

# **The West Bridgford School**

## **A Signposting Directory for Parents and Carers**



Available on our school website [www.wbs.school](http://www.wbs.school)

# Addiss



- **Website:** [www.addiss.co.uk](http://www.addiss.co.uk)
- **Tel:** 020 8952 2800
- **Email:** [info@addiss.co.uk](mailto:info@addiss.co.uk)
- **Address:** PO Box 340, Edgware, Middlesex, HA8 9HL

## Information:

We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance-parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.



# Anna Freud

**National Centre for Children and Families**

**Website:** [www.annafreud.org](http://www.annafreud.org)

**Address:** Anna Freud 4-8 Rodney Street London N1 9JH

- Tel: [+44 \(0\)20 7794 2313](tel:+442077942313)
- Email: [info@annafreud.org](mailto:info@annafreud.org)

**Information:**

.The service aims to build resilience and support children, young people and families in distress.

# Anxiety Canada

- **Website:** [www.anxietycanada.com](http://www.anxietycanada.com)

## Information:

The website is designed to help parents and their anxious children. You will find practical strategies and tools to help you manage your child's anxiety, whether your child is just beginning to show symptoms, or has been diagnosed with an anxiety disorder.



# APTCOO

Improving the lives of disabled children, young people and their families.

**Address:** A Place To Call Our Own (APTCOO)  
Unit 15 Botany Park  
Botany Avenue  
Mansfield  
Nottinghamshire  
NG18 5NF

*Please note for SATNAV use the following postcode: NG18 5NG*

**Tel:** 01623 629902  
**Email:** [enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)  
**Website:** [www.aptcoo.co.uk](http://www.aptcoo.co.uk)

## Information:

APTCOO is a registered charity based in Mansfield, Nottinghamshire, providing at the earliest opportunity a wide range of information, advice and access to a personalised range of specialist health, care and education support services for children and young people with Special Educational Needs and Disabilities (SEND) and their whole family unit



# Ask Us Nottinghamshire

**Address:** Ask Us Nottinghamshire

57 Maid Marian Way  
Nottingham, NG1 6GE

**Tel:** 0800 121 7772

**Website:** [www.askusnotts.org.uk](http://www.askusnotts.org.uk)

**Information:** Provides information, advice and support to parents and carers of children with a disability or special educational needs. The service promotes partnership between parents, schools, the local authority and voluntary organisations.



# Autism East Midlands

**Contact:** [www.autismeastmidlands.org.uk/](http://www.autismeastmidlands.org.uk/)

**Tel:** 0115 960 9263 (school)  
01909 506 678 (head office)

**Email:** [enquiries@aem.org.uk](mailto:enquiries@aem.org.uk)

**Information:** A charity that enables people with autism to live their lives with dignity, choice and independence.

The charity was established in 1968 by a group of parents who wanted to ensure that there were appropriate educational facilities for children with autism in the Nottinghamshire area. The school they set up is Sutherland House. The charity also offers residential and day care services for adults. In addition, Family Services offers help and support to the families of people with autism.



# Beat



**Helpline:** 0808 801 0677

**Website:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

## Information:

Beat is the UK's charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.



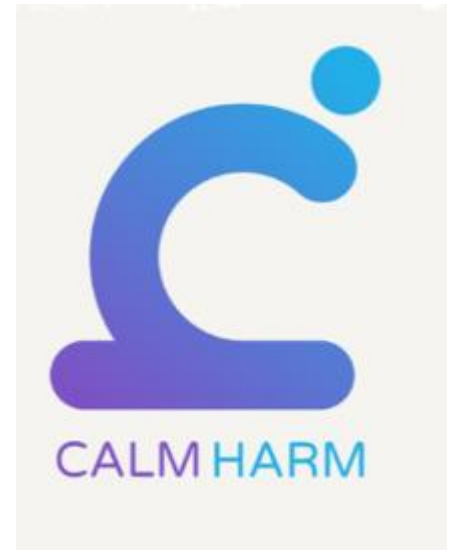
# BeUNotts



- **Website:** [www.beusupport.co.uk](http://www.beusupport.co.uk)
- **Tel:** 0115 708 0008
- **Address:** Suite 50A, Ransom Hall, Mansfield, Nottinghamshire, NG21 0HJ
- **Information:** Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for people between 0-25 years of age and their parents and carers. The service provides early interventions for children and young people experiencing mild to moderate mental health and emotional wellbeing needs.
- **Referrals:** Parents/carers can make a self-referral by completing their form, which is available at: [www.beusupport.co.uk/cyp-referral-form](http://www.beusupport.co.uk/cyp-referral-form)

# Calm Harm

Calm Harm is an award-winning app, designed to help children and young people resist and manage the urge to self-harm. The app is available to download for free from both the Apple App Store and the Google Play Store, and further information about the app is available on their website: [www.calmharm.co.uk](http://www.calmharm.co.uk)



# CASY Counselling

- Website: [www.casy.org.uk](http://www.casy.org.uk)
- Tel: 01636 704 620
- Address: 23 Millgate, Newark, Nottinghamshire, NG24 4TR
- Email: [office@casy.org.uk](mailto:office@casy.org.uk)
- Referrals: parents/carers can make a referral by completing the form available at [www.casy.org.uk/wp-content/uploads/2021/06/CASY-Referral-Form-2020-new.docx](http://www.casy.org.uk/wp-content/uploads/2021/06/CASY-Referral-Form-2020-new.docx). Once completed, the form can be returned to the service via email.



