

Hayesfield GIRLS' | MIXED
SCHOOL | SIXTH

Safety and Wellbeing Evening 17th April 2024

Hayesfield GIRLS' | MIXED
SCHOOL | SIXTH





Hayesfield

GIRLS' SCHOOL | MIXED SIXTH





Hayesfield

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- Support to ensure your children are safe online.
- Support to pre-empt issues around vaping, alcohol and drugs.
- Support to pre-empt issues around exploitation.
- Support to help your children with anxiety and deteriorating emotional health.
- Support to keep your children safe when they are socialising in public spaces.

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The plan for the evening:

- **How to ensure your children are safe online.** (David Wright - South West Grid for Learning)
- **How to pre-empt and support issues around vaping, alcohol and drugs.** (Megan Brewer - Project 28)
- **How to pre-empt and support issues around exploitation.** (Andri Nicolaou - Child Exploitation Prevention Officer with Operation TOPAZ)
- **How to support your children with anxiety and deteriorating emotional health.** (Ali McDowall - founder of The Positive Planner)
- **How to keep your children safe when they are socialising in public spaces.** (PC Poppy Coles and PC Molly Matthews)

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How to ensure your children are safe online.

(David Wright - South West Grid for Learning)



Link to separate presentation:
<https://prezi.com/view/iROVNraSCAa07T7vYUBm/>

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How to pre-empt and support issues around vaping, alcohol and drugs.

(Megan Brewer - Project 28)



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Project 28

DEVELOPING HEALTH AND INDEPENDENCE



PROJECT 28

Project 28

Substance
misuse
service in
BANES

Provide
free,
confidenti
al support

No
threshold,
No time
limit

Multi-age
ncy
approach

Young
people
ages
11-18

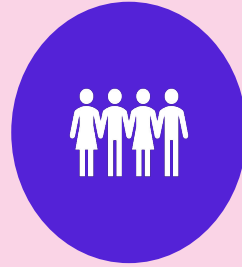
Transitions
service
ages
18-25



HARM
REDUCTION AND
EDUCATION
SERVICE



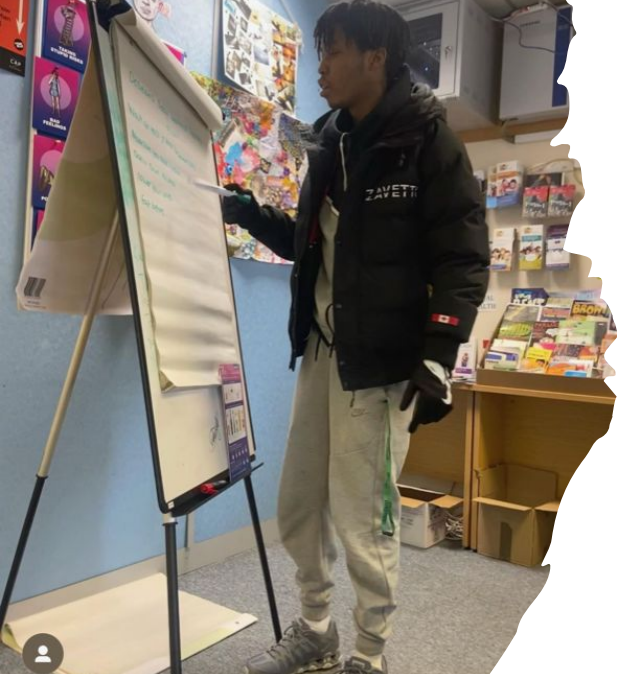
1:1 SUPPORT



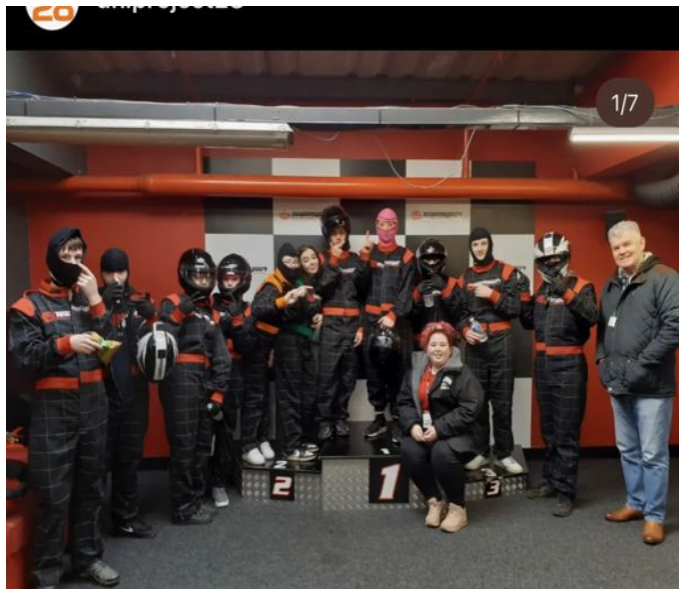
GROUP
INTERVENTIONS
AND OUTREACH



MEANINGFUL
ACTIVITIES







We support young people with...

- Vaping
- Cannabis
- Alcohol

- Ketamine
- NOS
- Class A's

- Healthy relationships
- Sexual health
- Exploitation
- Serious Violence



Vaping

- The law
- 'Safer' vaping
- Dealing
- Quitting



Cannabis

- The law
- Harm reduction
- Education
- Dealing
- Goal focussed



Alcohol

- Safe drinking
- Harm reduction
- Safety planning
- Goal focussed

 help turn lives around

drinkthink 1

To be completed by professional staff for screening

SCREENING PROCEDURE: For the following question, 1 standard drink = 1 unit of alcohol

One standard drink is

 Half pint of regular beer, lager or cider

 Half a small glass of wine

 1 single measure/shot of spirits

The following quantities of alcohol contain more than 1 standard drink

 2

 3

 1.5

 4

 1.5

 4

Please place a cross in the relevant box.

