

Reporting bullying and cyberbullying

If someone makes you feel uncomfortable or upset online, talk to an adult you can trust, such as a relative or your Head of College, or any of the CLF Post 16 Safeguarding team. You can also email safeguarding@clfp16.org.

If you would prefer to talk to someone in confidence you can contact Childline (0800 1111).

If someone has acted inappropriately online towards you, or someone you know, you can report directly to the Child Exploitation and Online Protection Centre (CEOP). (Inappropriate behaviour includes sexual or threatening chat, being asked to do something that makes you feel uncomfortable, or someone asking to meet up).

Advice and Resources

ChildLine: ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there. Call 0800 1111. They have a designated page for bullying issues that includes a new video about building up your confidence after bullying.

Direct Gov: Information for young people on cyberbullying, bullying on social networks, Internet and email bullying, bullying on mobile phones, bullying at school, what to do about bullying, and information and advice for people who are bullying others and want to stop.

EACH: EACH has a freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment: 0808 1000 143. It's open Monday to Friday 10am-5pm.

Victim Support: They offer support to young people affected by crime. Their Children and Young People's (CYP) Service also deals with cases of bullying; offering advice and working with professionals to ensure young people get the support they need. You can call their Supportline for free on 08 08 16 89 111.

The Child Exploitation and Online Protection Centre (CEOP) maintains a website for children and young people, and parents and carers about staying safe online: <https://www.thinkuknow.co.uk/>



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Counselling Support



CLF Post 16 are working with NILAARI agency to provide counselling services for students. If you would like some support and feel that counselling would be beneficial please speak to your Head of College and they will support you in that process.

Teenagers' Bank Accounts Targeted for Money Laundering

Teenagers with bank accounts have been targeted by criminals to help them launder money. The money gathered by drug dealing and other crimes is given to a young person to put into their bank account and transfer it into another account, keeping a proportion themselves. These unwitting victims are known as money mules.

Social media is used to recruit the youngsters with promises of 'easy money' working 'from home'. The number of cases of 14 to 18-year-olds who have allowed their bank accounts to be used to divert funds has grown by 73% over the last two years to nearly 6,000 cases. Getting involving in this fraud can lead to a jail sentence of up to 14 years and lead to problems with banking in the future. A website have been launched to raise awareness of this fraud by UK Finance, a partnership of banks and Cifas, a not-for-profit fraud prevention organisation:

<http://briefing.safeguardingschools.co.uk/lt.php?s=91e01d66c328abd1a111a1962e6949aa&i=76A102A5A689>

Top Tips from Action Fraud:

1. Keep control. Don't give away any of your bank account details, unless you know and trust the person receiving them – and never let anyone else access your account. Alarmingly, nearly one in seven (14 per cent) over 18 - 25s have shared their PIN with someone else.
2. Money for nothing? Be cautious of unsolicited offers of easy money as this is a common tactic used by criminals to recruit money mules.
3. Tell someone you trust. Whether it's a parent, teacher or friend, make sure you tell someone you trust about any concerns you might have.
4. Take time to think. Remember that letting someone else use your bank account is a potentially serious crime which could damage your financial future – is it worth it?
5. Too good to be true? Remember the simple rule of thumb about offers of easy money: if it looks too good to be true, it probably is.

Understanding Video Game Loot Boxes and Skin Betting—Advice from National Online Safety

Much is written in the media about online gaming, gambling and "skin" betting. These terms can be confusing as they mean different things in different contexts.

Some video games also offer what has been called "loot boxes" as a way to purchase these items. Players don't know exactly what they will get. They may get a common item that has a low value in the game. Equally, they may get a rare item that has a high value. These interactions are not considered to be gambling according to the UK Gambling Commission, although sometimes they have a similar appearance because the items obtained have no monetary value outside the game.

Because players can trade and swap items in games, the relative rarity of these items creates a thriving exchange market. This trading aspect of games like Rocket League can be an enjoyable way for players to get the items they want, similar to swapping football stickers in the playground. These items are called "skins", although, in reality, this includes items that do more than change appearance. It's important for parents to understand that these "skin" trades are often arranged on websites or apps outside the game itself. This can mean that parents are unaware of trades.

"Skin betting" is when players use these virtual items they have earned or purchased in games as gambling currency. Players can also use these sites to bet with "skins" on eSports competition outcomes. This activity can consume considerable amounts of money if a player is buying in-game items for this purpose. Where this becomes a legal issue is when the "skins" you win can be converted to cash. Along with the Gambling Commission, the games industry strongly opposes "skin" betting sites as they infringe the legal agreements that underpin games. Games companies work with law enforcement agencies to clamp down on these sites.

ACTION CALENDAR: NEW THINGS NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Today meet someone new and learn something about them	 5 Choose a different route and see what you notice on the way	 6 Make a meal using a recipe or ingredient you've not tried before	 7 When you feel you can't do something, add the word "yet"	 8 Today connect with someone from a different generation	 9 Teach yourself a new skill. Origami? First aid? Meditation?	 10 Get out into nature and observe the changing season
 11 Be curious. Find out about three new topics or ideas	 12 Find a new way to help or support a cause you care about	 13 Be creative today - cook, draw, write, paint, make or inspire	 14 Tell a friend about something helpful you learned recently	 15 Look at life through someone else's eyes and see their perspective	 16 Learn a new skill from a friend and teach them one of yours	 17 Visit a local place of interest that you've not been to before
 18 Join a new online community on a topic that interests you	 19 Say hello to someone you see regularly but don't normally talk to	 20 Sign up to join a new course, activity or evening class	 21 Learn to say a word or phrase in three different languages	 22 Choose to do something out of your normal comfort zone	 23 Go outside and do something playful - walk, run, explore, relax	 24 Discover your artistic side. Design your own Christmas cards!
 25 Try a new way to practice self-care and be kind to yourself	 26 Today wear something unusual and enjoy looking different	 27 Tune in to a different radio station or TV channel to normal	 28 Join a friend doing their hobby and find out why they love it	 29 Use one of your strengths in a new or creative way	 30 Set aside a regular time to pursue a new hobby	

ACTION FOR HAPPINESS

www.actionforhappiness.org

Student Mindfulness resources

At any stage in your life, mindfulness meditation is highly recommended for reducing stress, anxiety, and heart rate. It can also reduce feelings of depression, anger and confusion while alleviating pain and enhancing the body's immune system.

There is a growing evidence base for mindfulness based interventions (MBIs), which makes a persuasive case for its short-term and long-term benefits.

Mindfulness for Students provides guided audio meditations for you to practice with. Click below to access:

<http://mindfulnessforstudents.co.uk/resources/mindfulness-audio-guided-practices/>

Benefits Of MEDITATION



-  Reduces pain and enhances the body's immune system.
-  Reduces feelings of depression, anxiety, anger and confusion.
-  Increases blood flow and slows the heart rate.
-  Provides a sense of calm, peace and balance.
-  Helps reverse heart disease.
-  Helps control thoughts.
-  Increases energy.
-  Reduces stress.

Sources: www.yogateacherstrainingrishikesh.com