



# Safeguarding Sentinel

Your safeguarding newsletter from St Julie's Catholic High School  
Summer Term 2024

Welcome to the second edition of 'Safeguarding Sentinel', our termly newsletter that draws together important safeguarding information that we publish to parents and carers through other channels.

In this edition we're bringing you news of the latest advice and emerging concerns reported to us by the major safeguarding and protection associations. You'll find information that may be very relevant to your child and other information that may seem less relevant right now. We do encourage you to explore all of the links provided to keep yourself informed of the latest trends and advice.

We hope that you find the information useful, and thank you for working with us to protect young people. Have a safe summer!

**Mr C Willis**  
Deputy Headteacher and Designated Safeguarding Lead

## Managing anxiety in children and young people - Young Minds

As we come towards the end of the academic year, many children will be moving on, some within the school and others to new places. Almost all young people will feel anxious to some extent and for some this anxiety can become overwhelming. Young Minds has [really helpful information and advice](#) for understanding and supporting a young person with anxiety, including resources to signpost them to.



## Disordered Eating

This is a coping mechanism that some young people adopt during challenging periods. It is a mental health condition that can impact anyone. This behaviour may involve restricting food intake, consuming large amounts of food in one sitting, using unhealthy methods to eliminate food (such as inducing vomiting, abusing laxatives, fasting or excessive exercise) or a combination of these.

### How to talk to your child about Disordered Eating

Starting a conversation might seem difficult, so beginning with an observation might help: 'I've noticed you're going to the gym a lot more lately, is everything ok?'

### What to do if you think your child has Disordered Eating

It is important that your child knows you are there to support them and that the first step is to speak to your GP. It is important for you to inform school and to let your child know that this will be treated with confidentiality.

There is a lot of support for children who have Disordered Eating and it can be accessed [online here](#). Their service provides psychological assessment, formulation and intervention for adults (aged 16 and over) who are experiencing an eating disorder. Referrals for the eating disorder service, including the FREED pathway are accepted from GPs and other medical practitioners. The service offers a range of evidence-based therapies including Cognitive Behavioural Therapy (CBT) and Cognitive Analytic Therapy (CAT), delivered in both individual and group settings.

To visit the FREED pathway website for more information, [click here](#).

## Children with Allergies

40% of children in the UK have been diagnosed with an allergy.

One in five allergic reactions due to food in the UK happen whilst a child is at school.

Here at St Julie's we want all parents to be reassured that we work hard to prevent them.

We believe every child's school experience should be free from fear. Our canteen is now nut free and all other allergens are clearly identified so that if your child has an allergy our parentpay tills they will not allow them to purchase any item containing that allergen thus creating a safe learning environment.

We hope that this information helps create:

- Peace of mind - Be assured that we have a clear plan to handle allergies.
- Community Trust - We are dedicated to student and staff safety.
- Empowered staff - Our first aid team have the knowledge needed to act in allergy-related emergencies.

If you would like to update school with any new or unknown allergy information about your child please contact reception.

## Contact Information

Year 7: Miss C Corrigan  
Year 8: Miss V Homer  
Year 9: Mrs K Monks  
Year 10: Miss E Murphy  
Year 11: Mrs J Navarro  
Sixth Form: Mrs R Lyons

For urgent out of hours concerns you can email [safeguarding@stjulies.org.uk](mailto:safeguarding@stjulies.org.uk)



# Fearless

## What is Fearless?

Fearless enables young people to pass on information about crime 100% anonymously.

Fearless is the dedicated youth service of the independent charity Crimestoppers. We provide you with the opportunity to give information about crime **100% anonymously**.

You can give information to them using an [online form](#) or by calling Crimestoppers on **0800 555 111**.

They cannot track your IP address or your phone number. They have no way of knowing who has contacted them.

After receiving your completed form or your call, they create a report, ensuring it doesn't contain any info that could identify you, and generate a report which is then sent on to the relevant authority with the legal responsibility to review the information that has been passed to them.

They are not the police. They are a charity. You will not be contacted by the police after passing information on to Fearless as the police have no way of knowing who the information has come from.

## How to talk to young people about reporting crime

For young people, reporting crime can be a difficult decision. One way you can assist is to help the young person to detach themselves from the information – it's not about them but about the information they have.

When someone reports something to keep others safe, whether to a trusted adult, the police or

Fearless.org, they are being an **active bystander**.

It is important to change the narrative of crime reporting when talking to young people. They are not being a snitch; they are helping make their community, friends and family safe. They are creating a safer place for everyone to live.

## Snitching Vs Reporting

The word snitching carries a lot of negativity. No young person wants to be called a snitch or to be known as a snitch. It is important that we help young people to see that there is a difference between snitching and reporting a crime.