Boys: How often do you have 6/8/10 or more standard drinks on one occasion?
Girls: How often do you have SIX or more standard drinks on one occasion?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring the M-SAQ

If the response is 'Monthly', 'Weekly' or 'Daily or almost daily', the score is M-SAQ Positive. If their response is 'Never' or 'Less than monthly', the score is M-SAQ Negative. If the young person is under 15 and drinking any alcohol, this is a positive result. Please indicate the result of the screening procedure by placing a cross in the appropriate box.

Positive	Negative
<input type="checkbox"/>	<input type="checkbox"/>









DH - 15 - 16 Milsom Street, Bath BA1 1DE - Company No: 383038 - Charity No: 027854



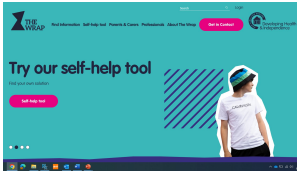
Find Information

Information to help you make the best choice for you.

Find Information

 Drugs and alcohol Get info	 Staying Safe Get info	 Mental Health Get info	 Sex and Relationships Get info
 Accommodation Get info	 Money Get info	 Study, Work and Careers Get info	 Making Changes Get info

11 more cards



THE WRAP
Headline: Try our self-help tool
Sub-headline: Self-help tool for people with mental health problems
Call to action: Get the tool

The banner features a teal background with a white silhouette of a person wearing a hat and a white t-shirt. The text is in white and pink. A small logo for 'The WRAP' is in the top left corner.

Other useful information...

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

ash.
action on smoking and health

Referrals

Contact

Project 28 (BANES)
28 Southgate Street
Bath
BA1 1TP

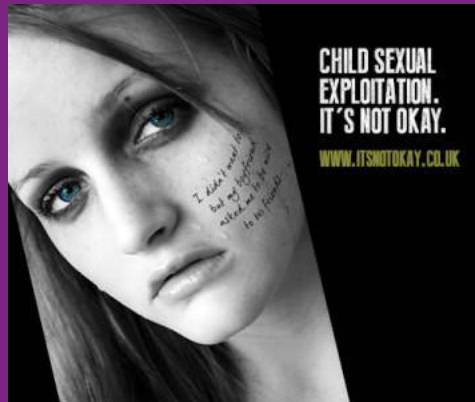
01225 463 344

The Wrap:
www.thewrapdhi.org.uk



How to pre-empt and support issues around exploitation

(Andri Nicolaou - Child Exploitation Prevention Officer with Operation TOPAZ)



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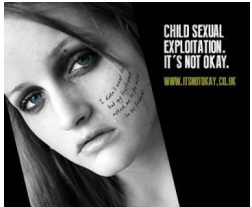


TOPAZ

Child Exploitation Team

9478 Androulla (Andri) Nicolaou
Prevention Officer

X (Twitter): @AndriVNicolaou





In the fight against child abuse
We all have a role to play.
Any act, big or small can make a
real difference to a child and
create a safer society for all
children

Understanding How Children Are Exploited



Child Exploitation normally follows three stages.

- **Recruitment.** This can take various forms but can be described as a grooming process. ...
- **Control.** This is an essential element in the process as it establishes the dominance of the perpetrator over the victim. ...
- **Exploitation.**



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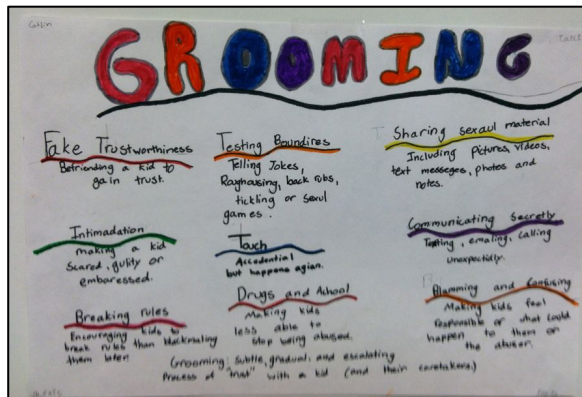




The Six Stages of Grooming

The Six Stages of Grooming

1. Targeting a Victim.
2. Gaining Trust.
3. Filling a Need.
4. Isolating the Child.
5. Sexual or Criminal Contact.
6. Maintaining Control.



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Grooming process

Target

- Observing children
- Finding out their vulnerabilities, needs and wants
- Gaining and developing trust
- Manipulating children to recruit them
- Glamourising their lifestyle
- Sharing information with others in the group

Test

- Test out children's loyalty
- Offer them protection
- Give a sense of belonging
- Might create a dependency
- Introduce them to more established members
- Ask for favours
- Ask to recruit others

Trap

- Experiences of physical, sexual and psychological violence
- Trafficking
- Humiliation & control
- Reinforced dependency
- Blackmail
- Debt bondage
- Isolation from family, friends and society

CrimeStoppers.
Speak up. Stay safe.

Signs that a young or vulnerable person is being groomed:

- They have a new group of friends
- Using new language
- Appear to have new clothes, shoes, phones and cash
- They start to skip school
- They become secretive
- Their behaviour changes, maybe they have become emotional, withdrawn, aggressive and they start staying out after and later not talking about where they go or who with
- Start to appear with unexplained injuries or you think they may have started carrying a weapon



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What is child sexual exploitation (CSE)



Child sexual exploitation (CSE) is a form of Child Sexual Abuse. It occurs where an individual or a group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or a young person under the age of 18 into sexual activity.



