




Category A-Z	Useful Links
<p>Body Image Children in secondary school are at a stage within their development in which they experience significant physical changes. Their weight, shape and skin type can change and fluctuate and often this can have an impact upon their self-esteem. Additionally, children can feel pressure from peers, friends or even the media to look a certain way. This can result in children having a negative outlook of their physical appearance.</p>	 <p>youngminds.org.uk/find-help/feelings-and-symptoms/body-image</p>
<p>Bullying It is not uncommon for children to experience occasional or persistent bullying in secondary school. Despite this, bullying should not be viewed as an unfortunate but unavoidable part of school life; no child deserves to be bullied; it is unacceptable behaviour and can have a devastating effect on the victim. We have a zero-tolerance policy for bullying, if you have concerns – report it.</p>	 <p>www.bullying.co.uk</p>
<p>Confidence and Self Esteem Children with high self-esteem have a positive view of themselves and believe they are worthwhile, which means they are more likely to succeed in school and throughout their adult lives. Self-esteem can take a knock from time to time and if left unresolved can have a big impact on young people’s wellbeing. We encourage all of our pupils to believe, achieve and succeed, sometimes young people may need some support in improving their self-esteem.</p>	 <p>www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem</p>
<p>Depression Many teenagers experience occasional low moods. Although this is often due to a sensitive period in their development, it should not be ignored that some children may be experiencing depression. Depression is more than simply feeling unhappy or fed up for a few days. Most people go through periods of feeling down, but when you’re depressed you feel persistently sad for weeks or months, rather than just a few days.</p>	 <p>youngminds.org.uk/find-help/conditions/depression</p>


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<p>Drugs and Alcohol</p> <p>Many parents worry about their child becoming involved with drugs. They feel that they don't know enough about drugs to help prevent their child from coming to harm. Parents can often worry about their child using alcohol and the risks involving this. Children can be tempted to try drugs or alcohol through peer pressure, it is important to know the risks.</p>	 <p>0800 77 66 00 talktofrank.com Friendly, confidential drugs advice</p> <p>www.talktofrank.com</p>
<p>Eating disorders</p> <p>An eating disorder is when you have an unhealthy attitude to food, which can take over your life and make you ill. It can involve waiting too much to too little, or becoming obsessed with your weight and body shape. Eating disorders can affect anyone, but the most commonly affected group to report an eating disorder is young women aged between 13 – 17.</p>	 <p>www.beateatingdisorders.org.uk</p>
<p>Exam Pressure</p> <p>Exam time can be very stressful for everyone in the family. Your child can feel an enormous amount of pressure and may not want to sit all of their exams, or perhaps getting them to revise has become an uphill struggle. It is understandable that you will have concerns for their future and want them to do well in their education, but be aware that this can put children under more stress.</p>	 <p>www.studentminds.org.uk/examstress.html</p>
<p>Gangs</p> <p>A gang can be a group of friends who hang around together. But some gangs are involved in crime. Sometimes gangs are violent and might fight other gangs or carry weapons. If you or someone you know is being forced to join a gang you should tell someone about it.</p>	 <p>www.familylives.org.uk/advice/teenagers/behaviour/gangs</p>

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<p>Leaving school Your children have to make some big decisions and they may need your help. It is important that you understand all of the options so when your children turn to you for advice, you are equipped with important information to support their decisions.</p>	 <p>DEAN TRUST Ardwick</p> <p>www.deantrustardwick.co.uk/parents-pupils/adviceguidanceandcareers</p>
<p>LGBTQ+ LGBTQ+ stands for lesbian, gay, bisexual, transgender, questioning and “plus,” which represents other sexual identities including pansexual, asexual and omnisexual. It’s the accepted and inclusive way to refer to the queer community, who can be grouped by one common theme: the fact they don’t identify as straight or as the gender that corresponds with their birth sex.</p>	 <p>www.theproudtrust.org</p>
<p>Obesity Very overweight children tend to grow up to be very overweight adults, which can lead to health problems such as type 2 diabetes, heart disease and certain cancers. Research shows children who achieve a healthy weight tend to be fitter, healthier, better able to learn, and are more self-confident. They’re also less likely to have low self-esteem.</p>	 <p>change 4 life</p> <p>Eat well Move more Live longer</p> <p>www.nhs.uk/change4life/about-change4life</p>
<p>Self-harm Self-harm describes any behaviour where someone cause harm to themselves, usually a way to help cope with difficult or distressing thoughts and feelings. It most frequently takes the form of cutting, burning, or non-lethal overdoses. However, it can also be any behaviour that causes injury no matter how minor, or high-risk behaviours. If you have concerns about your child self-harming, your GP can refer them to Children and Adults Mental Health Services (CAMHS).</p>	<p>CAMHS </p> <p>Child & Adolescent Mental Health Services</p> <p>www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs</p>

