

SchoolBeat

Issue 21

The latest information for teachers, parents and adults who care for children

In this issue:

- Sexual Harassment
- Drug in the spotlight:
Illegal Tobacco
- Young People
and Gambling
- Safety on the
Railways



SchoolBeat.cymru

Police safeguarding the children of Wales through crime prevention education



Welcome COLLEAGUES

To SchoolBeat's magazine!

Our **21st EDITION** is packed full of information, advice and news to help support you and your school.

With young people being exposed to more time on the Internet, our special feature is Sexual Harassment.

There is also a feature on Railway Safety, and Gambling and Young People. Our Drug in the Spotlight is illegal Tobacco.



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“Children who have experienced peer sexual abuse, exploitation and harmful sexual behaviour should be supported to speak out, listened to and able to access the help they need.”

“We don't tell our teachers” Experiences of peer-on-peer sexual harassment amongst secondary school pupils in Wales. Estyn, 2021.

Sexual harassment.

What is Harmful Sexual Behaviour (HSB)?

The Estyn report describes HSB as a term used to describe a continuum of sexual behaviours, from normal through to abusive and violent behaviours.

There is a range of common and healthy behaviours at different developmental stages. When a child or young person behaves in ways considered to be outside this range, their behaviour may be called 'harmful' because it is harmful to themselves or others.

The issue of respect

At the heart of behaviour that is considered to be peer on peer sexual harassment, is a lack of respect.

Therefore, educational inputs around Sexual Harassment need to address the lack of respect implicit in this behaviour.

One of the questions in the survey asks, **“When do young people think conversations about peer-on-peer sexual harassment should start?”**

53% identified year 6 and 7 as the right time. Girls are more likely to choose a lower age than boys. 44% of boys think it should be talked about in primary school compared to 61% of girls. Pupils who have experienced sexual harassment are more likely to think sexual harassment should be talked about at a younger age.

Young people's perspectives on sexual harassment

- Most young people have a clear understanding of what sexual harassment is.
- They refer to consent in determining whether behaviours are appropriate.
- Most pupils, especially girls, understand that it results in others feeling uncomfortable, anxious, or unhappy.
- Boys also understand negative effects but offer briefer responses when questioned in the ESTYN research.
- Generally, girls more readily identify the direct negative impact on victims.
- Girls speak about unfairness and being subject to the whim of others.
- Girls feel objectified, judged, and constrained and speak of being treated with a lack of respect.
- Boys' views are less nuanced than the girls' and tend to focus on the most obvious aspects such as use of language and acts that constitute sexual harassment.

Building resilience in young people around sexual harassment

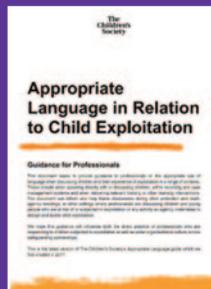
- When adults witness young people's peer-on-peer sexual harassment in the school setting, **the adult needs to take action.** (Not ignoring or playing down).
- Model a restorative response to repair harm. Empowering the target of the sexual harassment and managing the behaviour of the young person doing the harmful behaviour, helping them to acknowledge the harm they have caused.
- Avoid using victim blaming language in communication. e.g. Describing the clothing a young person is wearing as inappropriate, as opposed to calling out and managing the inappropriate behaviour of the child causing the harm or perpetrator.
- Listen to - safeguard, support and signpost the target of harmful behaviour to help available.
- Avoid responding to young people as though they are **adult perpetrators of sexual offences** when dealing with peer-to-peer sexual harassment. Helping children to be respectful and understanding harm is central to changing behaviours.
- Encourage young people to be **upstanders and not bystanders** when they witness sexual harassment occurring.
- Provide opportunity for open discussion around the topic in a safe learning environment.
- Encourage reporting using services such as Fearless, which are anonymous.
- Utilise services from outside facilitators such as your School Police Officer for relevant safeguarding inputs.

Mind your language

It is imperative that appropriate terminology is used when discussing children and young people who have been exploited or are at risk of exploitation. Language implying that the child or young person is responsible in any way for the abuse and crimes that they are subjected to, must be avoided to ensure we safeguard them appropriately.

It is also important to recognise that a child cannot consent to their own exploitation. Refer to the Children's Society guidance.