Snitching	Reporting
<ul style="list-style-type: none"> <li>• To get someone else in trouble</li> <li>• To stop yourself getting in trouble</li> <li>• To gain something from it</li> <li>• To hurt or upset someone you don't like</li> </ul>	<ul style="list-style-type: none"> <li>• To keep yourself safe</li> <li>• To keep someone else/others safe</li> <li>• The problem might be urgent/important</li> <li>• You may need an adult's help</li> <li>• Speaking out because you know something is wrong</li> </ul>

We understand that there are many reasons why young people may not want to report a crime. Being labelled a snitch is one of these reasons, however there are many more. So even after having these conversations with your young person they may still be worried about reporting a crime. This is where Fearless can help, providing young people with a safe space to report crime. They will not need to speak to the police, they will not need to go to court, and no one will know they have made a report.

## Where to get information about Fearless:

-  @fearlessORG
-  @fearless.org
-  @fearlessUK
-  @fearless.org
-  @fearlessagainstcrime



# Water Safety

As we approach the end of the school year and some (hopefully!) better weather, many young people will head to the coast to enjoy the water. It is worth reminding your child of some water safety tips by watching [this animation](#). The video is appropriate for young children and the information within it is equally applicable to young adults.



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## Online Safety

Included below is information about a variety of Apps, websites and social media platforms that may currently be giving particular cause for concern.

Underpinning all of this information is our strong advice that you do not allow your child access to any Apps, websites or social media platforms for which they are not of the required age. Age restrictions are in place for a reason – young below the required age often lack the maturity or capacity to ensure safe and positive use.

A large majority of friendship fallouts in school are caused or worsened by social media – this could be greatly lessened if children were simply not allowed access to many of these platforms.

### Monkeyrun

We have been given information around an app, called Monkeyrun which reports indicate is being used by teenagers on Merseyside.

Research indicates that the Monkey Run app is a video chat and social networking app. It randomly matches strangers for a 15 second face to face video call during which you can decide whether you want to continue the chat, or get another pairing. Obviously the potential for this to be used for unwanted sexualised behaviour is high. This is not a new idea, and is similar to other apps like Chatroulette, but it is being heavily marketed at teens.

It was developed by teenagers in the USA and has Snapchat like features like filters, stories etc. It is free, but you can upgrade if you want to use it to text or videocall the same person repeatedly (i.e. not random). There is also a Tinder-like 'swipe right' feature on profiles in a location near to you which can start a chat.

The official age for the app is 18 but there is no age verification and you can log in through Google or a Facebook account. Profiles can be manipulated to

look any age so that algorithms match you to a desired age group.

### Shein

Alder Hey Children's Hospital have raised with schools a concern about the website Shein.

A CAMHS practitioner has shared that a young person aged 13 managed to purchase a tattoo kit from Shein for £5 and now has a permanent tattoo on her wrist. Parents have sought medical attention and to check that it hadn't become infected. The CAMHS practitioner has asked the child's mother to report this to Shein.

It appears that the Shein website still has a number of kits on sale and it also appears that cheap tattoo kits are available from the likes of Ali Express and other sites.

Please remain vigilant with regard to your child's online activity, especially any purchases.

### The Likee App - Similar to Omegle

With the thankful removal of Omegle from the web, ordered by a court earlier this year, it stands to reason that other services are going to become more popular.

The Likee app is one of those.

Whilst rated as 12+ on the app stores, the Ts&Cs require users to be 16+, but there is no age verification in place. Not only that:

There are no privacy settings, everything is public, but you can private chat.

- Under 18's cannot go live - but you can change your age in your profile.
- There is a 'gifting' feature.

You can [find further information HERE](#).

## Financially Motivated Sexual Extortion

As you may be aware from media reports, all schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). We recently circulated a letter to all parents with information about this crime and guidance on how to respond. You can [find a copy of this information HERE](#).

### SHORE website

The Lucy Faithfull Foundation have launched a website for children and young people aged 13-18 which is a dedicated and confidential resource for teenagers concerned about their own, or someone else's, sexual thoughts and behaviour.

The website was developed because research evidences that under 18's are responsible for a third of sexual offences against young people, and the recorded incidents of harmful sexual behaviours have been increasing over time.

You can view the website here: <https://shorespace.org.uk/>

### Vaping

Whilst the full health risks of vaping remain unknown, recent national news reports have highlighted a concerning trend of young people buying illegal vapes that re laced with highly dangerous prohibited substances including opiates. These can often be purchased via Apps such as Snapchat. [Read more here](#).

