

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Child Exploitation

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Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing our bulletin on Child Exploitation (CE). This term refers to both the criminal and sexual exploitation of children and young people. Wednesday 18th March is National Child Exploitation Awareness day. The day aims to highlight issues surrounding CE; encouraging everyone to think, spot and speak out against abuse. The National Working Group have free downloadable resources including posters on their [Stop CSE](#) campaign website.

There is lots of information in this publication which would be really beneficial to share with your wider school community. **Please do share this bulletin** via your website, parent mail - or any other place you feel relevant.

Your pupils' wellbeing – primary and secondary

There are many types of CE, but do your pupils know what to do if an image or video of themselves ends up online that they thought would be private? "[So you got naked online](#)" from the South West Grid for Learning is an excellent source of information and help for young people if they find themselves in this situation.

The [Internet Watch Foundation](#) (IWF) is an organisation in the UK who have the ability to remove child sexual abuse images or videos that are hosted online in the UK. If you are aware of a picture or video that has been shared online, they will review it and if possible take it down. They also work directly with Childline through their helpline 0800 1111.

The National Police Chiefs Council and the Children's Society have produced [guidance](#) for professionals on "Appropriate language for child sexual and/or criminal exploitation". This document can be used by professionals when discussing the exploitation of children and young people.

Did you attend one of our 'consent within relationship and sex education' workshops? In partnership with the charity Brook we helped teaching staff to navigate this topic within PSHE lessons across all of the key stages. If you missed the workshops please contact our team to find out how we help you prepare for the new mandatory curriculum that will be in place from September 2020: vcl.essexmid5-19centralhealthyschoolsteam@nhs.net Also remember to access the Department for Education statutory guidance on [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#).

Your pupils' wellbeing – primary

[NSPCC Speak Out Stay Safe](#) is a free programme offered to primary schools, consisting of separate assemblies for KS1 and KS2, followed by an hour-long workshop for years 5 and 6. The sessions give children the knowledge and understanding they need to stay safe from abuse and neglect. To book or for more information please email

Helen.Marriner@NSPCC.org.uk

Your pupils' wellbeing – secondary

Teaching your pupils about healthy relationships can open up conversations to do with CE. Talk through strategies to help them protect themselves if they find themselves in difficult situations and help them identify they can access help or support.

For PSHE Association members, Medway have just released 3 new [lesson plans](#) for KS4 around managing healthy and unhealthy relationship behaviours.

Staff wellbeing

Parents Against Child Exploitation (PACE) is a national charity who work with parents and carers whose children have been exploited. They have a free [e-learning](#) course for professionals working with children and young people. It takes around 30 minutes to complete and has been designed to help you learn more about child sexual exploitation.

Supporting and safeguarding your pupils should always involve considering your own mental health and wellbeing. The Anna Freud National Centre for Children and Families has launched [Ten Steps towards School Staff Wellbeing](#). Suggestions include things such as including staff wellbeing within staff and governor meetings or introducing a staff wellbeing survey.

Are you and your colleagues accessing regular [supervision](#)? It is vital that you have a positive & confidential space that you can discuss your concerns.

Family wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

You may have heard the term “Child Exploitation” a lot in the media over the last couple of years. The term refers to both the sexual or criminal exploitation of children and young people. Child exploitation is when young people receive something (e.g. money, food, alcohol, drugs, accommodation) in exchange for sexual or criminal acts.

Parents Against Child Exploitation (PACE) is a national charity who have a free online course for parents and carers. The free [e-learning](#) course takes around 30 minutes and has been designed to help you learn more about child exploitation. They also have advice on how to [spot the signs of CSE](#).

Parents and carers can report any concerns around child exploitation by calling the Essex Police Parent Hotline on 01245 452058. The line is staffed Monday to Friday 8am-4pm with voicemail available outside these hours.

It can be hard to start conversations with your child or children about difficult topics, especially when you are trying to keep them safe. [NSPCC](#) have some great advice on how you can do this.

The Children's Society and Barnardo's have come together in partnership to extend the [CARE service](#) and provide support for parents and carers affected by child exploitation throughout Essex by offering a new programme called DICE.

CARE is run by the Children Society and their aim is to provide individual, independent, blame-free and non-judgemental support to parents/ carers and families with a view to helping them to further develop their understanding of what is happening, together with offering support with proactive measures that aim to help their child break free of exploitative relationships.

The service offers:

- Telephone support and advice to parents/ carers
- Face to face support and advice to parents/ carers
- Advice regarding your rights as parents and guidance regarding how to work with statutory agencies such as social care and police
- Facilitating peer support groups, where similarly affected parents can come together
- Advice and support with disruption techniques

You can contact the CARE team by calling 01245 493311 and asking for the CARE team.

The DICE programme, provides support for parents of 'at risk' children and young people. The programme has been developed to support parents/carers with knowledge and strategies that will enable them to have a greater understanding, be more tolerant and nurturing to their child at risk.

DICE is a four week parenting programme delivered over a two hour session. Topics include:

- Coping
- The Life of a Teenager
- Grooming
- Digital Dangers
- Parenting the 'at risk' child
- Who can help

You can contact the DICE programme on 01268 558448 or CareFamilySupport@barnados.org.uk.

References

Please use these references to further your reading and find out more information:

1. Stop CSE (2020). Available at: http://www.stop-cse.org/national-child-exploitation-awareness-day/raise-awareness/?mc_cid=8b409add33&mc_eid=a3c5261e16
2. South West Grid for Learning (2020) So you got naked online?. Available at: https://d1afx9quaogywf.cloudfront.net/sites/default/files/Resources/97364%20SWGfL%20SYGNO%20leaflet%20amends%20v_04.pdf
3. Internet Watch Foundation (2020). Available at: <https://www.iwf.org.uk/>
4. National Police Chiefs Council. (2020). Available at: <https://www.csepoliceandprevention.org.uk/sites/default/files/Guidance%20App%20Language%20Toolkit.pdf>
5. Department for Education. (2019). Relationships Education, Relationships and Sex Education and Sex Education (RSE) and Health Education. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf
6. NSPCC (2020). Speak out stay safe. Available at: <https://learning.nspcc.org.uk/services/speak-out-stay-safe/>
7. PSHE Association (2020). Medway KS4 resources. Available at: <https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-managing-healthy>
8. PACE Parents e-learning (2020) <https://paceuk.info/training/keep-them-safe/>
9. PACE Parents e-learning (2020) Spotting the signs of CSE <https://paceuk.info/about-cse/spotting-the-signs-cse/>
10. Anna Freud National Centre for children and families (2020). Ten steps towards school staff wellbeing. Available at: <https://www.annafreud.org/schoolstaffwellbeing/>
11. Skills for Care & CWDC (2007). Providing effective supervision. Available at: <https://www.skillsforcare.org.uk/Document-library/Finding-and-keeping-workers/Supervision/Providing-Effective-Supervision.pdf>
12. CARE & DICE service (2020) <https://www.childrenssociety.org.uk/east/services/children-at-risk-of-exploitation>

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virgincare.co.uk