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This can mean someone saying you “Owe” them sexual favours because:

- They have given you “Free weed”
- They have given you “Free Alcohol”
- A lift home
- They “Protect” you
- Takes you to Parties
- Being you girlfriend / boyfriend
- They have bought you expensive things



Understand CCE (Child Criminal Exploitation)



Child criminal exploitation is the most common exploitation type within county lines offending, although child sexual exploitation is often present. Both male and females are groomed (recruited) within County Lines.



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Controlling children, and very often vulnerable children, and having them at their disposal, gives Urban street gangs a continued work force.



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More members of the urban street gang mean more opportunities to perform activities such as drug dealing. The marketplace that the gangs operate in can become overcrowded and saturated resulting in some children being sent away to continue the Gangs work elsewhere, which is referred to as county lines.



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The truth about County Lines



- It's not called county lines between young people.
- “Going Country” or “Going Long” CAN mean moving a phone line along. However, it can also be the movement of drugs, weapons and people.
- How much the phone worth?
- Going “Country” is one of the most profitable job within gang culture but also very risky



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More girls being recruited and horrifically abused by county lines drug gangs



A common misconception is that girls and women are less likely to be criminally exploited than their male counterparts or are less likely to be gang involved or affiliated.



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Girls can and do play a number of roles in gangs.

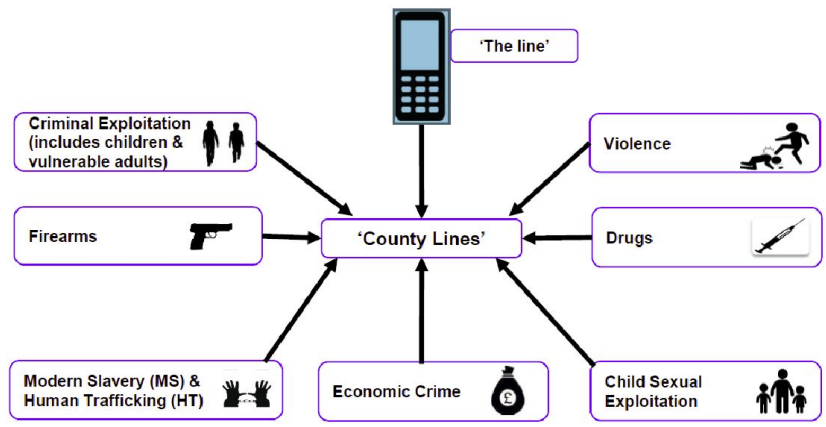
- "Wifey's" - Girlfriends of gang members
- "Baby Mothers" - Girls and women who have children with gang members
- "Links" - Girls who are expected to have sex or group sex with gang members at anytime.
- "Gift Girls" - Girls who are "given" to a new member of a gang or criminal network as a reward for proving themselves as trustworthy and reliable.





Features of 'County Lines'

'County Lines' is not solely a drugs issue as it cross cuts a number of other thematic areas and crime types, including:



Child sexual abuse (NSPCC 2021) report



How many children experience sexual abuse?

- We don't know exactly how many children in the UK experience sexual abuse.
- However, research with 2,275 young people aged 11-17 about their experiences of sexual abuse suggests around 1 in 20 children in the UK have been sexually abused.
- Concerns around sexual abuse have been identified for over 2,800 children in the UK who are the subject of a child protection plan or on a child protection register.
- Over a third of all police-recorded sexual offences are against children.
- Girls and older children are more likely to experience sexual abuse.
- The vast majority of children who experience sexual abuse were abused by someone they knew.



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SHARE LIKE



SOCIAL

MEDIA



cyberbullying
harassment victim problem abuse
insults targets online attention internet suffer
warning school aggression pushing violence motivation
network intimidation school aggression computer violence motivation
disrespect computer trouble security stress teaching crisis
mobbing people
laptop social
web bullying
humiliate hostile human
failure threats humiliation concepts
assistants revenge lynchings
technology
society danger solution pressure
rumor behavior
freedom
laptop
public
videogames
information motivational
charge brutalize
stalking
searchbook
stalking
stalking
stalking

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Close the door to child sexual abusers.



1 in 4 teenagers receives unwanted sexual messages online

Since the start of the pandemic, the amount of 'self-generated' child abuse imagery has increased dramatically.

In 2020, the IWF confirmed 68,000 cases of such imagery, a rise of 77% on the year before. It accounts for nearly half (44%) the imagery we took action on last year.

In 80% of these cases, the victims were 11- to 13-year-old girls.



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The Internet Watch Foundation blocked **8.8 million attempts by UK Internet users to access images and videos of children suffering sexual abuse during a 1 month** period while the UK was locked down due to the Coronavirus pandemic

Live Streaming:

UK is one of the **top 3** consumers of Child abuse live streaming from the Philippines



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Jan-Mar 2021, **38,000** self-generated images were reported – **double** the amount in comparison to the same time last year (IWF June 2021)

Indecent Images: The National Crime Agency revealed it believed there are **300,000 Individuals** in the UK posing a sexual threat to children either through physical "Contact" or online (2020)



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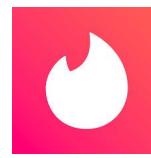


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6 in 10 actioned reports specifically show the sexual abuse of an 11-13 year old girl who has been groomed, coerced or encouraged into sexual activities via a webcam. Sadly, we've seen instances of children aged 3-6 being contacted and abused in this way.

For the first time we've looked at the prevalence of female offenders in the imagery that we see. We've seen how this imagery most often involves children aged 7-10 years old, and that boys are most often seen being abused by a female offender.

Know your apps



Digital Vaults
keep certain files
and photos hidden

Tinder

Buggy chat
matches adults &
kids, has mature
content.

Instagram
Social Media

Tik Tok
Creative Media

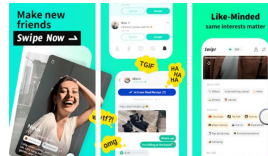
YouTube



Monkey Cool is a video chat app that allows you to connect instantly with millions of like-minded people near you and around the world. You no longer need to wait for a match to happen; just swipe left to instantly create meaningful connections.