# Change Grow Live (CGL)

**Tel:** 0115 896 0798

**Website:** [www.changegrowlive.org](http://www.changegrowlive.org)

## **Information:**

Support young people affected by somebody else's substance use and support young people using substances.

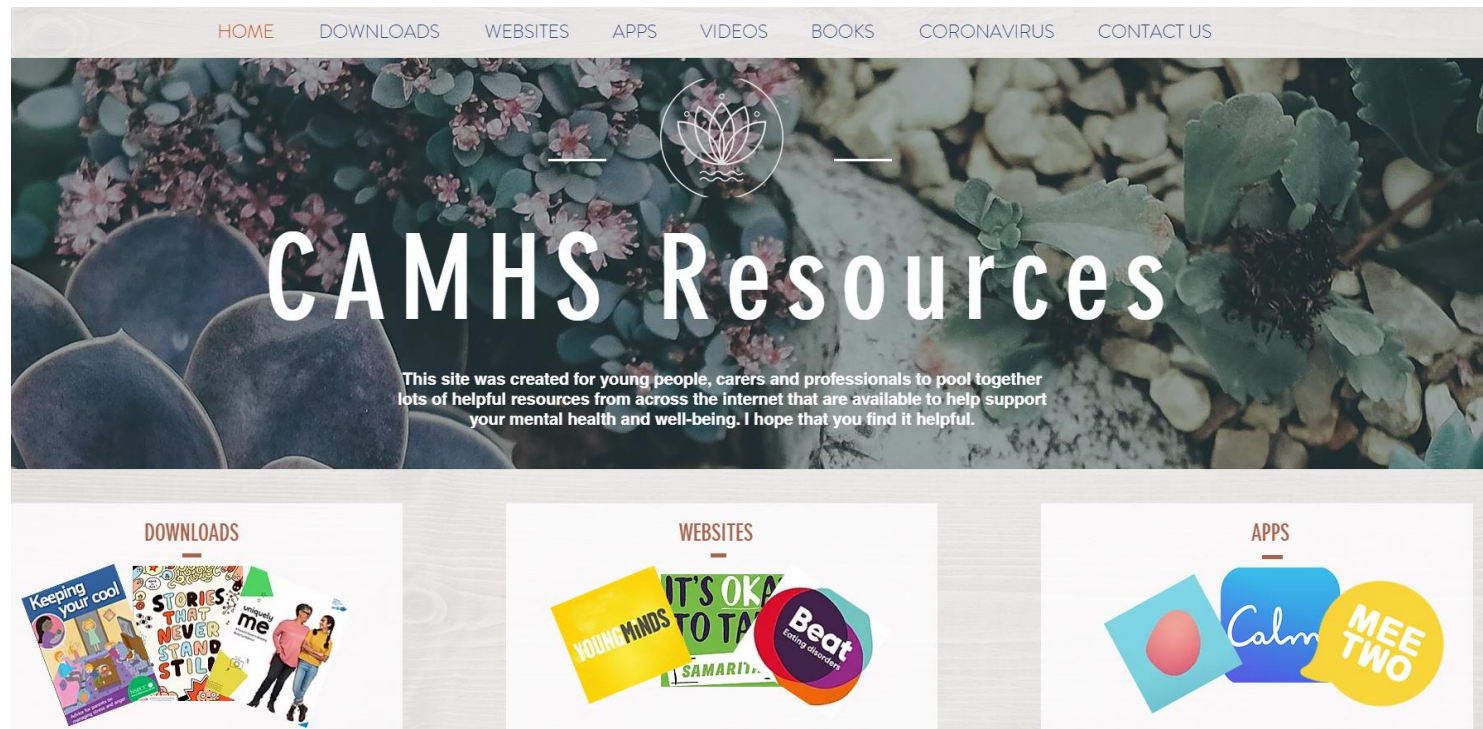


**Change  
Grow  
Live**

# Child and Adolescent Mental Health Service (CAMHS)

**CAMHS Crisis Team: 0808 196 3779**

**Click the link to access CAMHS resources to help support your mental health and well-being: <https://www.camhs-resources.co.uk/>**



# Child Bereavement UK

**Tel:** 0800 02 888 40

**Website:** [www.childbereavementuk.org](http://www.childbereavementuk.org)

**Email:** [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)

## **Information:**

We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves.



