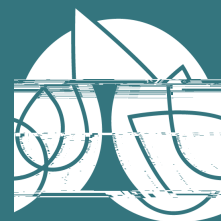


PSHE and Safeguarding

# Newsletter

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Spring Term 1 - Half Term 3

Welcome to the PSHE and safeguarding WPT newsletter.

<https://aware.wickersleypt.org/>

We hope you have all had a wonderful break over Christmas! Through this newsletter

Antisocial behaviour (ASB) are actions that cause or are likely to cause harassment, alarm or distress. For example:

- noise
- shouting, swearing and fighting
- intimidation of neighbours and others through threats or actual violence
- harassment, including racial harassment or sectarian aggression.
- verbal abuse
- bullying of children in public recreation grounds, on the way to school or even on school grounds, if normal school disciplinary procedures do not stop the behaviour
- abusive behaviour aimed at causing distress or fear to certain people, for example, elderly or disabled people
- driving in an inconsiderate or careless way, for example, drivers congregating in an area for racing
- dumping rubbish
- animal nuisance, including dog fouling
- vandalism, property damage and graffiti.

How do I report to social services Rotherham?  
Call the police on 101 in an emergency 999.

Or if you are member of the public or family member, please call the Multi Agency Safeguarding Hub (MASH) 01709 336080.

## Gangs

We know that the vast majority of young people live positive lives and are not involved in gangs or knife crime. However, there are a small number of young people who do become involved and this can be a concern for parents and carers. It can have a significant impact on families, communities, as well as themselves.

## What is Grooming?

Some people form relationships with young people to use them for their financial gain through drug dealing or to participate in sexual activities. People who do this want young people to think they are a friend, or a boyfriend or girlfriend. They want to gain their trust to obtain power over them. They might also use bribes, threats, humiliation and even violence to get power over them. They use that power to force the exploited child to move and sell drugs, and to have sex or do sexual things with them, and sometimes other people. These are forms of exploitation and are crimes. Online grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual. This can happen on social networking websites, instant messaging, photo-sharing apps, chat rooms, dating apps and online gaming sites. Exploitation happens to both boys and girls and can be difficult to spot. Often, people think they're in a good relationship, even after things have turned bad. Children being criminally exploited often feel they have no other option but to continue working for their exploiter and often find themselves in debt slavery. It can be hard to spot when someone is using or controlling you.

For support with any of the above please contact the following services.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/gangs/>

<https://www.saferrotherham.org.uk/priorities/tackling-serious-organised-crime>

[https://www.westminster.gov.uk/sites/default/files/advice\\_for\\_parents\\_and\\_guardians\\_about\\_gangs.pdf](https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf)

## Emotional Well-Being - Setting Wellbeing Resolutions

Many people can struggle emotionally in January following the festivities of Christmas, coupled with darker mornings and bitter weather, it can be tough on your emotional and physical health. With many people referring to this as the 'January Blues', you can often find yourself feeling sad, tired and unmotivated during the first month of the year.

As they start back in the January term students, and staff, will have the opportunity in their Personal Development Tutor Times to set themselves some Resolutions to help their overall wellbeing.

It's essential that we all keep an eye on each other and notice if you or someone you love is struggling, this might mean learning what's 'normal' for them when it comes to sleeping, eating and communicating. Remember it's perfectly ok not to be ok and feeling low at times is normal, we are living in uncertain and unpredictable times, it's highly likely others are feeling this way too.

It's important not to try to change too much at once, think about ways you can feel a sense of control in your life, what has worked for you before when it comes to your health and wellbeing. Think about setting yourself routines which give you comfort and provide security.

Think carefully about how much social media you expose yourself to, sometimes this can be very overwhelming and cause things to spiral even further. Look out for your friends and family - showing genuine concern, interest and curiosity into their wellbeing can help them open up. And remember if you are feeling isolated, reach out and let others know.