WhatsApp



OnlyFans
A content
subscription
service

12+ is an online dating application for teenagers, launched in 2020.

Allows you to find the people that share the same interests with GPS

User-friendly interface

Snap Chat

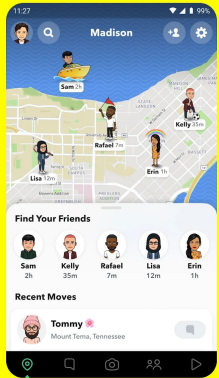
Swipr

Snap Maps



Map

See what's happening in your world



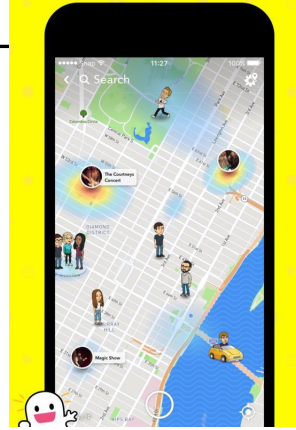
Explore

See what's happening



Have Fun With Friends

See what friends are up to, and what's happening nearby!



BeReal.

BeReal Users receive a notification at a random time once a day saying 'Time to BeReal'. This opens up a two-minute window for the user to post a picture of what they are currently doing. The purpose of this is to capture an authentic, unfiltered snapshot of a user's life.

PURE

Pure is a hookup app that helps you spontaneously meet anonymous people in your area for casual sex. All you need is a selfie. Profiles are deleted in an hour, and there is no need to link any social media account. How do I start on Pure? To get started, download the app, open it, and select your gender.

twitch

Twitch is the world's leading live streaming platform for gamers and the things we love. Watch and chat now with millions of other fans from around the world



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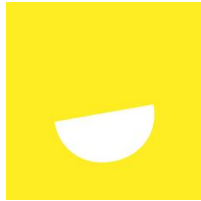
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Discord is the easiest way to talk over voice, video, and text. Talk, chat, hang out, and stay close with your friends and communities. With the right privacy settings and monitoring, it's easy to use Discord safely. However, there's always a risk when it comes to sites and apps with open chat. The safest way to use **Discord** is to only accept friend requests and participate in private servers with people you already know.



Yubo (previously Yellow) targets guys and girls who are 13- to 17-year-old who are looking to connect with other kids their age. ... Because unlike Tinder, Yellow has no checks in place to verify ages, meaning any stranger can add your child. And vice versa. That means photos can be exchanged — even if two people have never physically met



Reddit is an American social news aggregation, web content rating, and discussion website. Registered members submit content to the site such as links, text posts, images, and videos, which are then voted up or down by other members.



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'Telegram', which is an app which has been linked to offending (**OCG/gang/group/drugs activity**) it is an end to end encrypted messaging app that is very popular. 16+ Similar to Signal and Wickr.



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Signal is a cross-platform encrypted instant messaging service. Users can send one-to-one and group messages, which can include files, voice notes, images and videos. It can also be used to make one-to-one and group voice and video calls, and the Android version can optionally function as an SMS app.

Signal also allows users to set timers to messages. After a specified time interval, the messages will be deleted from both the sender's and the receivers' devices. The time interval can be between five seconds and one week long, and the timer begins for each recipient once they have read their copy of the message. 13+



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“In this open-world action game, players assume the role of three criminals whose storylines intersect within the fictional city of Los Santos. Players can switch between each character to follow his storyline, completing missions that often include criminal activities (e.g., stealing cars, executing heists, assassinating targets).

The game includes depictions of sexual material/activity: implied fellatio and masturbation; various sex acts that the player’s character procures from a prostitute—while no nudity is depicted in these sequences, different sexual moaning sounds can be heard.”

Call of Duty is one of the most successful game franchises of all time. Players love it for its realism, humor, movie-quality clips, and thriving multiplayer community. But since its first release in 2003, the game has become increasingly violent.

Though Common Sense Media recommends the game only for adults or very mature teens, we know lots of younger teens -- and even tweens -- play it.

There are many titles, as well as apps, in the Call of Duty collection. If your kid is interested in the game, find out which version, and read the full Common Sense review



Videos of Roblox 18 Plus Game

bing.com/videos



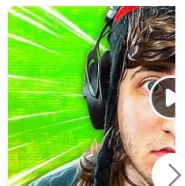
I tried Roblox 17+ games.....

2.3M views · 5 months ago
YouTube > Flamingo



ROBLOX 17+ GAMES

162.1K views · 4 months ago
YouTube > sebee



ROBLOX JUST REI
GAMES...

555.8K views · 4 m
YouTube > KreekCr



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Loot boxes are also a popular feature of many games.

A loot box is “an in-game reward system that can be purchased repeatedly with real money to obtain a random selection of virtual items



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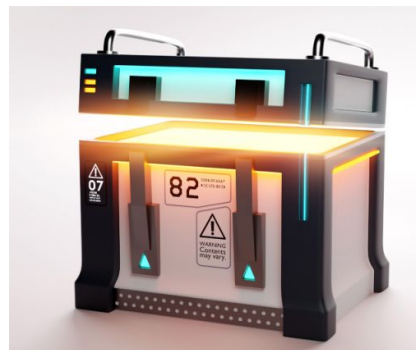


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The often-anonymous nature of these transactions raises concerns around potential risks for children, such as exposure to fraud and scams.





Self Generated Images



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The IWF in 2022



375,230 Reports assessed by our team

51,369 Number of Category A (the most severe) reports in 2022

255,588 Reports confirmed to show child sexual abuse

137% Rise in imagery featuring boys compared to previous year



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Internet Watch Foundation



The IWF has found there is now more child sexual abuse imagery being discovered on the open internet than ever before – with almost every webpage (92%) it worked to remove in 2023 including “self-generated” material extorted from children who have been groomed or coerced by predators using webcams.