# Children's Bereavement Centre

- **Website:** [www.childrensbereavementcentre.co.uk](http://www.childrensbereavementcentre.co.uk)
- **Email:** [info@childrensbereavementcentre.co.uk](mailto:info@childrensbereavementcentre.co.uk)
- **Address:** 3 Kings Road, Newark, Notts, NG24 1EW
- **Tel:** 01636 551 739
- **Information:**

The centre is open to children aged 3 to 18 and offers a welcome and safe environment for them and their families to receive the help and guidance they need at one of most devastating times in their lives.



# Childline

**Tel:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**Information:** Helpline for children and young people





# Chill Panda

Chill Panda is a video game-based app, which helps children better understand their stress and shows them ways to feel better:

-Breathing techniques, Yoga, Exercise, Calming games.

The app is available for young people to download from the Apple App Store or from Nintendo Switch, and further information is available on the Chill Panda website:

[www.chillpanda.co.uk](http://www.chillpanda.co.uk)



# CRUSE Bereavement Care

**Helpline:** 0808 808 1677

**Website:** [www.cruse.org.uk](http://www.cruse.org.uk)

## **Information:**

Helpline for adults and young people who have experienced the death of someone. Visit the website for local CRUSE services.



# East Midlands Sexual Assault Service

**Single Point of Access Helpline:** 0800 183 0023

**Website:** [www.EMCYPSAS.co.uk](http://www.EMCYPSAS.co.uk)

**Add:** QMC, Nottingham University, Derby Road, NG7 2UH

## **Information:**

This service provides a 24-hour, confidential helpline for the East Midlands. EMCYPSAS provides medical and holistic assessment following sexual abuse for children and young people. Click on the website link for further information, including the referral pathway.



# Equation

- **Website:** [www.equation.org.uk](http://www.equation.org.uk)
- **Address:** Castle Cavendish Works, Dorking Road, Nottingham, NG7 5PN
- **Email:** [info@equation.org.uk](mailto:info@equation.org.uk)
- **Tel:** 0115 9623237
- **Information:**

Equation is a Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.



# Family Lives

**Tel:** Free confidential helpline: 0808 800 2222.

**Website:** [www.familylives.org.uk](http://www.familylives.org.uk)

**Email:** [askus@familylives.org.uk](mailto:askus@familylives.org.uk)



## Information:

Confidential advice, information and support on any aspect of parenting and family life via the helpline and live chat. For further information please visit the website.

Bullying UK is a branch of Family Lives with forums, advice and useful resources. [www.familylives.org.uk/bullying](http://www.familylives.org.uk/bullying)

# FRANK

**Tel:** 0300 123 6600  
**Email:** [frank@talktofrank.com](mailto:frank@talktofrank.com)  
**Text:** 82111 – Text a question

**Website:** [www.talktofrank.com](http://www.talktofrank.com)

**Information:**

Friendly confidential honest information about  
drugs.

**FRANK**

# Grief Encounter

- **Website:** [www.griefencounter.org.uk](http://www.griefencounter.org.uk)
- **Helpline:** 0808 802 0111 (Weekdays 9am –9pm)
- **Live chat:** [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)



- **Information:**

We work closely with individuals, families, schools and professionals to offer a way through anxiety, fear and isolation so often caused by grief. Services include one-to-one counselling, group workshops, music, art and drama therapy, family fun days, bespoke support for schools, award-winning resources including workbook and journal

# Harmless

**Address:** Harmless HQ  
The Sanctuary  
1 Beech Avenue  
Nottingham  
NG7 7LJ



**Website:** [www.harmless.org.uk](http://www.harmless.org.uk)

**Information:** Harmless is an organisation that provides a range of services for people who self-harm, their friends, families and professionals.



# Headspace

- Headspace is an NHS recommended app, which provides meditation and mindfulness tools, which can help address and reduce the anxiety young people have been experiencing and help improve their mental and emotional wellbeing. You can download the app for free from the Apple Store or the Google Play Store and further information about the app is available on the Headspace website:

[www.headspace.com](http://www.headspace.com)



# Healios

**Tel:** 0330 124 4222 (weekdays 8am-6pm)

**Website:** [www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

**Email:** admin@healios.org.uk

## **Information:**

We've created a safe and inclusive space where children and young people can gain a better understanding of their mental health, autism and ADHD needs. And we encourage their families or supporters to be part of that journey by joining their sessions virtually.



# Health For Teens – Nottinghamshire Healthcare

Text School Nurse: 07507 329 952 for confidential health advice and support

Website: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Teens can get help with all kinds of things like healthy eating, relationships, sex, emotional health, bullying, smoking, self harm, contraception, and alcohol and drugs.

