Public Health 5-19 Service. 04/2018

Prevention Early Intervention Targeted Support

Whole School Approach

- Health & Wellbeing Review completed with the Public Health 5-19 Service and a Health & Wellbeing Plan has been developed.
- Spiralling curriculum across all year groups which is clearly planned and includes growth & development, sexual health, sex & the law, healthy & unhealthy relationships, consent, pornography, internet, sexting, links to drug & alcohol, CSE, grooming, decision making and resistance skills.
- <u>Policies</u> include clear expectations and consistent responses to incident management which considers safeguarding and confidentiality and opportunity for positive development.
- Policy and teaching is monitored and evaluated then reviewed in partnership with staff, pupils, parents and relevant agencies
- Teaching is provided in a safe and nurturing environment.
- A designated staff member and governor leads on CSE prevention and protection
- Staff have access to CSE training & support
- Understanding of local issues and effective working relationships with police and other relevant agencies
- Process in place to address early concerns in relation to individuals and cohorts of pupils

Indicators for concern

- Losing interest in school and other activities
- Struggling academically
- Craves attention, easily persuaded
- · Beginning to miss or frequently late for school
- Falling out with friends or change in friendship groups
- Hanging around with older children or young adults
- Becoming more irritable or aggressive, snapping at people
- Looking sad or angry a lot of the time
- Looking tired and may say not sleeping well
- Low level self-harm
- Spending more time online, texting, gaming or social media
- Secretive or evasive about what they are doing online or texting.
- Friends may report alcohol, drug use or sexual relationships
- Exhibiting flirtatious, sexualised or promiscuous behaviour
- Family breakdown, bereavement or traumatic event

Escalation of concern

- Parents/carer reports that frequently out late or overnight
- Increasingly late or absent from school.
- Increased secretive use of mobile phone/internet
- New 'friends', hanging around with older children or young adults
- Change of appearance neglectful or inappropriate clothing, make up
- Erratic mood changes or very sad or angry.
- Receiving unexplained gifts or money
- Physical injuries
- Drug or alcohol misuse
- Involvement in offending
- Multiple or intense sexual relationship
- Self-harm and/or thoughts of or attempts at suicide
- Repeat sexually-transmitted infections, pregnancy and terminations
- Starts to wets the bed or soils clothes
- Missing from home or care
- Family breakdown, bereavement or traumatic event

• All concerns, incidents and actions recorded on school database

- A supportive or trusted teacher to talk to the child about the concerns and whether there are issues at home or school
- Provide time and space for them to speak and ask them what you can do and how you can help?
- Speak to parents to assess their level of concern and if advice or action has been taken.
- Advise parent to speak to their GP.
- Agree a support plan which clearly outlines what is going to happen and who will be doing what i.e. school and home (SOS Assess & Plan)
- Consider the following; screen time, bullying, friendships, support at home, school pressures, sleep pattern, diet, substance misuse, sexual health
- Refer to school counsellor or mentor
- Review academic progress and provide extra support with school work
- Referral to SAFA
- Refer to Sexual Health Clinic
- Discuss with PCSO, Early Help Officer, refer to LSCB CSE procedures
- Refer to Substance Misuse, MHWB and Behaviour pathways.
- Refer to Emotional & mental wellbeing support guide for professionals

Review support plan with Early Help Assessment With consent from parent/child where

child and parent an EHA

Complete Invite pa

CSE screening tool

Discuss concerns with HUB

With consent from parent/child where appropriate complete

Invite parent/child and relevant health professional or agency to the initial TAC meeting.

Complete CSE Risk
Assessment Tool

Early Help Panel
With consent to discuss if
progress is slow or stuck

External support & links CCC - Early Help

CAMHS & My Time Cumbria
Kooth online counselling

Cumbria Sexual Health

Brook Sexual Health

FPA - the sexual health charity

NHS - Livewell

Bridgeway - sexual assault centre

Health for Teens

CEOP

Crimestoppers

<u>Local Safeguarding Children Board</u> (LSCB)

NSPCC - Child sexual exploitation Birchall Trust

SAFA | Self Harm Awareness

Childs GP Police – PCSO.

Provide advice and support

Information and website addresses to be given to parent and/or child

Public Health 5-19 Service - Contact to arrange a Health & Wellbeing Review and plan

Public health Nurses are able to provide support to address the health needs of children aged 5-19 years and signpost to appropriate service or resources. http://www.cumbria.gov.uk/ph5to19/

IF CHILD IS ASSESSED TO BE AT IMMEDIATE OR SIGNIFICANT RISK OF HARM REFER TO SAFEGUARDING POLICY OR CONTACT SAFEGUARDING HUB TELEPHONE: 0333 240 1727