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A “shocking” number of under 10s are being manipulated into performing sexual acts online, as experts discover more child sexual abuse imagery online than ever before.



What is Online Exploitation and Grooming?



Online Grooming – The act of developing a relationship with a child to enable their abuse and exploitation both online and offline. Online platforms, such as online gaming, social media, messaging and live streaming, can be used to do this



Online Exploitation – an individual or group using online platforms to take advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual and/or criminal activity that can occur both online and offline.



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Criminal exploitation online - Perpetrators can use online platforms as a way to criminally exploit young people by coercing them into criminal activity and then monitoring and controlling their movements

Internet Watch Foundation



WHAT CAN PARENTS AND CARERS DO?

T

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

[Start talking](#)

A

AGREE ground rules about the way you use technology as a family.

[Agree rules](#)

L

LEARN about the platforms and apps your child loves. Take an interest in their online life.

[Find out more](#)

K

KNOW how to use tools, apps and settings that can help to keep your child safe online.

[Use settings](#)



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Report Remove



How does Report Remove work?

1. Young people aged 13+ are first directed to Yoti to verify their age using ID (our legal remit means we can only remove images of children.) Children aged under 13 do not need to prove their age.
2. Once children have proved they are younger than 18, they are prompted to create a Childline account, which allows them to be safeguarded and supported throughout the process.
3. Young people are then taken to a dedicated IWF portal where they can securely upload images, videos or URLs (website addresses).
4. IWF analysts assess the reported content and take action if it meets the threshold of illegality*. The content is given a unique digital fingerprint (a hash) which is then shared with internet companies to help prevent the imagery from being uploaded or redistributed online.
5. The outcome will be conveyed to Childline who will then contact the young person via their Childline account to keep them updated and offer further support.



**Nude image of you online?
We can help take it down.**

<https://www.police.uk>



The Street safe app is an initiative of **the Government Home Office**, which allows women to anonymously flag up areas where they feel unsafe.



Developers of the app say that certain areas can feel unsafe due to environmental issues, like poor lighting, abandoned buildings, vandalism, or behaviours, such as being followed or verbally abused.



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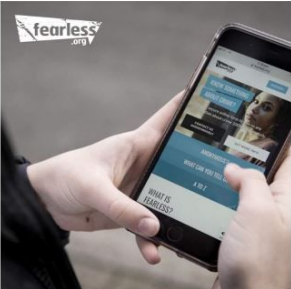


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Please note: 'StreetSafe' is not for reporting crime or incidents.

Fearless
Sponsored

Fearless.org is an online crime reporting service that allows you to report any information you may have about crime, 100% anonymously.



FEARLESS.ORG
Tell us what you know. [LEARN MORE](#)

Like Comment Share



Navigation: About Fearless | Contact us | Donate | Not a young person?

Search here...

Street Crime

Be Fearless | Drugs & Alcohol | Abuse | Weapons | Cyber Crime | Violence | Theft | Street Crime



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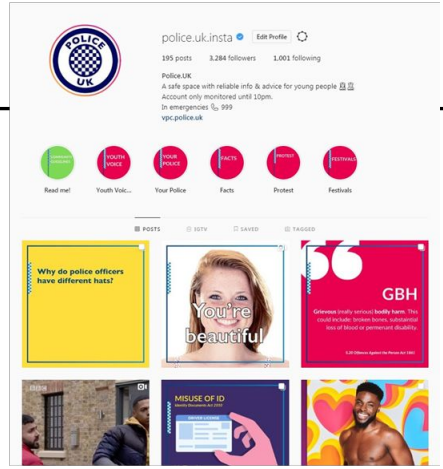
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For more information on the Police, the Law and keeping safe.

Follow our Instagram account.



Avon and Somerset Police
OPERATION TOPAZ



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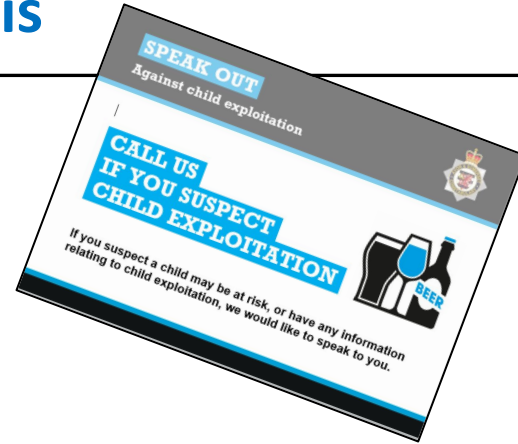


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Operation Makesafe for Hotels and Taxis



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childline

ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111

Are you being bullied?

If you are being bullied, or you are not ready to make a report to CEOP, you can talk to Childline anonymously online or on the phone - No worry is too big or too small.

[Visit Childline](#)



Looking for further information?

Use the links below to find a range of information about keeping yourself or a child you know safer from online child sexual abuse.

[4-7 year olds](#)

[8-10 year olds](#)

[11-18 year olds](#)

[Parents/carers](#)

[Professionals](#)

[Police Reporting](#)

[Private Sector Reporting](#)

[Information for Private Sector organisations](#)



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Education from
the National
Crime Agency

Welcome to CEOP Education

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.



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I am:

A professional working with
children and young people

A parent
or carer

4-7
years old

8-10
years old

11-18
years old





Avon and Somerset Police
**OPERATION
TOPAZ**

Lucy faithfull foundation

The Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to preventing child sexual abuse.