Visit the website to see videos, find health information, take quizzes and find out the truth behind the rumours



# Healthy Family Team

- **Website:** [www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams](http://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams)
- **Tel:** 0300 123 5436
- **Chat Health: TEXT ONLY- 07507 329952**( A text messaging service for young people aged 11-19, where the young person can get confidential advice from the team)
- **Parent line: TEXT ONLY – 07520 619919** (A text messaging service for parents/carers, where parents/carers can get confidential advice from the team)

# Karma Nirvana

**Tel:** 0800 5 999 247

**Email:** [info@karmanirvana.org.uk](mailto:info@karmanirvana.org.uk)

**Website:** [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

**Address:** PO Box 515  
Leeds LS6 9DW

**Information:** Offer practical and emotional support for male and female victims and survivors of honour based abuse, forced marriage and domestic abuse.



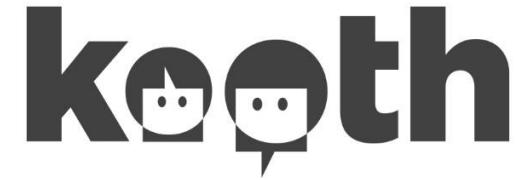
**KARMA NIRVANA**

# Kooth

## Online counselling service for young people

**Website:**

[www.kooth.com](http://www.kooth.com)



**Information:**

Free, safe and anonymous online support for young people. The young person can make a self-referral to the service by creating a free account on the website. Visit website for online chat with trained counsellors.

# LGBT+ Nottinghamshire



- **Website:** [www.lgbtplusnotts.org.uk](http://www.lgbtplusnotts.org.uk)
- **Email:** [info@lgbtplusnotts.org.uk](mailto:info@lgbtplusnotts.org.uk)
- **Address:** Abbey Street Community Centre, Worksop, Nottinghamshire, S80 2LA
- **Tel:** 01909 479191
- **Text:** 07761 500169
- **Referrals:** Parent/carer or young person aged 13+ can make a self-referral to the service by completing the form available at [www.lgbtplusnotts.org.uk/selfref.htm](http://www.lgbtplusnotts.org.uk/selfref.htm)

# Local Offer

**Website:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**Email:** [local.offer@nottsgov.uk](mailto:local.offer@nottsgov.uk)

## **Information:**

This resource is a partnership between education, health, social care, the voluntary and private sector. It is intended to provide you with information relevant to children and young people aged 0 -25 years with special educational needs and/or disabilities. Its aim is to bring as much of this information together within one website.

**[nottshelpyourself.org.uk](http://nottshelpyourself.org.uk)**



# Mermaids

**Tel:** 0808 801 0400 (available Mon-Fri 9am to 9pm)

**Text Chat:** text 85258 for free text support

**Email:** [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

**Website:** [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)



## Information:

Mermaids supports gender-diverse children and young people, as well as their families and professionals involved in their care.

Transgender and gender-variant children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

# Mental Health Support Team (MHST)



**Single Point of Access(SPA):**0115 876 0167

**Website:** [www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams](http://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams)

## **Information:**

If you are feeling anxious, worried or stressed about anything and it is affecting your everyday life then you are able to access support from MHST via the self-referral route. To self-refer all you need to do is call the CAMHS single point of access phone line and state that you would like telephone intervention from the Mental Health Support Team. The team are completing telephone sessions either weekly or fortnightly.

# Neurodevelopment Behaviour Support Service- The Family Service

- **Website:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)
- **Email:** [family servicenbs@nottsccl.gov.uk](mailto:family servicenbs@nottsccl.gov.uk) (for enquiries)
- **Tel:** 0115 9774238
- **Information:**

Referrals for ASD or ADHD assessments should be completed by either a key worker from the young person's school, or a member of the Healthy Family Team on their behalf (via a Getting To Know Me Form).



# NGYMyplace – Base 51



**Address:** 29-31 Castle Gate, Nottingham, NG1 7AR  
**Telephone:** (0115) 952 5040  
**Email:** [info@base51.org.uk](mailto:info@base51.org.uk)  
**Facebook:** [Facebook.com/ngymyplace](https://www.facebook.com/ngymyplace)  
[www.base51.org.uk](http://www.base51.org.uk)

Situated in Nottingham city centre. Open Mon, Tues, Wed, Thurs and Friday 09:00 – 20:00  
Sat: 13:00-15:00 Sun: Closed

Fully Equipped Gym  
Dance Studio  
Recording Studios  
Film Making  
Cyber Café

Lounge Area with TV and Games

Outburst - LGBTQ+ Support Group: Age 15 – 19 on Wed 6 – 8pm. Age 11 – 14 on Saturday 1 – 3pm

Laundry and Shower Facilities

Counselling Service – phone in the morning to enquire about available slots for that day

# NHS 5 Ways to Wellbeing



- **Website:** [www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing)

## Information:

Mind, the mental health charity, and the NHS have developed the 5 ways to wellbeing, outlining 5 steps everyone can take, to help improve their mental and emotional health. Further information about the tool and how it could help young people is available on the NHS and Mind website.

