

SchoolBeat

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The All Wales School Liaison Core Programme

Newsletter

**Police safeguarding the children of Wales
through crime prevention education**

Number

17





Dear Colleague,

This edition is packed full of information, advice and news to help support you and your school. **This term's Special Feature is Alcohol.**

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★ SPECIAL FEATURE ★

Alcohol

Alcohol awareness is a key issue within the AWSLCP.

Research shows that the earlier a child starts drinking the higher his or her risk of serious Alcohol-related problems later in life.

During adolescence the brain is still growing – there are parts that will not be fully developed until individuals are in their early 20s.

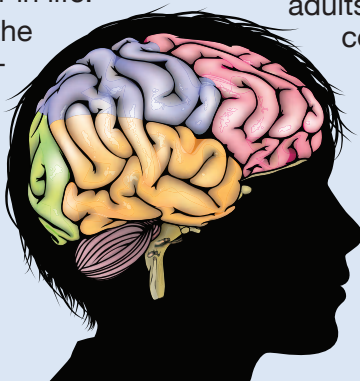
The part of the brain that is involved in

planning and judgment matures late, as does the part relating to long-term memory and learning.

By drinking, young people could prevent these parts of the brain developing properly.

Young people are generally smaller and weigh less than adults, so Alcohol is more

concentrated in their bodies and they feel the effects of Alcohol more quickly and for longer. They may also be less able to judge or control the amount they are drinking.

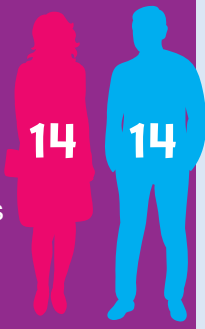


Government guidance about drinking states there is no 'zero risk' way to drink alcohol.

BINGE DRINKING IS WHEN SOMEONE DRINKS 5 UNITS IN ONE SESSION

Think Units!

Recommended daily guidelines for ADULTS state that men and women should not drink more than 3–4 units in any one day and no more than 14 units a week.



Units are sometimes hard to understand as people don't drink in units, they drink by the glass. Drinking more than the recommended unit guidelines increases the risk of damage to health. Risks include cancer, heart disease and stroke.

YOU SHOULD NEVER 'SAVE UP' UNITS AND DRINK HEAVILY AT WEEKENDS.

Alcohol related problems

The consumption of Alcohol in Wales is a cause of many health problems:

- Recent figures show that Alcohol is a major cause of death and illness in Wales with around 1500 or 1 in 20 of all deaths attributable to Alcohol each year.
- The harmful use of Alcohol ranks among the top five risk factors for disease, disability and death.

- People who drink regularly over a long period of time may get liver disease. There are records of 25 year-olds dying from Cirrhosis.
- Some people who really overdo it may end up in a coma.
- Approximately 20% of all admissions to A&E are linked to drinking and 22% of accidental deaths are Alcohol related in the UK.
- Of the 777 deaths from Alcohol in Wales, liver disease and Cancer were the most common causes.
- Drinking in children and young people remains a particular concern with 1 in 6 boys and 1 in 7 girls aged 11-16 drinking Alcohol at least once a week.

By far the most common risk is having an accident.



- Alcohol affects your co-ordination, balance and judgement.
- Many people every year end up with facial injuries or broken bones – or occasionally - serious disabilities.
- Around 400 young people under 18 are admitted to hospital for Alcohol-specific conditions.



There is also a clear and consistent relationship between the amount of Alcohol consumed and HARM. Alcohol is 5th highest risk factor for years of life lost in Wales and is 4th highest risk factor for disability-adjusted life years in Wales.

Jo Charles, Public Health Wales 2018

Alcohol and the Law

Drinking Alcohol

It is illegal to sell Alcohol to anyone under the age of 18. It is also illegal for adults to attempt to buy Alcohol for anyone under the age of 18.

At home

It is illegal for children under 5 to drink Alcohol at home. Above this age, children must have parental permission to drink Alcohol at home.

In a pub

- 1 Under 14s can only go in pubs that allow children to enter with an adult but they must stay in the garden or family room. They cannot drink Alcohol!
- 2 Under 16s can only enter a pub with an adult. They cannot drink Alcohol!
- 3 16 or 17 year olds can enter a pub with an adult and the adult can buy them a drink (not spirits) to have with a meal.

