



# LYMM HIGH SCHOOL

## SAFEGUARDING Information & Advice For Parents


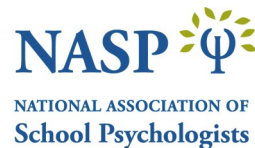


CATEGORY (A-Z)	DESCRIPTION	USEFUL LINKS
<b>Body Image</b>	Children in secondary school are at a stage within their development in which they experience significant physical changes. Their weight, shape and skin type can change and fluctuate and often this can have an impact upon their self-esteem. Additionally children can feel pressure from peers, friends or even the media to look a certain way. This can result in children having a negative outlook of their physical appearance.	 <b>family lives</b>  <b>Butterfly</b> Foundation for Eating Disorders
<b>Bullying</b>	It is not uncommon for children to experience occasional or persistent bullying in secondary school. Despite this, bullying should not be viewed as an unfortunate but unavoidable part of school life; no child deserves to be bullied - it's unacceptable behavior and can have a devastating effect on the victim.	  <b>BullyingUK</b> Part of <b>family lives</b>
<b>Confidence &amp; Self-Esteem</b>	Children with high self-esteem have a positive view of themselves and believe they are worthwhile. Children with high self-esteem are more likely to succeed in school and later into life. In school, children are at risk of having low self-esteem and it is therefore important to address this issue to give children the best possible outcomes.	  <b>PARENTING</b> SUPPORT CENTER
<b>Depression</b>	Many teenagers experience occasional low moods. Although this is often due to a sensitive period in their development, it should not be disregarded that some children may be experiencing depression.	
<b>Drugs and Alcohol</b>	Many parents worry about their child becoming involved with drugs. They feel that they don't know enough about drugs to help prevent their child from coming to harm.  On the other hand, many parents think that getting drunk is just a normal part of growing up. But this attitude can be dangerous because there are serious risks associated with drunkenness, particularly for young people. You and your child need to be aware of these risks.	 0800 77 66 00 <a href="http://talktofrank.com">talktofrank.com</a> Friendly, confidential drugs advice

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<b>Eating Disorders</b>	A large number of people with eating disorders are adolescent children. As eating disorders have the highest mortality rate of any mental illness it is vital that you are aware of the risks, signs & symptoms, and advice.	 
<b>E-Safety</b>	<p>The positives of technology far outweigh the negatives. Parents often fear the potential negative impact of social media: cyber-bullying, adult content, predators – we’re confronted with so many negative headlines and frightening stories.</p> <p>But the internet offers amazing opportunities for learning, connecting, creating, and collaborating. While it might be tempting to ban internet access on smartphones, this simply makes children more vulnerable when they go it alone.</p> <p>Just as you taught them how to cross the road safely by doing it alongside you, then taking the lead and finally doing it on their own - staying safe online needs the same approach.</p>	  
<b>Exam Pressure</b>	Exam time can be very stressful for everyone in the family. Your child can feel an enormous amount of pressure and may not want to sit all of their exams, or perhaps getting them to revise has become an uphill struggle. It's understandable that you will have concerns for their future and want them to do well in their education, but be aware that this can put children under more stress.	
<b>Gaming</b>	The very best gaming is always safe gaming, which means games should be played responsibly. The ideal way to ensure that your children and teenagers are playing the right games and playing sensibly is to take an active interest in what they are playing.	  
<b>Grooming</b>	Grooming is a process used to prepare a child for sexual abuse. An offender’s aim when grooming will be to gain access to a child and build a relationship with that child. Grooming can take many different forms, from one off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable child or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a child into trusting them.	 