# Nottinghamshire Adult & Young Carers

**Tel:** 0115 962 8920

**Email:** [hello@tuvida.org](mailto:hello@tuvida.org)

**Website:** [www.tuvida.org/eastmidlands](http://www.tuvida.org/eastmidlands)



## **Information:**

Information support and guidance service for adult & young carers caring for a loved one, neighbour or friend. You could be a carer if you are supporting a family member, friend or neighbour because of their illness, disability, mental health issue or substance misuse.

# Nottinghamshire Women's Aid

- **Website:** [www.nottswa.org](http://www.nottswa.org)
- **Email:** [enquiries@nottswa.org](mailto:enquiries@nottswa.org)
- **24hr Helpline:** 0808 800 0340
- **General Enquiries:** 01909 533 610
- **Information:**

Offers the following services: Domestic abuse support; Intervention and recovery services; Children's & Young people's domestic abuse support; Independent domestic violence advocate service; Refuge support services; The Farr centre; Counselling services; Educational and learning services



# NSPCC

## A Parents' Guide to help keep your child safe online

**Website:** [www.nspcc.org.uk/ShareAware](http://www.nspcc.org.uk/ShareAware)

**Helpline:** 0808 8005000

**Email:** [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

National Online Safety Team (NOS)

# NSPCC



# Instagram

## Parent / Carer Advice



### What is Instagram?

Instagram is a social media platform which focuses on the creation and sharing of images, providing users with a range of filters and special effects popular among younger users.

Despite requiring users to be 13 or older, a study in January 2017 indicated that 43% of 8-11 year olds in Britain are using Instagram.

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### Safety Tips

As with all Internet activity, talk to your child about how they use Instagram, the importance of not 'oversharing', and any issues they have faced.

It is safest to change the default privacy settings in your child's account from public to private. If your child is older and you agree for them to have a public account, you should discuss strategies for coping with negative feedback and for blocking users. You should also monitor messages they receive.

Given Instagram's reported impact on young people's mental health, keep an eye out for early warning signs of such issues with your child. Seek professional support or consult online services such as Shout at the earliest point of concern.



Regularly spring-clean your child's Instagram account with them by removing any posts and images you agree are inappropriate and blocking any concerning contacts. If you have any concerns that somebody might be trying to groom your



child you should immediately contact CEOP.

### Reasons for concern

#### Privacy settings

A key concern regarding children's use of Instagram is the fact that the default privacy setting for accounts is 'public'. As such, unless a child actively alters their privacy settings, all of the pictures they post to Instagram will be available to anybody. This could result in their images being seen by inappropriate individuals and might lead to receiving unwanted communication.

#### Follower lists

In a world where celebrity success is measured by numbers of social media followers, it is understandable that children might want to grow their own list of followers. A child's non-private account can quickly grow with followers, some of whom might not have entirely innocent motives.

#### Terms and conditions

Instagram's 5,000-word terms and conditions states that users agree that Instagram can use and sell their sell images for others to use (without paying or further consent). Instagram also retains the right to store, use and share the personal information and direct messages of their users.

#### Grooming

In 2019 the NSPCC reported that Instagram was involved in more online grooming cases than any other online platform. Where the police recorded the method of communication, Instagram was used in 32% of cases, in contrast to Facebook at 23% and Snapchat at 14%.

#### Mental health issues

A report by the Royal Society for Public Health found that Instagram rated as the worst social media platform when it comes to its impact on young people's mental health. Being image-centred the RSPH claimed that Instagram (along with Snapchat) appears to be driving feelings of inadequacy and anxiety in young people.

# Online Safety Alliance

# Snapchat

## Parent / Carer Advice



### What is Snapchat?

Snapchat is one of the image-based social media platforms which is incredibly popular with children. One of the key features of Snapchat is that, by default, messages sent through Snapchat disappear seconds after they are viewed by the recipient. The minimum age to use Snapchat is 13 but it is a popular and widely used platform among children younger than this.

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### Safety Tips

As with all Internet activity, talk to your child about how they use Snapchat, the importance of not 'oversharing', and any issues they have faced.

The default privacy setting of 'My Friends' prevents children from sharing 'snaps' with users unknown to them. However, children may change this setting and make their posts public. Ensure your child is aware of the importance of maintaining strong privacy settings and check the settings your child has selected.

In the settings options, ensure your child has Snapmap set to 'ghost mode'. This will ensure that nobody can see their current location.

Ask your child if they know how to report or block a user who sends them anything that upsets them. This can be done by going to the friends list, selecting the person creating the issue and then selecting the gear icon.

