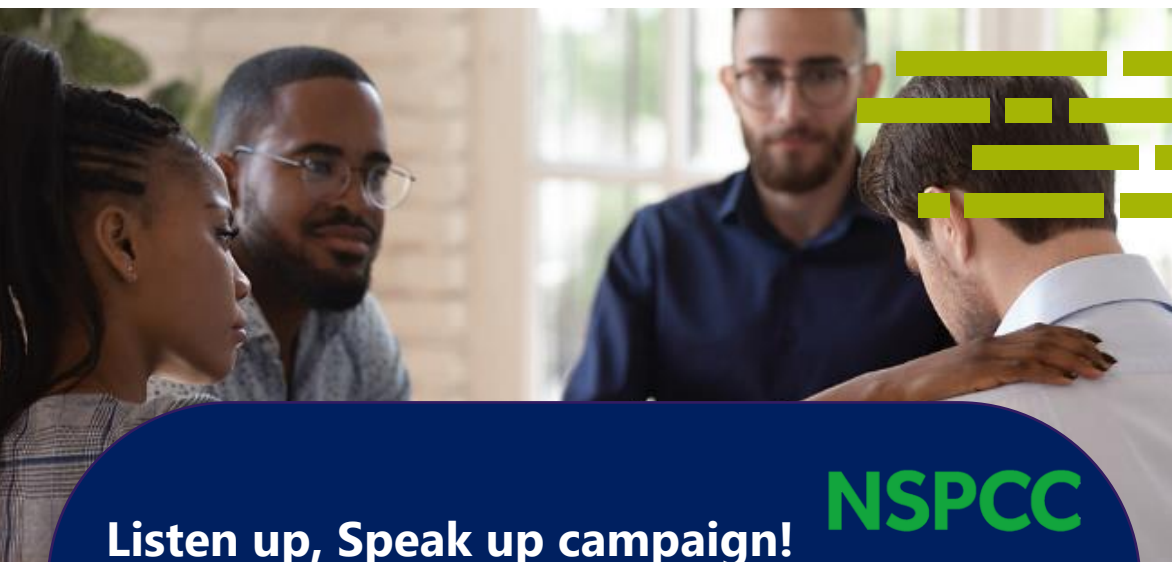


# NEWSLETTER

## SAFEGUARDING & PROTECTION

ISSUE NO 8 | MARCH 2023



Child Sexual Exploitation increased by 10% over the past year. There were 17,486 crimes logged with the Police, which is an average of 48 offences every day. Counselling sessions increased from 5,962 to 6,230 in 2022.

**NSPCC**

### Listen up, Speak up campaign!

## NSPCC

During the beginning of this year the NSPCC have been campaigning to encourage people to undertake free training. The campaign has been endorsed by Olympic cyclist, Sir Bradley Wiggins, who last year spoke out publicly for the first time about being groomed by his training coach when he was thirteen years old.

Within the past year a 14% increase was seen in contacts around sexual abuse. The NSPCC spoke to people about sexual abuse 8,347 times, with 8,969 contacts about physical abuse, 7,370 contacts about emotional abuse and 10,595 contacts about neglect.

The NSPCC are hoping to reach out to a minimum of a million people in all areas to take up the free 10 minute training online: <https://www.nspcc.org.uk/support-us/listen-up-speak-up/>

#### ***DOTS stands for:***

- D**o not ignore it!
- O**bserve the situation!
- T**hink: If not you, then who?
- S**peak up!



### Sharing of Videos and Images

Young people like to share images today like selfies, for example. Some images can show nudity or be graphic in nature.

For parental support and information with how to best respond visit:

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>





## Mental Health First Aid

Mental Health is everyone's responsibility, many individuals find themselves in work situations, personal situations, or moving away from home for the first time, this is just a few areas, and it can strike at any time. We can support mental health by following a few first aid steps. A.L.G.E.E

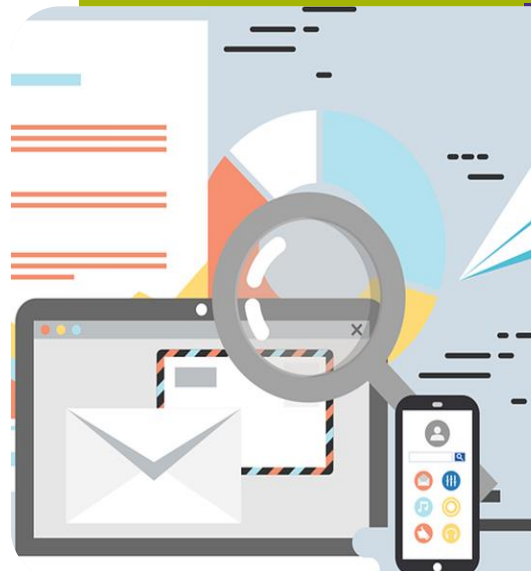
The MHFA Action Plan has five steps, which can be used in any order.

- 1. A** – Approach, assess for risk of suicide or harm. Try to find a suitable time or place to start the conversation with the person, keeping their privacy and confidentiality in mind. If the person does not want to confide in you, encourage them to talk to someone they trust.
- 2. L** – Listen non-judgmentally. Many people experiencing a challenge or distress want to be heard first, so let the person share without interrupting them. Try to have empathy for their situation. You can get the conversation started by saying something like, "I noticed that ..." Try to be accepting, even if you don't agree with what they are saying.
- 3. G** – Give reassurance and information. After someone has shared their experiences and emotions with you, be ready to provide hope and useful facts.
- 4. E** – Encourage appropriate professional help. The earlier someone gets help, the better their chances of recovery. So, it is important to offer to help this person learn more about the options available to them.
- 5. E** – Encourage self-help and other support strategies. This includes helping them identify their support network, programs within the community, and creating a personalized emotional and physical self-care plan.



## In Game Chat Parent Guide

To support with the positives of gaming and the risks to children or young people watch this YouTube Video:



**shout**  
85258

SHOUT confidential  
24/7 crisis text  
support Text 'SHOUT'  
to 85258

**kooth**

KOOTH online mental  
wellbeing  
community, live chat,  
discussion boards.

Samaritans 24/7 Call:  
116 123

**childline**

## Urgent Mental Health Support

**SAMARITANS**

THE MIX free,  
confidential support  
for under 25's. Call:  
0808 808 4994 11am  
- 11pm

PAPYRUS confidential  
support for young  
people with thoughts  
of suicide Call: 0800  
068 41 41

**THE MIX**  
Essential support for under 25s

Childline Call 0800  
1111

 **PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

### SAFEGUARDING TEAM

Should you have any concerns around safeguarding please contact the safeguarding team:



**Jane Duce**  
Safeguarding Lead



**Martin Fitzgibbon**  
Safeguarding Deputy

@ Email: [safeguarding@yorkshiretrainingpartnership.com](mailto:safeguarding@yorkshiretrainingpartnership.com)

 Tel: 07523 915666

 Tel: 01709 871872

Please note if a crime has been committed or an issue needs dealing with urgently you should contact the police. In an emergency dial 999 (non-emergency dial 101)