The screenshot shows the top section of the Lucy Faithfull Foundation website. On the left, there is a red speech bubble logo that says "Stop It Now! UK & IRELAND" with the tagline "Helping prevent child sexual abuse". To the right of this is a red banner with a telephone icon and the text "Confidential Helpline: 0808 1000 900", followed by social media icons for Facebook, Twitter, LinkedIn, and YouTube. Below the helpline information is a navigation menu with links for "Our impact", "Wales", "Scotland", "Ireland", "FAQ", "Resources", and "News and blog". A search bar with the placeholder "Search here..." and a magnifying glass icon is positioned next to a language selection dropdown menu labeled "Select Language". Below the search bar, it says "Powered by Google Translate". The main navigation bar is a solid red bar containing the links "Home", "Help and Support", "About", and "Support Us", along with a white "Donate Now" button. At the bottom of the screenshot, a grey bar contains a speech bubble icon and the text "Helpline, live chat, secure email".



Every child needs at least
one adult who is irrationally
crazy about him or her.

Urie Bronfenbrenner

[@uribronfen](#)



CARING



COURAGEOUS



INCLUSIVE



LEARNING

How to support your children with anxiety and deteriorating emotional health

(Ali McDowall - The Positive Planners)



Hayesfield GIRLS' SCHOOL | MIXED SIXTH



THE POSITIVE PLANNER



Alison McDowall

INTRODUCTION

- ✦ Why Mental Health Matters
- ✦ Dear Diary...
- ✦ Why Journaling works
- ✦ Resourcefulness vs Resilience
- ✦ Problem solving & seeking support
- ✦ Cultivating Self Compassion
- ✦ Q&A



MENTAL HEALTH MATTERS...



10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)



Mental Health
Foundation



- **20% OF ADOLESCENTS MAY EXPERIENCE A MENTAL HEALTH PROBLEM IN ANY GIVEN YEAR.**
- **50% OF MENTAL HEALTH PROBLEMS ARE ESTABLISHED BY AGE 14 AND 75% BY AGE 24.**
- **10% OF CHILDREN AND YOUNG PEOPLE (AGED 5 TO 16 YEARS) HAVE A CLINICALLY DIAGNOSABLE MENTAL PROBLEM, YET 70% OF CHILDREN AND ADOLESCENTS WHO EXPERIENCE MENTAL HEALTH PROBLEMS HAVE NOT HAD APPROPRIATE INTERVENTIONS AT A SUFFICIENTLY EARLY AGE.**

✦ Never a judge a book by its cover

✦ We all have a Mental Health

✦ Why I started journaling

✦ Finding coping mechanisms

✦ Turning a negative in to a positive.



Mood tracker



- ☼ SUNNY/POSITIVE/HAPPY
- ☆ CALM/CONTENTED/STILL
- NUMB/DEPENDENT/UNINTERESTED
- ⊙ ANXIOUS/ON EDGE/IRRITABLE
- ☹ ANGRY/RESENTFUL/FOGGY
- ☹ TEARFUL/SAD/BLUE

June

12/6 felt v. low, seemed to be fainter after therapy

13/6 Had a bad argument w/ M, need to sort things out

14/6 Month seems to be lifting - have been working through things



Planning my Positive

1. MINDSET

2. INTENTION

3. PERSONAL

4. FEELING

5. FEEDBACK

GRATEFUL FOR

TO DO

- write to do list
- Drink more water

THE POSITIVE PLANNER

I am always surrounded by things to be grateful for

Salad
apples
orange juice
bread
oranges
squash
crisps

SO WHAT'S JOURNALING ALL ABOUT?



WHEN YOU TALK TO A **THERAPIST** THEY WILL USUALLY GUIDE YOU OR GIVE YOU SMALL **PROMPTS** TO GET YOU TALKING.

JOURNALING IS VERY SIMILAR. YOU JUST HAVE TO WRITE YOUR **AUTHENTIC THOUGHTS** AND **FEELINGS** DOWN AND KEEP GOING UNTIL YOU HAVE BROUGHT YOUR **INNER VOICE** TO THE **SURFACE**.

DEAR DIARY...



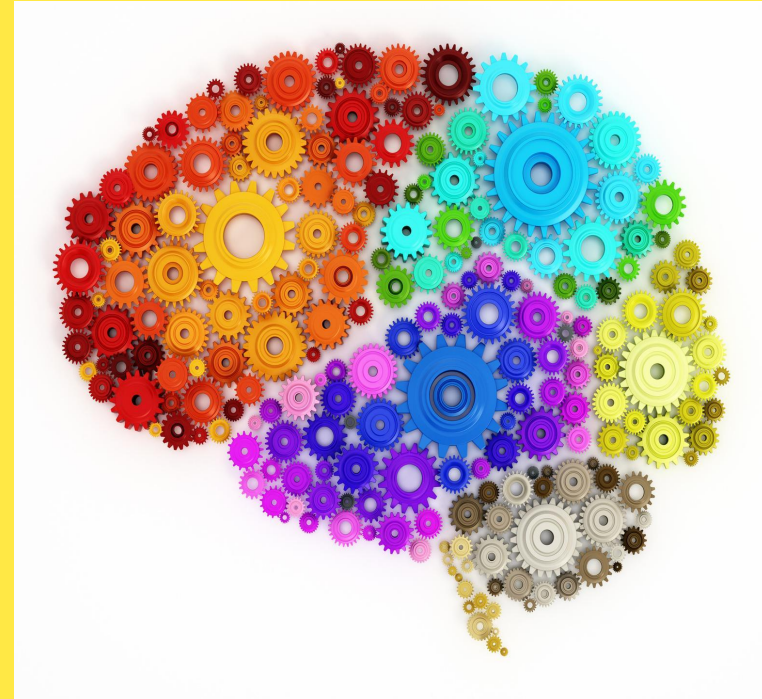
WHAT'S THE SCIENCE BEHIND IT?