Remind your child that although Snapchat automatically deletes images once seen, somebody can copy the image and share it with others.

### Reasons for concern

#### Abuse and bullying

As messages disappear shortly after being read, Snapchat has become a popular tool for abuse such as online bullying as abusers feel they will not be held to account for messages posted once they are deleted. This is supported by the fact that if somebody takes a screenshot of a message posted on Snapchat then the person who posted it is informed that this has happened, making it more uncomfortable for people to take evidence of abuse they have suffered or witnessed.

#### The Snap Map

The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively their home address) with individuals.



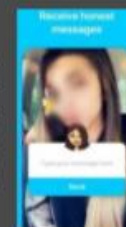
#### Addiction-inducing features

Children are naturally more prone to addictive behaviour than adults. As such, the inclusion of features such as 'Snap Streaks' (where two users share pictures with each other on consecutive days) encourages addictive behaviour. Snapchat rewards longer streaks with special emojis. This can result in children increasing their daily usage of the app.



#### Risk of secondary apps

Snapchat allows users to link to secondary apps that can be used inside Snapchat. A recent concerning example is YOLO which allows users to offer people the opportunity to anonymously ask them questions. Such apps have led to online bullying and hate crime.







### What is WhatsApp?

WhatsApp is a free messaging app. It allows you to send text and multimedia messages (video, images and voice recordings) to people in the contact list on your phone. It also allows users to set up group chats where the administrators can invite up to 256 people to share messages and images publicly within the group. Although the age limit for WhatsApp was recently raised to 16 it is popular with primary age children and above. So what are the risks?

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### Safety Tips



As with all Internet activity, talk to your child about how they use WhatsApp and any issues they have encountered.



With your child, look through the groups they are members of and discuss any areas of concern you have. You may agree that it would be best to leave the group.



Go to the settings (by pressing the three dots in the top right of the screen) and ensure your child's profile is set to 'contacts only'.



To leave a group: Open the group in WhatsApp. Press the three dots in the top right of the screen and select 'Group Info'. Scroll down to 'Exit group'.



If an admin adds your child back into a group they have left, your child can ask them not to do this. If they keep adding them then you can prevent it by blocking the admin. To do this, WhatsApp provide the following guidance:

1. Go to the group in WhatsApp, then tap or click the subject of the group.
2. Tap or click the phone number of the admin you wish to block.
3. If prompted, tap or click Message (phone number) or Send Message.
4. A blank chat with the admin will open up. Tap or click the phone number at the top.
5. Tap or click Block = Block.

### Reasons for concern

Group administrators can invite people your child does not know into group chats. Some of these people may not have innocent intentions or may be older and post age-inappropriate messages.

Some WhatsApp groups can contain images and messages which can cause distress to children. These might include violent images or videos, abusive messages and sexual content.

Chain messages are often shared through WhatsApp. These pressure children to post them on to their contacts, e.g. by claiming that failure to do so can result in the child or a family member dying. Many children find such messages distressing but also feel they must share them with others due to fear of the threat.

and killed him. A girl named Loran got this message. She laughed and deleted it. I later came to her house and killed her and buried her in a desert. A boy named

WhatsApp does not allow users to decide whether to join a group. Your child will be automatically added to any groups that their contacts add them to. If your child leaves the group the administrator can add them straight back in.

Your child may be in WhatsApp groups in which huge numbers of posts are made. The alerts this generates can be an unnecessary distraction and can disrupt sleep.

WhatsApp's default privacy settings are that anybody can see your child's profile photo and when they were last online.

WhatsApp 'dare games' have become popular with children. These involve the child making a quiz about themselves to share with others and this can lead to oversharing of personal information which can be publicly available.

Children can add and then remove other children from groups as a form of exclusion and bullying.

# Online Safety Alliance



### What is TikTok?

TikTok is a social media app where users share short video clips of 15 seconds duration. It started out as an app named 'Musically' and was used to share videos of dancing and lip-syncing to music. Much of the content on TikTok still reflects these origins, but popular videos now also include pets, makeup, magic tricks, fashion, art, people reacting to situations, etc. According to OSA research, TikTok is now as widely used by 11-14 year olds as SnapChat and Instagram.

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### Safety Tips



As with all Internet activity, talk to your child about how they use TikTok and any issues they have encountered.



Discuss whether it would be best to change your child's account to private to avoid interactions with non-friends. If you agree to keep the account public you should discuss strategies for coping with negative feedback and for blocking users.



Help your child to spring clean their account from time to time by removing videos you agree to be inappropriate.



Ensure your child knows not to post videos in their school uniform. Also discuss how recording videos at school might break school rules and what the consequences could be.



The TikTok settings allow you to set a time limit for how long each day you want your child to be able to use the app. This can be password protected to ensure they stick to the limit.



