

# SAFER



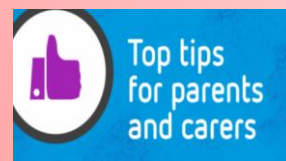
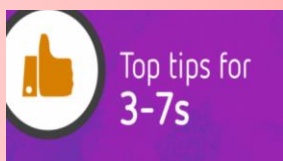
# SCHOOLS

## February 2021

Welcome to our February Newsletter, which we hope continues to contain helpful information and advice for you to share with your family. We would like to reiterate once again that our newsletters are designed to inform Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement on what you feel will be **relevant** information to share with your child.

### Safer Internet Day

**Safer Internet Day** will be celebrated on the **9<sup>th</sup> February 2021**. This year, in the UK, Safer Internet Day 2021 celebrates the amazing range of information and opportunities online, and its potential to inform, connect and inspire us, whilst also looking at how young people can separate fact from fiction. Please click on the relevant links below to view top tips and watch a short video to help children (parents and carers too) understand what they can trust when using the internet. **(Please note the link names and choose the relevant age).**



<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/safer-internet-day-films/films-5-11-year>

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/safer-internet-day-films/films-11-18-year>

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/safer-internet-day-films/films-parents-and>

There is a wealth of guidance, support, advice and resources to view and complete with your family to ensure everyone is safe on line. For more information please visit: [www.saferinternet.org.uk](http://www.saferinternet.org.uk)



### \*Parents & Carers forum \*

We have mentioned in our last two newsletter that we are considering live, virtual Q&A sessions for parents and carers. If you would like to find out more and are interested in participating please contact us via our e-mail:

[Schools&CYP@cambs.pnn.police.uk](mailto:Schools&CYP@cambs.pnn.police.uk)



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## Lockdown Mental Health – Tips for helping your child

It is really important that we look after ourselves and our children during this pandemic. Our children cope very well and show amazing resilience, however there are many who are finding the isolation and being away from friends hard. It is good to recognise that we are going through the same thing however its important to acknowledge that our households, priorities and work commitments are different. And, as parents and carers the pressure of home schooling and juggling everyday life can be somewhat challenging and overwhelming. Please click on the link, which is a short video from the BBC which highlights how the majority of us could be feeling right now. There are some really helpful tips to help you and your family.

<https://www.bbc.co.uk/news/av/education-55620288>

**ThinkNinja** is a Mental Health App designed for **10 to 18 year olds**. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. Click on the link to find out more: <https://www.nhs.uk/apps-library/thinkninja/>

## Is this love ?

February brings Valentine's day and this is the time that we will be thinking about love and relationships. Therefore, we thought it would be a good opportunity to offer some guidance and advice for children and young people, to help them recognise what a **healthy relationship** looks like and to identify the danger signs of a **unhealthy relationship**. We have highlighted some key points to help your child establish some differences between a **good** or **bad** relationship.



### A Healthy Relationship

- **Listening** to each other
- **Trusting** and **respecting** each other
- Being friends and **having fun** together
- **Freedom** to do your thing, follow your own interests and see your friends
- Being able to disagree and **then talk it through** later.

### NOT a Healthy Relationship

- Your girl/boy friend gets **angry** when you talk to someone else
- Your girl/boy friend calls you **names**, **puts you down** and makes you feel bad
- Your girl/boy friend is **verbally abusive** or **physically threatening** towards you
- Your girl/boy friend **uses force** or **emotionally blackmails** you to do things you are not comfortable with.

Relationship abuse can be recognised in many different ways such as **emotional**, **physical** or **sexual abuse** and if this happens, it should be reported to the Police. There are **NO** excuses for abuse.

The following links offer further information and support aimed for **parents/carers and children**

<https://www.fpa.org.uk/sites/default/files/is-this-love-non-printing.pdf>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>

## Hoax Calling

It is important you speak to your children about the serious dangers of making a **hoax call**. Some children do not realise the **dangers and consequences** they are placing others and themselves in when making such calls. At the time they may see it as part of a practical joke, especially during lockdown when they could be bored or missing interaction with their friends and perhaps dare or encourage each other to take risks and make hoax calls. Your children need to be aware and understand that if they make hoax calls they are endangering other people's lives.

Since the start of last year Cambridgeshire Police have received almost **1,400** hoax calls, including a man who phoned 999 to complain about having to walk to his TV room after losing a sandal. Police received 15 hoax 999 calls made by children, calling from a phone box in our region within the space of just one hour!

Hoax calls exhaust all emergency service resources, cost the public money and, more worryingly, put lives at risk.

Individuals who feel the need to abuse the 999 service in this way should consider how they would feel if a loved one needed emergency help but couldn't get through due to hoax callers. Hoax callers could face prosecution and a maximum sentence of **six months in prison and a £5000 fine**. All calls to the emergency services are recorded and we can **always** trace the number, even if the call is made from a withheld number or public phone box.

There are some fantastic charities out there who help people who are feeling isolated and require emotional support. We'd encourage people to make use of those services rather than dialling 999 and potentially causing a delay for people who urgently need our help.

### What happens if 999 is accidentally dialled?

We understand that sometimes you can dial 999 by accident. You may accidentally dial it while the phone is in your pocket or bag. We have also seen examples where toddlers or young children have accidentally dialled the number.

If you or someone else has accidentally dialled 999 please stay on the line and explain what has happened to the emergency service call handler. Do not simply hang up. If you hang up and don't let us know you've called us by accident we may still think there is an emergency situation, trace the call and send officers to you. This will be a waste of resources.



**Hoax calls cost lives.**

**THINK BEFORE YOU DIAL 999**

We would love to hear your feedback & comments.  
You can contact the team via our email  
[Schools&CYP@cambs.pnn.police.uk](mailto:Schools&CYP@cambs.pnn.police.uk)

Call: 101  
Telephone: 18001 101  
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