Drinking in public places

Only people over 18 can drink in public. Police can confiscate Alcohol that is being drunk by under 18s in public.

Drink Driving

In the UK, the Alcohol limit for drivers is 80mg of Alcohol per 100ml of blood. Anyone caught over the Alcohol limit when driving will be banned from driving for at least 12 months, and fined up to £5,000.

You can also be sent to prison for up to 6 months.

If caught drink driving more than once in a 10 year period, you will be banned for at least 3 years.

Drunk and Disorderly

There are also laws about being drunk and disorderly in public places. If arrested offenders are usually issued with a fixed penalty for £80.

Offenders can also be sent to court where they could face a fine of up to £5000.



Alcohol and ACEs

High risk drinking has been identified as a key Adverse Childhood Experiences (ACE) indicator in ACE research.

Compared with people with no ACEs, those with 4+ ACEs are 4 times more likely to be high risk drinkers.

The impact of ACEs can be mitigated. Access to a trusted, always available adult is especially key.

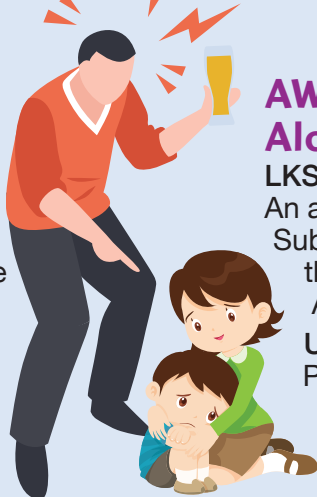
Individuals with 4+ ACEs and without an available adult are 30% more likely to engage in weekly heavy drinking -compared with individuals with 4+ ACEs who had a supportive adult.

All our **SchoolBeat** inputs encourage the development of resilience and encourage pupils to name the trusted adults they can turn to for help and support.

Our SchoolBeat Officers are always one good example! For more information, visit www.wales.nhs.uk

The ACE Support Hub

acts as a network and centre for bringing together tools, guidance, best practice etc. to reduce ACEs in Wales and minimise their impact. For more information visit www.publichealthnetwork.cymru



AWSLCP Inputs about Alcohol

LKS2 Sinister Substances

An animated story about ‘Sinister Substances’ helps pupils improve their knowledge of Tobacco, Alcohol and Solvents.

UKS2 So! Wat’s the Problem?

Pupils discover the harmful effects of misusing Alcohol and Solvents. A DVD clip stimulates discussion about anti-social behaviour, binge

drinking and its effects on the community. Information is given on where to go for help.

KS3 Alcohol - Thinking about Drinking!

A board game and short film challenge the pupils’ knowledge of Alcohol and the law and the ways in which Alcohol can affect behaviour. Pupils are given positive safety messages and guidance with information about helplines.

KS4 Alcohol - Double Trouble!

Emotive DVD clips encourage pupils to consider the effects and consequences of Alcohol misuse. Pupils then consider how to reduce the risk to their personal safety and are offered guidance on where to go for help.

ASSEMBLIES:

1 STOP: Start Thinking Of the Problem (KS2)

2 DARK: Drink Abuse: What you Really need to Know (KS3)

3 Night Out: Risky Business (KS3)

All available on

SchoolBeat.cymru

FAMILIES AFFECTED BY IMPRISONMENT

How Does Having a Family Member in Prison Affect Children and Families?



A 'Hidden' Group

7% of children experience a parent being imprisoned during their school years. In total an estimated 200,000 children in England and Wales have a parent in prison.

Compared to their peers, these children face significant pressures and emotional upheaval.

- They tend to feel isolated in school.
- They have a greater likelihood of poor outcomes, and of facing impoverished and damaging lives.
- Families, generally, are more likely to experience poverty and debt and feel stigmatised in their communities.

There is little awareness of the specific needs of these children

and no systematic support.

Such uncertainty means that the services and support that they could benefit from, are often not available to them.

They are also unlikely to reveal themselves for fear of social stigma and bullying and so remain hidden from local services.

Some of the children of those imprisoned are at risk of becoming offenders themselves.