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<p>Sex and Relationships This is not always an easy topic to discuss with our child. When children can talk to their parents / carers about sex and relationships, they are better prepared for puberty, understand more about relationships, and are less likely to do things just because their friends are.</p>	 <p>Pro Choice</p> <p>www.fpa.org.uk/relationships-and-sex-education/parents-and-carers</p>
<p>Suicide The tragedy of a young person dying because of overwhelming hopelessness or frustration is devastating to family, friends, and community. Parents, siblings, classmates, teachers and neighbours might be left wondering if they could have done something to prevent that young person from turning to suicide. Learning more about what might lead a teen to suicide may help prevent further tragedies. Even though it is not always preventable, it is always a good idea to be informed and take action to help a troubled teenager.</p>	 <p>PAPYRUS PREVENTION OF YOUNG SUICIDE</p> <p>www.papyrus-uk.org</p>
<p>Child Sexual Exploitation (CSE) Child Sexual Exploitation is a type of sexual abuse. When a child or young person is exploited they are given things like gifts, drugs, money status and affection, in exchange for performing sexual activities. Children and young people are often tricked in to believing they are in a loving and consensual relationship. This is called grooming. If you spot these signs, or are worried about someone being exploited – speak out, speak to the Police or contact school for advice.</p>	 <p>www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/#what-is</p>
<p>Child Criminal Exploitation (CCE) Child Criminal Exploitation or CCE is when individuals target children and force them to carry out criminal activity. Exploiters may force young people to deal drugs, steal, commit violent crimes or sexual acts and traffic them.</p>	<p>The Children's Society</p> <p>No child should feel alone</p> <p>www.childrensociety.org.uk/sites/default/files/cce-advice-for-parents.pdf</p>

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<p>E Safety</p> <p>The positives of technology far outweigh the negatives. Parents often fear the potential negative impact of social media: cyberbullying, adult content, predators – we’re confronted with so many negative headlines and frightening stories. But the internet offers amazing opportunities for learning, connecting, creating, and collaborating. While it might be tempting to ban internet access on smartphones, this simply makes children more vulnerable when they go it alone. Just as you taught them how to cross the road safely by doing it alongside you, then taking the lead and finally doing it on their own - staying safe online needs the same approach.</p>	 <p>www.fpa.org.uk/relationships-and-sex-education/parents-and-carers</p>
<p>Female Genital Mutilation (FGM)</p> <p>Female genital mutilation is a procedure where the female genitals are deliberately cut, injured or changed, but where there’s no medical reason for this to be done. It is also known as “female circumcision” or “cutting”. It is against the law in the UK.</p>	 <p>www.afruca.org</p>
<p>Forced Marriage</p> <p>In a forced marriage the victim is pressured into marrying someone against their will. The victim may be physically threatened or emotionally blackmailed to do so. It is an abuse of human rights and can not be justified on any religious or cultural basis. It can affect men and women. It can also be linked to Human Slavery Offences.</p>	<p>Reducing the Risk of Domestic Abuse </p> <p>www.reducingtherisk.org.uk/cms/content/forced-marriage</p>
<p>Gaming</p> <p>Children play lots of different games online like Fortnite, Roblox. There are many risks involved with online gaming. It is important to make sure you and your child are safe online.</p>	<p>childline</p> <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p> <p>www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming</p>

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<p>Grooming</p> <p>Grooming is a process used to prepare a child for sexual abuse. An offender's aim when grooming will be to gain access to a child and build a relationship with that child. Grooming can take many different forms, from one-off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable child or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a child into trusting them. This can happen online and in person.</p>	 <p>www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming</p>
<p>Radicalisation</p> <p>It can be difficult to identify if a child is being radicalised, but as their parent / carer you may spot signs that cause you concerns. Children who are at risk of radicalisation may have low self-esteem or be victims of bullying. Extremists might target them and tell them they can be part of something special, later brainwashing them into cutting themselves off from friends and family.</p>	 <p>www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation</p>
<p>Sexting / Youth Produced Sexual Imagery</p> <p>Sexting can 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 is 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. If a young person is found creating or sharing images, the police can choose to record that a crime has been committed but that taking formal action is not in the public interest. Crimes recorded this way are unlikely to appear on future records or checks, unless the young person has been involved in other similar activities which may indicate that they're a risk.</p>	 <p>www.thespark.org.uk/relationship-support-parents-families/free-parenting-resources/sexting-guide-for-parents</p>

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<p>Social media Social media is a popular way for people of all ages to stay in touch with family and friends, share information about their lives and express themselves. This can be a great tool but also poses risks if not used safely. It is important to talk to your child about the risks social media, and keep up to date with this.</p>	 <p>www.internetmatters.org/resources/ukcis-social-media-guide-for-parents-and-carers</p>