

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.

BCHS Safeguarding Team

The BCCHS 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

BCCHS Safeguarding Hotline
07908 548 555

Safeguarding Newsletter

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BCCHS
with Crosshill

Self-Harm

Self-harm can be really hard to understand but it is a lot more common than some people think. Between one in 12 and 1 in 15 people self-harm.

If you are self-harming, there is help available and it is important to get the support you need.

Many young people who self-harm do so privately away from other people and do not want to talk to other people about it, sometimes for fear of how people will react, thinking that they might not understand. If you can talk to someone, this may help how you are feeling.

You could try talking to:

- Parents or carers
- Brothers/Sisters
- Grandparents
- Aunties/Uncles other relatives
- Friends
- School Counsellor
- School Nurse
- Teachers
- School Safeguarding Team

If you don't feel like you can confide in anyone, then go and talk to your Doctor in complete confidence and

seek medical help. Talk to your GP about how you feel and any other issues you may have as well as the self-harm for example if you are being bullied or if you are feeling anxious or depressed as it may be that tackling the underlying issues will help you to cope with problems without self-harming. The GP will be able to offer you counselling or therapy to help you understand your thoughts and behaviour.



What is Sexting?

Sexting is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages. They can be sent using mobiles, tablets, smartphones, laptops - any device that allows you to share media and messages. Some people also call it trading nudes, dirties or pic for pic.

What does the law say?

Sexting can sometimes be seen as harmless, but creating or sharing explicit images of a child is illegal, even if the person doing it is a child. A young person is breaking the law if they:

- Take an explicit photo or video of themselves or a friend
- Share an explicit image or video of a child, even if it's shared between children of the same age
- Possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created

Why do young people sext?

There are many reasons why a young person may want to send a naked or semi-naked picture, video or message to someone else.

- Joining in because they think that 'everyone is doing it'
- Boosting their self-esteem
- Flirting with others and testing their sexual identity
- Exploring their sexual feelings
- To get attention and connect with new people on social media

- They may find it difficult to say no if somebody asks them for an explicit image, especially if the person asking is persistent.

What are the risks of sexting?

Once an image has been sent the sender has no control of images and how they will be shared. It's easy to send a photo or message but the sender has no control about how it's passed on. When images are stored or shared online they become public.

Some people may think that images and videos only last a few seconds on social media and then they're deleted, but they can still be saved or copied by others. This means that photos or videos which a young person may have shared privately could still end up being shared between adults they don't know for years to come.

Young people may think 'sexting' is harmless but it can leave them vulnerable to: blackmail, bullying, unwanted attention and a great deal of emotional distress. Someone may threaten to share the pictures with the child's family and friends unless the child sends money or more images.

If photos are shared with their peers or in school, the child may be bullied. Images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images and the victims always feel embarrassed and humiliated. If they're very distressed this could lead to suicide or self-harm.

Need to Talk?

If you're struggling with how you feel and need to talk, these organisations are there to listen. Don't suffer in silence - pick up the phone, drop them a line or visit their websites.

ChildLine: Freephone 0800 1111 (24 hours) www.childline.org.uk | online chat | message boards

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

Get Connected: Freephone 0808 808 4994 (7 days a week 1pm-11pm) www.getconnected.org.uk

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

Samaritans: Tel: 08457 90 90 90 (24 hrs 7 days a week) www.samaritans.org

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

FRANK: Freephone 0800 77 66 00 (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers) www.talktofrank.com

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

B-EAT Youth Helpline: 0845 634 7650 (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm) Email fyp@b-eat.co.uk Online community

Information, help and support for anyone affected by eating disorders.

Children's Legal Centre: Child Law Advice Line 08088 020 008 (Freephone) www.lawstuff.org.uk

The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.