Intergenerational offending

A landmark study found that 65% of boys who had a father in custody go on to offend themselves.

The imprisonment of a mother also has lasting consequences for children. Only 5% of children with a mother in prison remain in their own home causing further instability and trauma.

The Impact

Children with a parent in prison:

- are twice as likely to experience behavioural and mental health problems.
- are less likely to do well at school and more likely to be excluded.
- are three times more likely to be a perpetrator or victim of domestic violence.
- are four times more likely to become dependent on drugs; and cost the public purse ten times more by the age of two.

Parental Incarceration as a Significant Adverse Childhood Experience (ACE)

Parental incarceration has been classed as one of the 11 Adverse Childhood Experiences (ACEs) identified amongst the Welsh adult population by Public Health Wales (2018)

As collective childhood stressors, ACEs can create long-term harm affecting mental, physical and social wellbeing.

The first two years, including pregnancy (or the First 1000 Days) are particularly key in a child's development.

If an individual has experienced 4 or more ACEs, the research has found that he/she is 20 times more likely to be imprisoned.

Adaptation from the Link Newsletter, January 2018.

“No child should be punished because their parent is in prison.”

Barnardo's 2018



Help Available

In England and Wales the National Information Centre on Children of Offenders (NICCO) provides an information and support service for all professionals who come into contact with the children and families of offenders.



In the Spotlight: Cannabis Oil

What is Cannabis oil?

Cannabis oil is an extract from the cannabis plant.

Is Cannabis oil legal?

Cannabis oil is illegal to possess, supply or use.

Only certain low-concentrate versions of the oil are legal and available to buy in the UK.

Why do people take it?

At the end of 2017, a World Health Organisation report revealed that it may help to successfully treat symptoms of Alzheimer's Disease, Parkinson's Disease, MS, pain, anxiety, depression, cancer and diabetic complications.

Research has argued it can:


- reduce pain
- help reduce side effects to chemotherapy in cancer patients
- reduce muscle spasms
- help reduce ocular pressure in glaucoma patients
- lower blood pressure
- relieve symptoms of asthma, constipation, depression, epilepsy and insomnia.

It's important to stress, however, that while studies have looked into these diseases and conditions and the impact Cannabis oil has on them there has been no overall study to conclude that Cannabis oil is a suitable alternative to prescribed medicines.

How is it different from illegal Cannabis?

- Marijuana is the breed of Cannabis that contains TetraHydroCannabinol (THC).
- This is the chemical that produces psychotropic effects that get people high.
- Hemp is also a breed of Cannabis - but it's bred without THC. It's rich in CannaBiDiol (CBD) which is the non-psychoactive component of Cannabis sativa.

MEDICAL USES FOR CBD OIL



- Alzheimer's Disease
- Parkinson's Disease
- MS
- Pain
- Anxiety
- Depression
- Cancer
- Diabetic complications

Cannabis oil does not produce a high.

Cannabis oil contains high levels of CBD and low THC, so it's seen as medicinal.

Is it safe?

Since November the 1st 2018, patients in the UK can be prescribed what is known as medicinal Cannabis, if it is agreed by medical consultants.



Consultants have been given the option to prescribe products containing Cannabis, Cannabis resin or CBD, if they feel their patients could benefit from it.

Dr. Andrew Thornber, Chief Medical Officer at Now Healthcare Group has issued this advice:

"While there has been some research to link Cannabis oil to improved health benefits for people with certain ailments, this should be treated with caution."

He also went on to say:

"The individual needs of the patient vary and what works for one person may not work for another. CBD is not classed as an official medication."

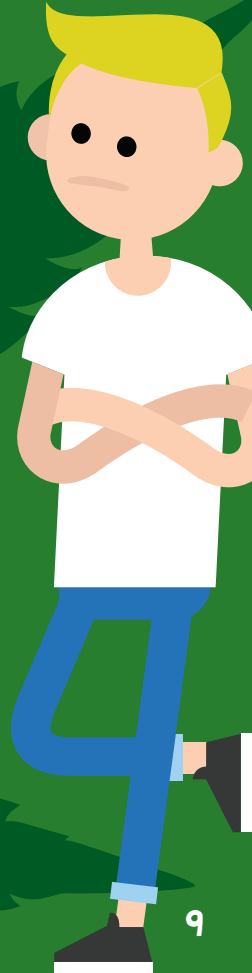
The law changed to recognise CBD as a medicine. This is down to scientific studies into its use. In a nutshell CBD oil is now legal in the UK.