RECENT STUDIES IN **NEUROSCIENCE** HAVE SHED LIGHT ON HOW JOURNALING IMPACTS THE BRAIN.

WRITING **ACTIVATES** VARIOUS REGIONS OF THE BRAIN ASSOCIATED WITH **LANGUAGE, MEMORY, AND EMOTION PROCESSING**.

WHEN WE PUT PEN TO PAPER (OR EVEN OUR FINGERS TO THE KEYBOARD) AND EXPRESS OURSELVES THROUGH WRITING, WE ENGAGE THESE **NEURAL PATHWAYS**, PROMOTING **SELF-REFLECTION AND EMOTIONAL PROCESSING**.

OVER TIME, CONSISTENT JOURNALING CAN REWIRE THE BRAIN, **STRENGTHENING CONNECTIONS** THAT SUPPORT **POSITIVE MENTAL HEALTH AND EMOTIONAL RESILIENCE**.



BENEFITS OF JOURNALING

Clarity and Insight

Stress Reduction

Problem Solving

Enhanced Creativity

Emotional Healing

Increased Self-Awareness

Goal Setting

Improved Communication

Memory Enhancement

Challenging negative beliefs

A judgement free zone

Digital free activity (no comparison)

Trusting instincts

Celebrating uniqueness

Finding inner strength





POSITIVE OUTCOMES

Releasing emotions

Mood tracking

Exploring feelings

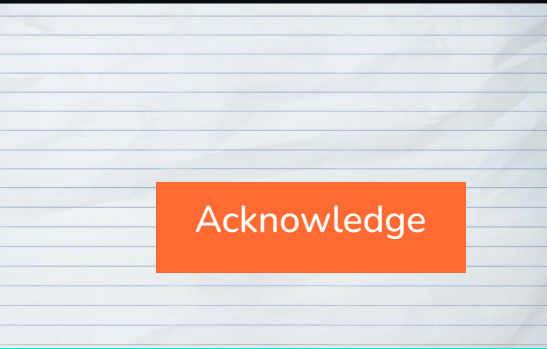
Planning self care

Authentic voice

Finding perspective

Working out what our
needs are

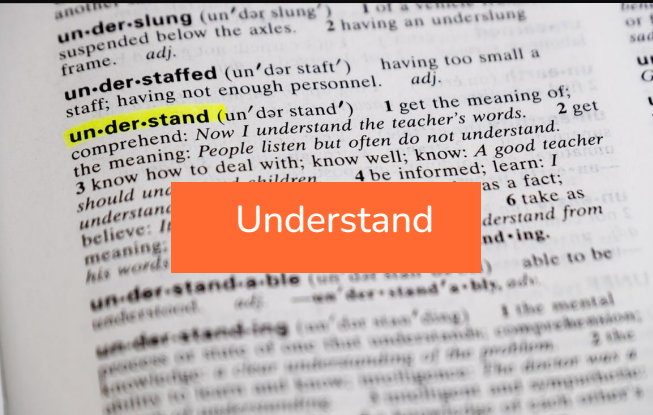
Understanding what
support we need



Acknowledge



Accept



Understand

Self-Awareness



Reflect



Question



Find solutions

Resourcefulness VS Resilience



SAMARITANS



How To Grow a Grown Up

Prepare Your Teen
for the Real World

Dr Dominique Thompson
& Fabienne Valles

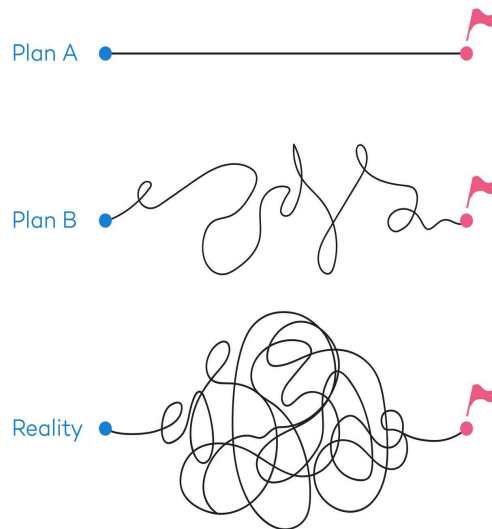


Building a Resourceful mindset

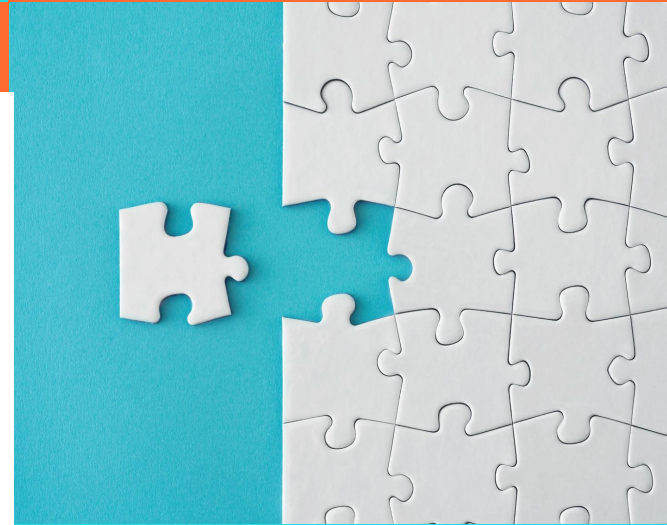
Finding solutions



Exploring outcomes



Seeking support



Developing a **Growth** Mindset

Challenging perfectionism



Self compassion



Learning along the
way



Work
In
Progress

The Power of Gratitude

Gratitude helps us refocus on what we have instead of what we lack. Although it may feel contrived at first, this mental state grows stronger with use and practice!

Think of **3 things** that you are grateful for and notice how you feel afterwards...



