwbullvnHoA>

### Officer Blog 6: Clare's Law - Safer Relationships

<https://schoolbeat.cymru/en/news/article/officer-blog-6-clares-law/>  
<https://www.youtube.com/watch?v=WIN1nwgOeUg>



## Safeguarding resources and activities for schools

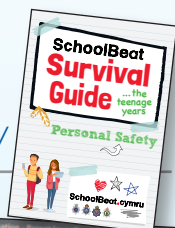
Here is our latest list of resources to support children, parents and schools.

### Pupil Activity Books

Teenage Survival Guide 2 for ages 11-16

- Personal Safety

<https://schoolbeat.cymru/en/news/article/teenage-survival-guide-2/>



### News Section Articles

Online Radicalisation: Information for Parents

<https://schoolbeat.cymru/en/partners/online-radicalisation/>

Digital Safety during COVID-19

<https://schoolbeat.cymru/en/news/article/digital-safety-during-covid-19/>

Stop It Now! Wales

<https://schoolbeat.cymru/en/news/article/stop-it-now-wales/>

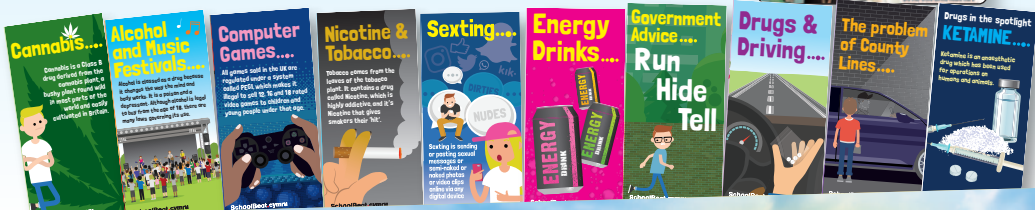
### Officer Blogs and Vlogs

Officer Blog 7: Preventing Extremism

<https://schoolbeat.cymru/en/news/article/officer-blog-7-preventing-extremism/>  
<https://www.youtube.com/watch?v=3dHqL9K3000>

Officer Vlog 8: County Lines

<https://schoolbeat.cymru/en/news/blog/>  
<https://www.youtube.com/watch?v=NwwUvYGXnU8>



For more updates – please visit [SchoolBeat.cymru](https://schoolbeat.cymru) and follow SchoolBeat on: Twitter, Facebook and Instagram