CBD oil use, however, should be treated with caution according to Doctors.

As the oil isn't prescribed by a GP or Pharmacist at present, people may choose to self-medicate.

They could be putting themselves at risk of harm from unregulated online sellers or others.

The public should be wary of all untested products.



LIVE Streaming

“Live streaming is highly appealing to children and young people as it presents a chance for them to be a creator or presenter of content and be seen by a potentially huge audience.”

Marie Smith, Head of Education, CEOP

What are the risks to children?

- **Live streaming apps allow others to follow and view children** – Privacy settings always need to be checked.
- **Live streaming happens in the moment** – Children risk doing or sharing too much.
- **Live broadcasting in a private space** - This can exacerbate a child’s vulnerability.
- **Reduced inhibitions** – children may behave differently online.
- **Dependent on age, children will need different levels of support** – Being alone can expose children to adults with criminal intentions.
- **Tactics such as trickery and flattery** – Some adults manipulate children through compliments and rewards. Children can find themselves undressing or behaving in a sexual manner.

The Internet Watch Foundation (IWF) data has found that a little over a third (38%) of reports to the organisation on child sexual abuse online were now what is termed as ‘self-produced’.

This term refers to a scenario where the child is alone, or with other children and is persuaded or groomed into taking images or videos of child sexual abuse and then to share them.

The IWF’s Online Child Sexual Exploitation: Examining the Distribution of Captures of Live-streamed Child Sexual Abuse research found that:

- 96% of victims were girls.
- 96% showed a child on their own, in a home environment.
- 98% of images found were of children aged 13 and under.
- 28% were aged 10 or under.
- The youngest child was aged just three years old.

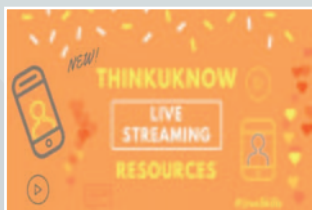


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Helping Children and Young People 'Live Stream and Vlogg Safely'

4K
HD

Live streaming is increasingly becoming one of the most popular online activities for children and young people. Apps such as Musical.ly, Live.me, Periscope and YouNow are all soaring in popularity, and other well established apps such as Facebook are adding live streaming functions.



#LiveSkills Teacher Resources
[@www.thinkyounow.co.uk](http://www.thinkyounow.co.uk)

#LiveSkills is a package of resources focusing on live streaming for primary and secondary aged pupils.

#LiveSkills explores the nuanced features and specific risks to children and young people.

#LiveSkills covers:

- Self-esteem for 8-11 year olds
- Positive and negative attention for 8-11 year olds
- **Charlie's story** - Case study for 13+ year olds
- Article focusing on identifying and responding safely to pressure online - 11-13 and 14+ year olds
- A 30 min presentation for parents/carers explaining live streaming

- All resources are designed to be delivered by professionals working directly with children and young people.



Free support to members of the children's workforce in the UK with an online safety concern.



Safeguarding

Read up on the app or platform to learn how to use the app safely.

Check privacy settings to ensure that only friends and followers are selected.

Switch off GEO location on the app, device or platform.

Parents are advised to follow or friend their child's account to support and safeguard.

Encourage children to think critically about what they share.



Schools and SchoolBeat

Listening to children and young people is an essential part of our role and the unique relationship our SchoolBeat Officers have with schools is invaluable.

Children and young people in schools across Wales are enabled to:

- Make informed decisions about their behaviour
- Have positive relationships with Police Officers
- Stay safe
- Build personal resilience
- Get help and advice from support agencies and services.

We would like to extend a special thank you to the following schools who've been eager and willing to support us with various events and campaigns during the year.



PC Norris and Tarian
at St. Mary the Virgin
School, Cardiff.



Thanks to St. Mary the Virgin Church in Wales Primary School, Cardiff and Ysgol Gynradd Brynsierfel, Llanelli, who helped create our Safer Internet Day promotional film in 2018.