

# Stanway Safeguarding Newsletter Spring Half Term 1

## Spot Signs of Drug Use

*Figuring out if your child is using substances can be challenging. Many signs of drugs use in teens are typical young adult behaviour. Many signs of drug use are also symptoms of mental health issues, including depression or anxiety.*

*If you have reason to suspect drug use, don't be afraid to err on the side of caution. Prepare to take action and have a conversation during which you can ask direct questions like 'Have you been drinking, vaping or using drugs?' No parent wants to hear 'yes', but being prepared for how you would respond can be the starting point for a more positive outcome.*

*Signs of drug use can include:*

- *Shifts in mood and personality*
- *Negative behavioural changes*
- *Changes in hygiene and appearance*
- *Changes in physical health*

*For more information please see:*

<https://drugfree.org/article/signs-of-drug-use-in-teens/>

*✓*

## Ketamine Info

Ketamine is a dissociative anesthetic used in human anesthesia and veterinary medicine. Dissociative drugs are hallucinogens that cause a person to feel detached from reality.

Also known as special K, super K and vitamin k, among other slang terms, ketamine is manufactured as an injectable liquid. In illicit use ketamine is swallowed or evaporated to form a snortable powder. It is odorless and tasteless, so it can be added to beverages without being detected, and it induces amnesia. Because it has been used to commit sexual assaults due to its ability to sedate and incapacitate unsuspecting victims, ketamine is also considered to be a "date rape" drug.

Signs of use include delirium, amnesia, impaired motor function, high blood pressure and depression.

If you're concerned your child may be using ketamine or other substances, the following can help you address the behavior more effectively:

<https://drugfree.org/drugs/what-is-ketamine/>

## Safeguarding Talks

We are pleased to announce the dates for our upcoming Safeguarding Information Evenings:

- **Mental Health and Wellbeing - Tuesday 28th February 6.30-7.30pm.**
- **Online Safety - Thursday 23rd March 6-7 pm.**
- **County Lines, Knife Crime, Criminal & Sexual Exploitation - Thursday 27th April 6-7pm.**

Growing up in today's world is very different to what many of us have experienced during our childhood and the problems and dangers that face our young people are complex. We see the impact of these struggles in our students daily, and work closely with experts locally and nationally to safeguard them. We would like to share key information within these areas with you. Please see this letter for more information:

<https://docs.google.com/document/d/1JMZvSGh6l1mBJZ2D6PRzNy92P7wiCfM1/edit?usp=sharing&oid=115970914085978407189&rtfpof=true&sd=true>

## County Lines: CK Drug

*County lines is when gangs and organised crime groups exploit children to transport and sell drugs, traditionally between big cities or across county boundaries. More recently this is seen locally and within boroughs or even streets..*

*One way children are coerced into taking drugs or becoming criminally involved is by offering them free samples of CK, which is ketamine mixed with cocaine. Once they become addicted, this leads to buying further supply and/or becoming criminally involved/exploited to receive more as payment.*

*There is an excellent parental resource available on County Lines through Camden Safeguarding Children Partnership:*

[https://cscp.org.uk/wp-content/uploads/2020/05/4206\\_1-County-lines-leaflet-final-web.pdf](https://cscp.org.uk/wp-content/uploads/2020/05/4206_1-County-lines-leaflet-final-web.pdf)

*For more information about the CK drugs (mix of ketamine and cocaine) please see:*

<https://www.therecoveryvillage.com/cocaine-addiction/calvin-klein-facts-you-need-to-know/>

## 'National Rape Day'

*Social media has become a place where trends tend to take the top spot among all other topics. While some of them happen to be entertaining, others are called out for being harmful.*

*The dangerous April 24 trend glorifies the criminal act of sexual assault. It first saw responses in 2021 when some referred it as National Rape Day.*

*It is unclear where the false news about April 24th first appeared. However, it did not take long for more people to hop on the trend by commenting on it or making videos about their thoughts. While some people tried to pass it off as a joke, the trend has led to more information being spread to make sure women and other people stay safe, as well as challenging harmful attitudes.*

*For more information please visit:*

<https://www.hitc.com/en-gb/2023/02/05/what-is-happening-on-april-24-2023-tiktok-users-warn-about-disturbing-trend/>

*For support around sexual assault please visit:*

<https://rapecrisis.org.uk/>

## Recent Assemblies

Our recent assemblies have focussed on Holocaust Memorial Day and Internet Safety. These were delivered by Mr Player and Mr Child respectively.

We feel it is important to share these with you so you can see what we have been talking to our students about, and so you can continue these conversations at home, with the ultimate aim of making our school and local community more educated on these issues and to ensure students are happy, healthy and safe.

Our Holocaust Memorial assembly can be accessed here:

[https://docs.google.com/presentation/d/1k5HBuu0-0fSrcrlhrbsGdrO56KZEplZzxuH9A04pVHs/edit?usp=drive\\_web](https://docs.google.com/presentation/d/1k5HBuu0-0fSrcrlhrbsGdrO56KZEplZzxuH9A04pVHs/edit?usp=drive_web)

Our Internet Safety assembly can be accessed here: [https://docs.google.com/presentation/d/1xSLUe9DBAREQFHoS-b6picgRprPel5NsfFd1eIXONb0/edit?usp=share\\_link](https://docs.google.com/presentation/d/1xSLUe9DBAREQFHoS-b6picgRprPel5NsfFd1eIXONb0/edit?usp=share_link)

## New Support Cards

We have recently created a bank of support cards for our students which are available in the Year Offices, Hubs and LRC. These have a QR code on the front which students can scan to access lots of online support. You can access these below:

### **Sexual harassment and assault:**

[Support Card Links - Sexual Harassment & As...](#)

### **Domestic abuse:**

[Support Card Links - Domestic Abuse](#)

### **LGBTQIA:**

[Support Card Links - LGBTQIA](#)

### **Drugs and sexual health:**

[Support Card Links - Drugs & Sexual Health](#)

### **Bereavement:**

[Support Card Links - Bereavement](#)

### **Wellbeing:**

[Support Card Links - Wellbeing](#)

## Food and Heat Banks

*We understand amidst the current cost of living crisis in the UK, that Christmas might be a difficult time for some of our families this year. We are keen to support you as much as possible to ensure you family is safe, happy, and comfortable at this time of year.*

*Colchester Foodbank has a number of locations around Colchester that are there to help with supplies. For more information visit:* <https://colchester.foodbank.org.uk/>

*They are also always looking for support with donations of money and food, and also volunteers. For ways you can get involved visit:* <https://colchester.foodbank.org.uk/give-help/>

*Colchester Borough Council are also working with organisations across Colchester to develop a map of welcoming warm spaces where you can go if you are unable to heat your home, whilst also enjoying a mixture of support and activities. To view these locations visit:* <https://www.colchester.gov.uk/supporting-colchester/residents-old/warm-spaces/>