[WEBLINK TO DOWNLOAD PDF](#)



SchoolBeat resources

Help from your School Police Officer

Speak to your School Police Officer about delivery of any of the following resources that support the themes around sexual harassment.

PRIMARY



This input is aimed at year 6. It helps learners to share safely online. It explores the impact of choosing to share a nude photo with peers and gives information on who can help.

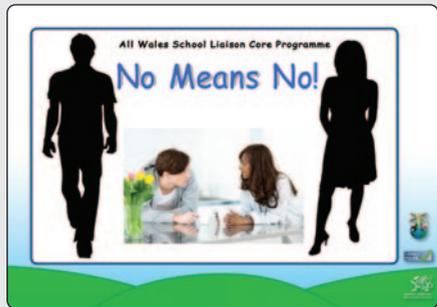


This input is aimed at years 6 and 7. It helps learners to consider the importance of respect for one another through the theme of sexual harassment.

SECONDARY



This input is aimed at year 7. It helps learners to make positive choices and explores the impact of choosing to share a nude photo with peers, how to resist peer pressure and who can help.



This input is aimed at years 9 and 10. It helps learners to understand and recognise the importance of sexual consent, the legal consequences of not respecting sexual consent and who can support and help.



Drug in the spotlight

Illegal Tobacco

Currently in Wales there is a genuine concern about illegal tobacco products on sale in our communities. Illegal tobacco sales are all too frequently linked to modern-day slavery and exploitation.

Premises are popping up across Wales in which illegal tobacco is being supplied. It is not on view but is often cleverly concealed in hiding places on the shop site or in other locations such as cars parked close by. These shops often have other

products with a very long shelf life on display as a masquerade for the selling of illegal tobacco.

Children are also unscrupulously being sold these products. It is illegal to sell cigarettes in small amounts or individually, however, there are instances where this is happening

to target younger people who have less money available.

Additionally, children are vulnerable to being exploited by these organised criminals as runners in the sale of these products, and this comes under the umbrella of County Lines activity.

“ Child Criminal Exploitation is when a child or young person is befriended and abused, taken advantage of, groomed and controlled for a criminal purpose ”



Help from your School Police Officer

Talk to your School's Officer about delivery of the Pupil and Parents input called Tricked and Trapped. It aims to safeguard young people from being groomed for County Lines crimes.

ILLEGAL TOBACCO

**DIM ESGUS.
BYTH.
NO IFS.
NO BUTTS.**

ash wales
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action on smoking and health

If they are cheap – they are most likely illegal!

If you don't know already, illegal tobacco comes in a few different forms:

- Genuine products that have been smuggled to avoid tax
- Individual cigarettes not in packaging
- Fake versions of genuine brands
- Foreign brands



So what's the big deal?

- Smoking is harmful to your body full stop. We're talking cancer, lung disease and heart disease... oh and death
- Say goodbye to your money if you get hooked. Say goodbye to holidays, better phones, or new clothes
- Your hair and clothes will stink, your teeth and hands will turn yellow. Gum disease isn't cute
- You could lose future jobs, or you could struggle to even get a job when you smoke



Spotting illegal tobacco can be difficult, but look out for:

- Cheap prices
- Lack of health warnings
- Foreign languages on the packaging
- Sold in unlicensed shops, private homes, pubs and clubs or advertised on social media



How can I stop it? Report it.

**> Report it Anonymously at
noif-nobutts.co.uk**

**DIM ESGUS. | NO IFS.
BYTH. | NO BUTTS.**



**Need help to
quit smoking?**

Visit ash.wales



1 in 2 smokers will die from smoking. It doesn't matter if the cigarettes are legal or not.

School grounds in Wales are **smoke-free**



Wales became the first part of the UK to ban smoking on school grounds on 1st May 2021. Smokers can now be fined £100 for ignoring the smoke-free rules. With thousands of chemicals in cigarette smoke, smoke-free school grounds protect the whole school

community from the dangers of second-hand smoke.

For children and young people, whose bodies are still developing, the dangers include an increased risk of asthma, chest infections, ear infections and meningitis.

Second-hand smoke also increases the risk of respiratory infections, such as Coronavirus.

Download the poster via the QR code below.