### Reasons for concern

TikTok has a minimum age rating of 13 and anybody under 18 should have parental permission to use the app. However, new users simply enter a date of birth to indicate their age and there are no verification steps. As such, children of any age can create an account by using a false date of birth.

New users will be shown a range of video clips the app feels may be of interest. Many of these will quickly expose users to offensive language which will be inappropriate for children.

The clothing worn and the type of dancing in some videos could be deemed sexualised and therefore something that might be inappropriate for younger users to be exposed to.

The default privacy settings in the app are concerning. Although only friends can send users direct messages, the videos posted by users can be seen by anybody and anybody can like / comment on the videos. New users are also available for anybody to perform a musical duet with. Such default settings can leave children vulnerable to unwanted communication from others.

Many children in the UK are posting videos to TikTok where they are wearing their school uniform, making it possible for strangers to identify their location.

The nature of videos children are posting to TikTok (singing, dancing, etc) can leave them vulnerable to receiving negative comments which can have an impact on mental health.

The company that owns TikTok is facing legal issues and stands accused of illegally collecting data on children (when it was Musically) and the app has been deemed a 'potential security risk by the FBI'.

# Papyrus



- **Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)
- **Email:** [admin@papyrus-uk.org](mailto:admin@papyrus-uk.org)
- **Tel:** 0800 068 4141 (available everyday 9am to midnight)
- **Text:** 07860 039 967 (available everyday 9am to midnight)
- **Information:**

Papyrus exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress.

# Sam App



- The SAM App has been developed to help people monitor and manage their mental health and will be able to provide young people with techniques to address the anxiety they have been experiencing. Further information about app is available on their website:

[www.mindgarden-tech.co.uk](http://www.mindgarden-tech.co.uk)



# Samaritans



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

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Tel:** Freephone 116 123 - 24 hours a day, 365 days a year

## Information:

*‘Every six seconds, we respond to a call for help. No judgement. No pressure. We’re here for anyone who needs someone.’*

Email or talk to the Samaritans about anything that is worrying you.

# Schools and Families Specialist Services (SFSS)

- **Tel:** 0115 804 1232 (for the Early Years SFSS & the Sensory Team)  
0115 854 6464 (for the Communication & Interaction and  
the Cognition & Learning)

## **Information:**

We are a team of specialist teachers and teaching assistants with additional qualifications and extensive experience in working with children and young people with special educational needs aged from 0-19.

# Shout

Website: <https://giveusashout.org/>

Text: text 'SHOUT' to 85258



## Information:

*'Shout 85258 is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.'*



**24/7**

You can text us any time, day or night.



**Confidential**

Your messages with us are confidential and anonymous.



**Free**

It is free to text Shout 85258 from all major mobile networks in the UK.

# TalkZone



- **Website:** [www.talkzone.org.uk](http://www.talkzone.org.uk)
- **Email:** [info@talkzone.org.uk](mailto:info@talkzone.org.uk)
- **Address:** Abbey Street Community Centre, Abbey Street, Worksop, Nottinghamshire, S80 2LA
- **Tel:** 0300 555 5582/0300 300 0033

## Information:

The young person can make a self-referral to the service by completing the form available at [www.talkzone.org.uk/selfref.htm](http://www.talkzone.org.uk/selfref.htm)

Name's parents/carers can make a referral on the young person's behalf by completing the form available at [www.talkzone.org.uk/proref.htm](http://www.talkzone.org.uk/proref.htm)



# The Family Service- Early Help Unit

## **Information:**

The service prefers referrals to be made by a professional via an Early Help Assessment Form( EHAF), which can be completed by a key worker from the young person's school on their behalf. Alternatively, parents/carers can call the number below for advice:

**Tel:** 0115 804 1248

**Email:** [early.help@nottscc.gov.uk](mailto:early.help@nottscc.gov.uk)

# The Mix – Essential support for under 25s

**Tel:** 0808 8084994

**Website:** [www.themix.org.uk](http://www.themix.org.uk)

## **Information:**

The Mix is the UK's leading support service for young people. Advice and support from mental health to money, from homelessness to finding a job, from break-ups to drugs. Call the helpline for advice.



# The Tomorrow Project



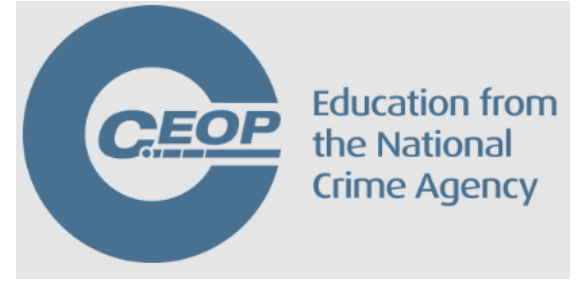
**Website:** [www.tomorrowproject.org.uk/](http://www.tomorrowproject.org.uk/)

## **Information:**

Supporting those who have been bereaved by suicide. A confidential, community based suicide prevention, intervention and postvention service. No age restriction.