CATEGORY (A-Z)	DESCRIPTION	USEFUL LINKS
<b>Leaving School</b>	Your children have to make some big decisions and they may need your help. It's important that you understand all of the options so when your children turn to you for advice, you are equipped with important information to support their decisions.	 
<b>Local services and support</b>	Warrington offers a range of support for children, young people and families.	  
<b>LGBT</b>	<p>"Coming out" is a lifelong journey of understanding, acknowledging and sharing one's gender identity and sexual orientation with others. It may be quick and easy for some, or longer and more difficult for others.</p> <p>It is important for parents of lesbian, gay, bisexual, and transgender (LGBT) teens to remember each child is unique and will have their own experiences and feelings along the way.</p>	  
<b>Obesity</b>	<p>Very overweight children tend to grow up to be very overweight adults, which can lead to health problems such as type 2 diabetes, heart disease and certain cancers.</p> <p>Research shows children who achieve a healthy weight tend to be fitter, healthier, better able to learn, and are more self-confident. They're also less likely to have low self-esteem and be bullied.</p>	 
<b>Pornography</b>	<p>There are a number of reasons why kids look at pornography. For some, it's to be "cool." There are reported cases of relatively young children using porn to impress their friends, much as kids sometimes smoke to show their independence.</p> <p>Sometimes it's curiosity, but in many cases it's for stimulation at times when no one else is around.</p> <p>Interest in sex and voyeuristic behaviour to satisfy sexual urges are completely normal. Whether the young person makes up images in his head, gets them from television shows, movies, magazines or images on the Internet, the process is much the same</p>	 



CATEGORY (A-Z)	DESCRIPTION	USEFUL LINKS
<b>Self-Harm</b>	<p>Self-harm can cover a range of things that people do to themselves in a deliberate and harmful way. Although cutting is the most common form of self-harm, other methods include head banging, hair pulling, burning and scalding, biting, scratching, stabbing, breaking bones, swallowing objects, self-poisoning and overdosing.</p> <p>By injuring themselves, children and young people are asserting a form of self-control on their life which they feel is otherwise chaotic and meaningless. Self-harm is a way of coping and of channelling frustration and other strong emotions. In the vast majority of cases, it is not a suicide</p>	  
<b>Sex and Relationships</b>	<p>When children can talk to their parents about sex and relationships, they are more ready for puberty, understand more about relationships, and are less likely to do things just because their friends are.</p>	  
<b>Sex and Relationships for parents of children with disabilities</b>	<p>Disabled young people are sexual beings like everyone else and have the same rights and needs for good sex education and sexual health care, and the same opportunities for socialising and sexual expression as their non-disabled peers.</p>	  
<b>Social Media</b>	<p>Children are using social media to share their lives with friends, family and sometimes people they don't know. It is important to keep up to date with the various forms of social media that children are using so that you are aware of the ways in which you can protect them and the risks that they may face.</p>	   

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<b>Suicide</b>	<p>The tragedy of a young person dying because of overwhelming hopelessness or frustration is devastating to family, friends, and community. Parents, siblings, classmates, coaches, and neighbours might be left wondering if they could have done something to prevent that young person from turning to suicide.</p> <p>Learning more about what might lead a teen to suicide may help prevent further tragedies. Even though it's not always preventable, it's always a good idea to be informed and take action to help a troubled teenager.</p>	  
<b>Transition to secondary school</b>	<p>Making the change from primary to secondary school can be a daunting time, both for your child and for you.</p>	
<p style="text-align: center;"><b>Additional Information</b></p> <p><a href="http://www.ceop.police.uk">http://www.ceop.police.uk</a>- CEOP is the Child Exploitation and Online Protection Centre. They are dedicated to eradicating the abuse of children.</p> <p><a href="http://www.thinkuknow.co.uk">http://www.thinkuknow.co.uk</a> - Think You Know is the CEOP website aimed and educating young people about online abuse and how to avoid it or report it.</p> <p><a href="http://www.youngminds.org.uk/">http://www.youngminds.org.uk/</a> - Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.</p> <p><a href="http://stopcyberbullying.org">http://stopcyberbullying.org</a> - This is a website dedicated to educating pupils about how to avoid cyberbullying and what to do if they are being cyberbullied.</p> <p><a href="https://www.betterinternetforkids.eu/">https://www.betterinternetforkids.eu/</a> - European network of Awareness Centres promoting safe and responsible use of the Internet and mobile devices to young people.</p>		



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