

# Safeguarding Bulletin

## Thank you

I would like to thank everyone for working closely with the College safeguarding team this year. It has been encouraging to see many parents/carers using the [thinkpink@lvc.org](mailto:thinkpink@lvc.org) email address to raise concerns with us.

As we now move into the summer break please remember that anyone can make a referral to social services about a child that they have concerns about. Please use the following websites to support this process:

Cambridgeshire: please click [here](#)

Essex: please click [here](#)

Suffolk: please click [here](#)

*Shahla Matarazzo*



## E-safety

NOS have produced an app for parents and educators. There is a particularly helpful section within this app titled: What Parents Need to Know About... Recently added to this is information about: OnlyFans; Valorant; Online Conduct and TikTok. There is also a popular resource: 12 Social Media Safety Tips.



## Risk Taking Behaviours

As students spend more time with their peers over the summer break, we are aware that they may experience pressure from their peers to take risks. There has been a recent assembly in which risks pertaining to road and water safety have been highlighted. Please do talk to your child/children about this as well as not talking to strangers when they are out with friends and online. During the last year the safeguarding team have discussed online contact with strangers on a number of occasions with students. The social media platforms that seem to be most prevalent to this activity are: SnapChat and TikTok.

## Mental Health Support

Please click [here](#) for an A4 version of the image to the right. This is a useful guide that sign posts additional organisations for support. Please note that many of these have a dedicated area for parents/carers as well as children.

MENTAL HEALTH SUPPORT SERVICES <i>For Young People</i>			
<b>Centre 33</b> Whatsapp: 07514 783745 Call: 0333 41410808 help@centres33.org.uk 13-25yrs	<b>YPCS</b> Call: 0800 634 4395 Admin@ypcs.uk Online Chat 11-18yrs	<b>ChildLine</b> Chat boards, 1-2-1 Support, Call: 0800 1111 Under 19yrs	<b>ClearFear</b> Anxiety Support App 11-19yrs <b>Calm Harm</b> Self Harm Support App 13yrs+
<b>Young Minds</b> Young People text: YM to 85258 Parents helpline: 08088025544 14-25yrs	<b>Kooth</b> Online Chat: Mon - Fri: 12-10pm Sat & Sun: 6-10pm 11-18yrs	<b>CALM</b> Call 0800 58 58 58 A helpline for people who need to talk or find support 9am - midnight every day of the year	<b>The Kite Trust</b> LGBTQ+ Support 01223 369508 info@thekitetrust.org.uk Under 25yrs
<b>Samaritans</b> Call for Free 116 123 Whatever you are going through, call anytime	<b>The Mix</b> Crisis Messenger: text THEMIX to 85258 Call 0808 8084 994 Under 25yrs	<b>ChatHealth Cambs &amp; Pbro</b> Text 07480 635 443 Ages 11-19	<b>Papyrus</b> Suicide Helpline 0800 068 4141 Under 35yrs 9am - midnight every day of the year