

Safeguarding Newsletter

BCHS
with Crosshill

Winter 2016



Be Safe Online

Terrorists and violent extremists use the internet and seek to exploit vulnerable people just like other criminals. You cannot always be certain who you are 'talking' to online or who is behind a particular website and their views or motives.

Avoid any website that encourages terrorist activity and provides information on violence. Be wary of web links that may be used to take you to sites that you may not have chosen to visit.

It is important never to share your personal details online, whatever the subject. This could be your contact details, pictures or videos, friends names and places that you visit. These might let someone know who you are and where you go.

What do I do if I see something online which concerns me or if I receive an email that has strong views or images?

If you think that any material is criminal in nature or requires immediate attention contact the police or the national **Anti-Terrorism Hotline on 0800 789 321**.

Don't be tempted to forward emails, or show them to someone else, it could be classed as an offence. You will be able to block future e-mails.

Terrorism and extremism are very interesting subjects which you may be tempted to research online. However, this subject may link to references or images which are violent, sensitive or emotive in nature.

Coping with Suicidal Feelings

Many people have suicidal feelings at some point. You could feel alone and it might be hard to know what to do. But we can help you find ways to cope. Things might not change straight away. But you can start to feel better.

Talk to Someone

It's really important to speak to someone if you feel suicidal or you're worried you'll harm yourself.

You can call 0800 1111 to talk to a Childline counsellor at any time or you can speak to a member of staff at school.

Keep Yourself Safe

Taking drugs or drinking alcohol makes it hard to think clearly and make good decisions. Alcohol is also a depressant which make suicidal feelings even worse.

If you have anything that could harm you, get rid of it. It also helps to be with someone.

Top 4 things you can do:

- Something you enjoy (not something that could make things worse)
- Exercise or physical activity
- Something social like talking to someone
- Something that gives you a sense of achievement, like drawing, reading or doing a puzzle.

Will I Ever Feel Better?

Suicidal thoughts usually take some time to grow. And so they may also

take some time to go away. But they can fade. Even if you can't imagine things getting better, the way you're thinking and feeling will change.

Try some of the things below. Over time, they can start to help



Talking Helps

Talking to someone about how you feel is a really important part of getting help. It means you don't have to deal with everything on your own. It's often good to release any bad feelings you might be carrying around.

But it's not always easy to do. Opening up to someone and describing how you feel can feel really scary.

How to make it easier to talk:

- Plan and prepare what you want to say
- Write down what you want to say and practise saying it
- Think about the main things you want to get out of talking to someone
- Ask yourself if you want advice, or if you just want to express yourself and say how you're feeling
- Try to talk when the other person isn't busy or about to rush off



See, Hear, Smell, Taste or Touch

Your 5 senses are powerful tools. They can really lift your mood. Use your senses to help you if you're going through emotional pain or feeling suicidal. Here are some ideas:

See

Create a space in your room or diary and fill it with pictures or things that you like - the things you feel good about. You could look at old pictures that bring up good memories. Or watch one of your favourite films.

Listen

Put on the music you love. It could be something soft and soothing. Or it could be loud and exciting. Whatever you're into.

Smell

Everyone has a few favourite smells. So think about what smells you enjoy and try to enjoy them. It could be a certain perfume or shampoo. Or it might be the smell of freshly cut grass or a cake being baked.

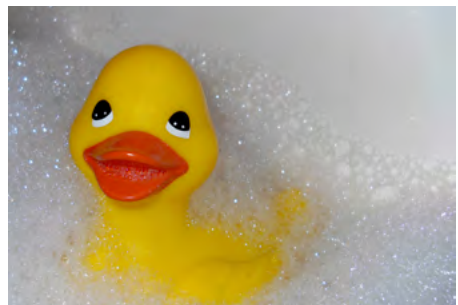
Eat

Have your favourite meal. Or you could eat something you used to love, but haven't had in a while. Try different flavours and textures.

Feel

Have a bath. Give yourself a hand massage or take your time washing your hands with lots of soap. Feel a connection with the world around you. Exercise or lift weights. Go for a walk or run. Feel your heart pumping and your body getting fitter.

Today is just ONE DAY!



If you Suspect it, Report it!

If you see a person or vehicle acting suspiciously, or if you see an unattended package or bag which might be a threat, move away and dial 999 straight-away.

Anti-terrorist Hotline 0800 789 321

Permanently staffed 24 hours a day by specialist police officers. All calls to the Hotline are free.

You can also report non urgent information anonymously to **Crimestoppers** on **800 555 111**

For more information about inappropriate material on the internet including how to take action against all forms of hate, violent and extremist material on line visit: **www.direct.gov.uk/en/CrimeJusticeAndTheLaw/Counterterrorism**

There is a team of police Community Engagement Officers in Blackburn who can offer support. They can be contacted here:

Telephone: 01254 353638

Email: EASTERN.CEO@lancashire.pnn.police.uk

Or contact the 'Prevent Team' on **01772 413366/9**

BCHS Safeguarding Team

The BCBS Safeguarding Team work with all staff to promote the welfare of students and protect them from harm.

We work to:

- Protect students from all kinds of abuse, neglect and poor treatment
- Prevent harm to students' health and development
- Ensure students grow up with safe and effective care
- Take action to enable all students to have the best outcomes

Safeguarding is everyone's business and everyone's responsibility

The Safeguarding Office is on the 2nd Floor next to Humanities.

**Designated Safeguarding Lead
Mrs Hussain**

**Deputy Safeguarding Lead
Mrs Grew**

**Safeguarding & Welfare Officer
Mr Kamaluddin**

**BCBS Safeguarding Hotline
07908 548 555**