My Top Tips...





www.thepositiveplanners.com

How to keep your children safe when they are socialising in public spaces.

(PC Poppy Coles and PC Molly Matthews)



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Neighbourhood policing

Your local beat team

Introduction – CS219



Sgt Rogers



PC Serpis



PC Watts



PCSO Williams



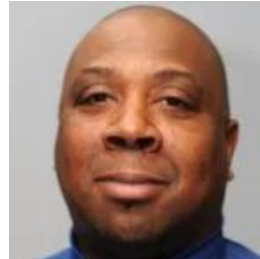
PCSO Kean



PCSO Kelly



PCSO Scott



Areas we cover:

- Newbridge
- Weston
- Larkhall
- Lansdown
- Bathampton
- Batheaston
- Bathford

Introduction – CS220 & CS221



Sgt Rogers



PC Coles



PC Matthews



PC Mcfarlane

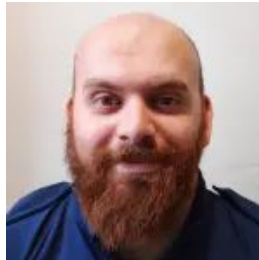
PCSO Bates



PCSO Pincott



PCSO Clay



PCSO Mould



Areas we cover:

- Twerton
- Whiteway
- Oldfield Park
- Odd Down
- Combe Down
- Widcombe
- Foxhill
- Southdown

Current issue – bike/motorbike thefts



Record it, mark it, secure it

Secure your bike as close to the stand as possible to give any thieves little or no room to manoeuvre.



CARING

Use locks of gold 'Sold Secure' standard. Also, use two different types of lock, with at least one being a high-quality D-lock. It takes thieves a few seconds to cut through poor quality locks – make it as difficult for them as possible.



COURAGEOUS

Lock your bike at recognised secure cycle parking. It should be well lit, overlooked and if possible covered by CCTV.



INCLUSIVE

Record details of your bike. Frame number (normally found underneath the bike between the pedals or where the back wheel slots in), BikeRegister number, other distinguishing features, and take a photo.



LEARNING

Walk and Talk



Avon and Somerset Police are inviting women to meet with female police officers and PCSOs to show them areas in which they feel vulnerable or unsafe in their local communities.

Walk and Talks are open to women aged 18 and above who wish to share their worries or concerns regarding their safety in the local area with officers.

What to expect

- You will be paired with a female police officer or PCSO
- The walks will take place at a mutually convenient time for you
- They will last around 30 minutes
- They will be tailored to the areas you wish to address or discuss
- This is an opportunity to raise any worries or concerns over your safety in your local area so the police, along with partner agencies, can see what they can do to improve women's safety on our streets.

How do I apply?

You can register for a visit by filling out our [Walk and Talk form](#) online.

Once we have received the form, a member of your local Neighbourhood Policing Team will contact you to arrange a convenient time.

StreetSafe app



You can also [report feeling unsafe in public spaces](#) via the StreetSafe app, completely anonymously.

Whether it's due to environmental reasons, such as poor street-lighting or anti-social behaviour or harassment, reports to the app are shared with your local police force and local authorities for action.



Joining the police

Current entry routes

PCDA

DHEP

Special constable

+ Stage 1 – Eligibility

+ Stage 2 – Application

+ Stage 3 – Familiarisation Event

+ Stage 4 – Assessment

+ Stage 5 – Pre-appointment checks

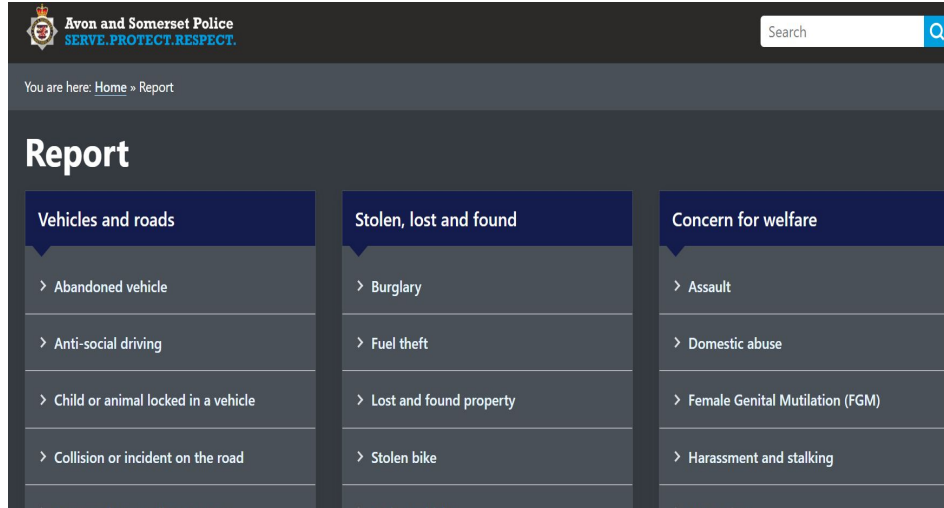
+ Stage 6 – Offer of appointment

Eligibility

- Be aged 17 or over
- have been a UK resident for the past three years
- be either a British Citizen, a citizen of the EU, EEA, or Commonwealth or foreign national with indefinite leave to remain in the UK
- hold a full or provisional UK manual driving licence at the time of application reside within the force boundaries from the first day of your appointment.
- We expect you to reside within 30 miles or with a travelling time of up to 45 minutes from your posting.
- have a minimum of a Level 3 qualification (for example, 2 x A Levels) or equivalent. As a guide, an acceptable Level 3 qualification would be gained over a two-year learning period.
- have a Level 2 or higher in Maths and English at grade C/4-at time of application.



Ways to get in touch



CrimeStoppers.
Speak up. Stay safe.

0800 555 111
100% anonymous. Always.





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