**4% of 11-16
year olds smoke
at least weekly**



School Health Research Network survey
in secondary Schools in Wales, 2019

Schools can...



- Update their smoking policy to reflect the new Smoke-Free Regulations. Display signs in line with the law and make sure the whole school community, including visitors, follow them.
- Engage primary and secondary students in tobacco education, remembering to teach them about the effects smoking can quickly cause, such as reduced fitness and smelling smoky, as well as important life skills such as decision making and resisting pressure.
- In the UK, cigarettes must be sold in 'plain packaging' with graphic images. Packets of 10 are no longer legal and cigarettes/tobacco cannot be sold to anyone under the age of 18.
- You can anonymously share information about the sale or supply of underage tobacco with Crimestoppers Wales, children can report to Fearless.
- Provide information on the benefits of quitting. Support staff, parents and pupils to quit by promoting the free, national "Help Me Quit" service.



For more information about Sinister Substances, the SchoolBeat Primary lesson that includes Tobacco, speak to your School Police Officer.

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For further information and support around smoking check out the

ASH Wales website

Despite it being illegal to sell cigarettes to anyone under the age of 18 in Wales, 39% of Year 11 smokers in the survey reported having their first cigarette before the age of 14.



Safety on our railways!

Each year, hundreds of people take risks on and around the railway, resulting in tragic consequences and life-changing injuries.

Important messages for teachers, parents and carers to share with children:

- The rail network does not go to sleep once the last passenger services have run. Freight trains run all through the night and are not advertised.
- A train can travel up to 125mph and it can take up to 20 football pitches to stop!
- Trespassing on the railway is an offence and you can be fined up to £1000.
- Electricity on the railway is turned on 24/7 and the voltage is 100 times more powerful than that in your home.

Staying Safe on Railway films



Primary Schools

<https://network-rail.wistia.com/medias/jhpe3n0gbq>



Secondary Schools

<https://network-rail.wistia.com/medias/b7abt7orei>





SWITCHED ON!

A new rail safety programme for 3-16s that encourages young people to stay Switched On around the railway!

Through a range of age targeted films, interactive games and classroom activities, Switched On teaches pupils to be aware of risky behaviour and develop hazard-spotting skills. www.switchedonrailsafety.co.uk



Take the Quiz

The #IAmTrainSafe campaign starring Gavin and Stacey actress, Joanna Page, and ex-Wales rugby captain, Gareth Thomas has been created to help make learning about rail safety fun and engaging for children from a young age.

www.iamtrainsafe.co.uk



Gambling and Young people



Does Gambling really impact young people?

Although most gambling is illegal for under 18s, the latest full Young People and Gambling Survey shows that approximately 350,000 (11%) of 11-16 year-olds spent their own money gambling in the previous week. That's more than those who smoked (6%) or took drugs (5%).

More boys than girls gamble, and as many as 55,000 young people nationally can be classified as 'problem' gamblers using a recognised screening tool with a further 80,000 classed as 'at risk'.

In April 2020, the Addiction Recovery Agency linked up with their partners at GamCare to deliver the Young People's

Gambling Harm Prevention Programme here in Wales.



What does the Programme offer?

All workshops are **FREE** and are available to both young people and youth facing professionals.

Young People Aged 11-19 years

- Young people will gain knowledge and awareness in order to make informed choices about gambling.
- Young people will understand the impact of harmful gambling, and recognise the signs of gambling-related harm in themselves or others.
- Young people will know where and how to access support if they are experiencing gambling-related harm.

Risk factors and signs to look out for

Risk factors for problem gambling include a history of gambling in the family; an early big win, low self-esteem, boredom, or depression; and peer pressure.

If you're worried that a child is gambling and that it could be getting out of control, these are some signs to look out for:

- Becoming moody or restless, acting secretive, lying

- Missing school, not completing homework, loss of interest in extracurricular activities and hobbies
- Increased interest in money and possessions; having more (or less) cash than usual
- More competitive than they used to be, keen to 'be right' about things.

Youth Facing Professionals

CPD Accredited Workshops:

- Increase your awareness of how young people are affected by gambling, online gaming, advertising, and social media.
- See how gambling can move from being a social activity to causing significant harm.
- Find out how to identify gambling related harm, and how it impacts young people.
- Increase your confidence so you can support young people who are experiencing gambling-related harm.