Message directly via website.

# CEOP Education



**Website:**

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Information:**

A guide to internet safety and safe surfing of the web for young people. Age-related tabs, including one for parents and carers who would like to understand more about keeping their child safe online.

# Vita Health Group

**Web:** [www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk)

**General Enquiries:** [enquiries@vhg.co.uk](mailto:enquiries@vhg.co.uk)



## Information:

Improving lives physically and mentally drives everything we do. We work in partnership with the NHS to provide mental and physical health services, work with the UK's largest companies to help support their workforce and provide a full range of physiotherapy services to private customers.

# Victoria Health Centre – Nottingham

## Sexual Health Services

**Contact:** Reception

**Address:** Glasshouse Street, Nottingham, NG1 3LW

**Tel:** Contraception & Sexual Health Clinic: 0115 962 7627

**Website:** [www.victoriamapperley.co.uk/victoria-health-centre](http://www.victoriamapperley.co.uk/victoria-health-centre)

**Information:** For contraception, sexual health and teenage services. Situated behind the Victoria Centre



# Voice Collective

- **Website:** [www.voicecollective.co.uk](http://www.voicecollective.co.uk)
- **Email:** [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)
- **Tel:** 020 7911 0822



## Information:

Voice Collective is a UK-wide project that supports young people who hear voices, see visions, or have other sensory experiences or beliefs.

# Winstons Wish



- **Website:** [www.winstonswish.org](http://www.winstonswish.org)
- **Helpline:** 08088 020 021
- **Email:** [ask@winstonswish.org](mailto:ask@winstonswish.org)
- **Address:** Conway House, 31-33 Worcester Street, Gloucester, GL1 3AJ
- **Information:**

Winstons Wish is a national service, that supports bereaved children, young people, their families and the professionals who support them. They offer both 1-2-1 counselling discussing themes of bereavement and the impact; sessions are led by the young person and group work online for peer support.



# JUNO Women's Aid

(formerly known as WAIS)

**Visit:** [junowomensaid.org.uk](http://junowomensaid.org.uk)

**Address:** Suite 1,8 &9, Heathcote Building, Heathcoat Street, Nottingham, NG1 3AA

**Helpline for women:** 0808 800 0340 (24hr Freephone)  
Interpretation also available through Language Line

**General enquiries:** 0115 947 5257

**Email:** [enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

*'We're a charity working with women, children and teens who have been affected by domestic abuse*

*We run a wide range of services including the 24 hour Nottingham and Nottinghamshire Freephone Domestic and Sexual Violence Helpline. This is where you can speak to one of our specialist trained female support workers 365 days a year.'*

## **We offer**

- Crisis support and drop ins
- Ongoing one to one support
- Refugee accommodation (BMER and Dispersed Refugee service)
- 12 week healthy relationship programmes (The Freedom Programme)
- Therapeutic groups for mums and children
- One to one support for teenagers
- Foster care for family pets



# Young Minds

The voice for young people's mental health and wellbeing



**Tel:** Parent's Helpline 0808 802 5544  
(Mon – Fri 9.30am – 4pm)

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

**Text Line** If you are a young person struggling to cope, text **YM to 85258**,  
free 24/7 support. All texts are answered by trained  
volunteers, with support from experienced clinical supervisors.

## Information:

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Find out more about us, our mission and how we work. Visit the Young Minds website to find out more.

# Your Health Your Way

**Tel:** 0115 772 2515

**Address:** Suite 1 The Willows, Ransom Wood, Mansfield,  
Nottinghamshire, NG21 0HJ Mon-Fri 9am -5pm

**Website:** [www.yourhealthnotts.co.uk/](http://www.yourhealthnotts.co.uk/)



## Information:

Your Health Your Way is Nottinghamshire's new Integrated Wellbeing Service funded by Nottinghamshire County Council and delivered by ABL Health. We are here to help all residents of Nottinghamshire (excluding Nottingham city) get more active, eat healthier, manage your weight, drink less alcohol and stop smoking. We offer realistic and practical support for people to make life long healthy behaviour changes.

# WBS School Support

**Tel:** 0115 974 4488

**Email:** [admin@wbs.school](mailto:admin@wbs.school)

**Website:** [www.wbs.school](http://www.wbs.school)

**Information:** **Pastoral Support in School**

**Mr Andrews & Mrs Clarke** **Year 7**

**Mrs Nahal & Miss Hewitt** **Year 8**

**Mrs Rodgers & Miss Jones** **Year 9**

**Mrs Mills-Afford & Mr Highfield** **Year 10**

**Miss Meakin & Miss Ledgister** **Year 11**

**Mrs Woolley & Mrs Hallam** **Post 16**

**Mental Health Support Team (referral)**

**School Nurse (referral)**