Remember that what you're feeling is likely just to be temporary, it's important to find support and use your own skills to support your own health and wellbeing. The Red Cross have a superb Self Kindness Toolkit (available here; [download\\_self-kindness\\_toolkit.pdf](https://www.redcross.org.uk) (redcross.org.uk)) which can help anyone to develop their resilience and support their emotional wellbeing.

## Here are 10 Top Tips for better Health and Wellbeing in 2023;

1. Stay positive by associating with positive people in positive environments.
2. Exercise on a regular basis, running, walking, swimming - whatever activities you enjoy!
3. Eat a healthy and balanced diet.
4. Create a sleep routine.
5. Spend time with friends and family.
6. Disconnect from the virtual world and build connections with the real one.
7. Make an effort to maintain a positive work-life balance.
8. Get plenty of sunlight.
9. Pursue your hobbies.
10. Eliminate toxic relationships.

## Useful websites;

[www.redcross.org.uk](http://www.redcross.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.samaritans.org](http://www.samaritans.org)

**Battling the winter blues**

- **Can't plan for the future?** - **Focus on the present!**  
Take it moment by moment. Never feel guilty for wanting a break or needing to chat with someone you trust.  
If next week seems uncertain, how about tomorrow?
- **Stick to a routine.** - **We don't have to be okay all the time. We're living in a world that's not perfect.**  
Maybe it's as simple as your need to get up every morning, going for a daily walk, or just leaving an open window.  
You don't have to be positive all the time. We're living in a world that's not perfect. Be kind to yourself.

**Remember, what you're feeling now is temporary!**

## Vaping & Young People

As I am sure you have seen in the news and on social media, vaping and the use of electronic cigarettes is an increasing concern among young people in the UK.

A study completed by ASH (Action on Smoking and Health), an organisation set up to tackle the issues around smoking, found that current vaping among children 11-17 up from 4% in 2020, around the time of the first lockdown, to 7% in 2022. They also found that single use disposable vapes are now the most popular product. Fewer than one in ten current vapers under 18 used disposable vapes in 2020, by 2022 it was over half, with Geek Bar and Elf Bar the most popular brands.

## What is Vaping?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 20 mg per ml, as well as small amounts of flavourings.

## What is a Vape Device?

There are a variety of vape devices (which are also known as e-cigarettes). The names and types of devices keep changing and new ones come on to the market frequently. Below are the main types of vapes currently available:

- vape bars shaped like a highlighter pen (usually single use and disposable but sometimes rechargeable and refillable with e-liquid capsules)
- compact pod devices shaped like a flash drive or pebble (either disposable, or rechargeable and refillable with e-liquid capsules)
- vape pens with a tank you fill with e-liquid, and a replaceable coil and rechargeable battery
- "cigalikes" designed to look like a cigarette (either disposable, or rechargeable and refillable with e-liquid capsules)

## How Do Nicotine Vapes Help Smokers Quit?

Smoking delivers nicotine rapidly to the brain, which makes it highly addictive. Cravings for nicotine among those addicted can make people feel stressed, restless, irritable and unable to concentrate. Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes help smokers quit by replacing some of the nicotine they used to get from cigarettes and also by mimicking the hand-to-mouth action of smoking.

Nicotine vapes are not yet licensed as medicines but are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

**NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.**  
SMOKING CAUSES DISEASE AND EARLY DEATH.  
Vaping is much less harmful than smoking as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke.

**BUT VAPES ARE NOT HARMLESS.**  
Short-term effects include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

**MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.**  
DON'T SMOKE? DON'T START TO VAPE!

**MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.**  
DON'T VAPE OR SMOKE.  
Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE NOT HARMLESS.**  
Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

**HARMFUL FOR THE ENVIRONMENT**  
Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.

Those who know, under 18s are driven by profit and greed. **DON'T BE LURED!**



## Reporting hoaxes, scams and online challenges

If you or your child comes across a hoax, scam or risky online challenge you should report it directly to the platform to try and get it removed. Find more information on reporting here. If you or your child has been scammed online you should report it to

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For more information, visit our website:  
[www.wickersleypt.org](http://www.wickersleypt.org)