“As many as 55,000 young people nationally can be classified as ‘problem’ gamblers”

Gaming and gambling

93% of young people aged 11-16 regularly play video games. This popularity has led games companies to try and maximize how much money they can make from gamers. That's the reason why the popular games such as FIFA make more money from selling in-game transactions than sales of the game itself!

Loot Boxes are often purchased using real world money. They allow you to open a locked box within the game and reward you with a random item to use within that game. However, many people feel that opening up loot boxes is similar to gambling because the gamer does not get to choose the reward.

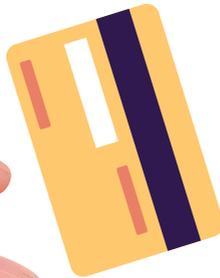
Sometimes gamers show addictive types of

behaviour and will open up loot boxes repetitively until they are satisfied with the reward they are given.

There are often media reports of young people spending hundreds, sometime thousands of pounds without their parents' permission, whilst opening loot boxes.

Often parents end up footing the bill and paying for the loot boxes to be opened.

This is because when the games were downloaded from the Apps Store, they were linked to parent's bank accounts and the parents failed to put in a password to protect any purchases being made within the game.



“ Young people who spend money on loot boxes are more than 10 times as likely to be problem gamblers ”

In the UK, 40% of children aged 11-16 have opened loot boxes.

You can be any age and legally open loot boxes as there is currently no legal age restriction in the UK. In 2020 the House of Lords commented that:

“91% of video games have loot boxes available to purchase within them”.



Many of the games are downloaded by parents with some of the most popular titles including: FIFA, Call of Duty, Fortnite, League of Legends and many more.

HELP AND SUPPORT

G BIG DEAL?



BigDeal, offers a dedicated support service tailored to the needs of young people. The Service can support anyone aged 18 and under across the UK who is either at risk of, or experiencing, harms because of gambling. This can be if they are gambling themselves, or if they are affected by someone else's gambling.

The service is free, flexible and confidential, and includes:

- Information, advice and guidance through GamCare's National Gambling Helpline (over the phone or via live chat)
- Brief or Extended Brief Interventions (this can be just one call, or a series of calls to check in on how they are doing)
- Self-help tools
- Structured interventions tailored to the young person's needs.



What's new?

We have created a series of new resources for primary school that we are calling, The Chronicles of Pen Y Fforest Primary School. Through stories based at this fictitious primary school, we explore a range of current themes to support learners around such topics as online harmful behaviour, knife crime, sexual harassment, and gaming. These inputs are designed to be delivered in a shorter time frame than our lessons and may well suit extended assemblies, targeted groups, or full classes.



This input helps learners to explore how to behave responsibly online. It focuses on the law and Harmful Online Behaviour, how to choose to do what is right and who can help.



This input helps learners to know how to stay in control when gaming online. They learn what to do if they or someone they know experiences problems when gaming and who can help.



This input helps learners to make safe choices around knives. They will learn what to do if they know of anyone - in or outside of school that chooses to carry a knife and will be able identify who can help.



What's new for secondary schools?



This updated lesson about the possession and supply of Cannabis, now has a brand-new film that follows the central character Gareth and the consequences to him and those around him, when he is caught by the police and charged with the intent to supply Cannabis.

SchoolBeat information leaflets

A large range of leaflets designed by the South Wales Police Printing Department in co-ordination with SchoolBeat covering a variety of subject matters are available to order now, to see what is available or for more information please visit SchoolBeat.cymru



Ending Physical Punishment in Wales

Physical punishment of children is illegal in Wales. There are lots of types of physical punishment. It can mean smacking, hitting, slapping and shaking, but there are other types too.

Article 19 of the United Nations Convention on the Rights of the Child (UNCRC) gives children the right to be protected from harm and being hurt. This includes physical punishment.



Wales is now the third part of the British Isles, after Jersey and Scotland in 2020, to make physical punishment illegal. To find out more scan the QR code or visit gov.wales/EndPhysicalPunishment

Parenting, give it time offers alternatives to physical punishment. Visit gov.wales/giveittime



“ Physical punishment of children is not effective in improving children's behaviour and instead increases behavioural difficulties ”



Taken from a review led by UCL, scan the QR code to visit thier website