



Safe in East Sussex

In Focus: Community Safety Education for Schools, Colleges and Clubs

March 2019

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Educating young people and giving them skills to recognise and resist criminal abuse/ exploitation/victimisation and situations which they find unsafe, upsetting, threatening, dangerous or abusive is key to safeguarding young people.



It is important to give young people examples of inappropriate adult and peer behaviour and teach them how to respond when they feel threatened or uncomfortable. A key reaction to potential danger should be to seek help from a trusted adult. Participating in personal /community safety lessons helps:

- Build self-esteem and encourage respect and empathy for others;
- Identify and effectively respond to potential unsafe situations;
- Provide young people with information to access help from trusted adults and relevant organisations.

This newsletter focuses on programmes and resources being delivered, nationally and locally, which aim to equip young people with the knowledge and understanding they need to stay safe

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Stay Safe Directory 2019



This directory pulls together a variety of programmes and workshops which are currently being offered by a range of agencies and organisations. All of these focus on different strands of community safety and personal safety such as cyberbullying and preventing extremism. The directory is split into Primary and Secondary/FE sections for ease of searching.

By using some of these resources we hope it will help schools and colleges:

- Develop good quality preventative education and to collaborate with partners on the wider Community Safety Education and Awareness work in relation to risk, harm and threat to young people.
- Offer a current, modern and creative programme on personal safety and community safety which is well planned and co-ordinated.
- Provide up to date information and clear and factual advice and support on relevant and topical areas for young people.

Part of this directory includes a profile of risk to assist in identifying what education and prevention programmes could be more relevant for learners in a geographic area that school community is located.

An extensive list of supporting external resources and links are included at the end of this directory under key themes.

You can download an electronic copy of the directory from our website here:

<http://www.safeineastsussex.org.uk/staysafeprogramme.html>



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NSPCC Speak Out Stay Safe Programme

Speak out Stay safe is a 'free' session available to all primary schools in the UK. It aims to equip a generation of children with the knowledge and understanding they need to stay safe from abuse and neglect. Children are taught to speak out if they are worried, either to a trusted adult or Childline



Trained NSPCC volunteers and staff deliver an assembly and workshop with the help of the Speak out Stay safe mascot, Buddy the speech bubble. Pupils are taught in a lively, memorable and child-friendly way. Speak out Stay safe consists of a 30-minute assembly to all pupils followed by a one hour workshop for older pupils. Teachers are present throughout so everyone's familiar with the topics covered after the visit.

It's an effective way to support school's safeguarding duties and links directly to the curriculum. By the end of the visit, children feel empowered - knowing how they can speak out and stay safe. The Speak out Stay safe sessions are tailored for each audience with content for each session, different and age appropriate.

School-based education programmes about specific forms of abuse have been found to improve children's knowledge and understanding up to six months later (Fellmeth et al, 2013; Walsh et al, 2015). Research has also identified increased rates of disclosures about sexual abuse and bullying following school-based education programmes (Finkelhor et al, 2014; Walsh et al, 2015).

For further information on Speak Out Stay Safe in East Sussex please contact:

NSPCC Area Coordinator for Brighton & Hove and East and West Sussex

Amanda.rocce@nspcc.org.uk

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South East Regional Organised Crime Unit

Cyber Crime Unit: Prevent Team

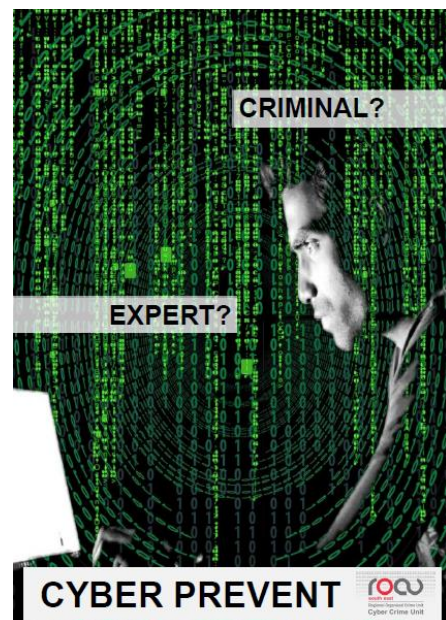
The Prevent Team work with young people to identify those who are gifted and talented in the world of Cyber, as well as those who are vulnerable or at risk of Cyber exploitation and committing Cyber Crime.

Purpose of the team

- To deliver the Prevent message to a wide audience and try to ensure nobody heads down the path into cybercrime by highlighting education and career opportunities
- To identify those at risk of committing cyber offences, educate them about the Computer Misuse Act and divert them into positive pathways, education and a legitimate career.
- To deter those who have already committed cyber offences from further offending and provide positive direction for the future
- To manage the highest risk cyber offenders to prevent further offending

What can the team help you with?

- If you have a highly gifted and talented young person interested in Cyber they can provide advice and online resources for them to participate in, both individually and as a school.
- If you are concerned about what an individual is doing in the world of Cyber they can provide intervention and diversion.
- Increase knowledge of the Computer Misuse Act for young people and the educators and professionals that engage with them.
- Explore consequences of continued toxic cyber behaviour.
- Illuminate the vast range of well-paid cyber career opportunities available to those with the necessary skills.
- Provide resources and positive pathways, both educational and vocational to assist with progression.



For further information please contact Pete, Jez and Andy at CyberPrevent@serocu.pnn.police.uk

They can send an Educator's Information Pack on request

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kNOw Knives Project Hastings

Cathrine Connelly – Hastings Area Youth Worker talks to us about delivering this unique project

“During the first part of the session, young people to tell us what they know about knife crime, using a True and False quiz and then we have conversations with the group. Some of this is supported with the basic knowledge we feel they need to know i.e. if they’re caught with a knife on them they could be looking at up to 4 years in prison or £1,000 fine”.



“We go over peer pressure and discuss different strategies they can use to get themselves out of a situation. For example needing to get home for curfew, Dr’s appointment etc. Some ideas put forward have been silly and has eased some of the tension in the room (I need to water my goldfish).”

“The session then looks at real life stories via the #knifefree website and Armani on YouTube and discuss what’s happened, how they’ve got away from knife crime and what the benefits of being knife free are – biggest one being that they are alive! Using this we look at Risks and Consequences of being a victim, witness or perpetrator and how that has an impact on themselves, their family and friends and the community.”

“We use this opportunity to discuss how getting a criminal record can limit the jobs they might want to do and the chances of not getting in to some countries like America. For witness’ we discuss the impact of Joint Enterprise and how they need to be careful of what they’re doing if something was to “kick off”, basic first aid, how to report either anonymously or in the case of an emergency and they don’t have a phone on them (going to a nearby shop, getting on a passing bus or knocking on someone’s door), and that’s it’s ok to run away, as long as they tell someone or report it as it could save a life!”



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“Each class gets given a sheet to display with numbers and websites of a few organisations that can help from crimestoppers to childline or their teachers, police and parents. To finish, we have a conversation about how they can change the conversation that society is having about young people and how they can influence a positive movement to tackle these issues”.



Young people are encouraged to complete a small paper heart with different reasons on why/what they want to live for, advice to the next generation.

“Some have been really heartfelt like their parent, sibling, pet and even their futures are a reason to not pick up a knife and to live! Others have been favourite foods or games.”

“From the feedback, students and their teachers have said that it’s been interesting and “fun”, they’ve learnt at least one thing they didn’t know before, and I’m not sure if it’s because we’re interrupting classes but they ask us to come back in! All the young people so far are given some of our “merchandise” of keyrings, pens and badges, which they proudly display.”

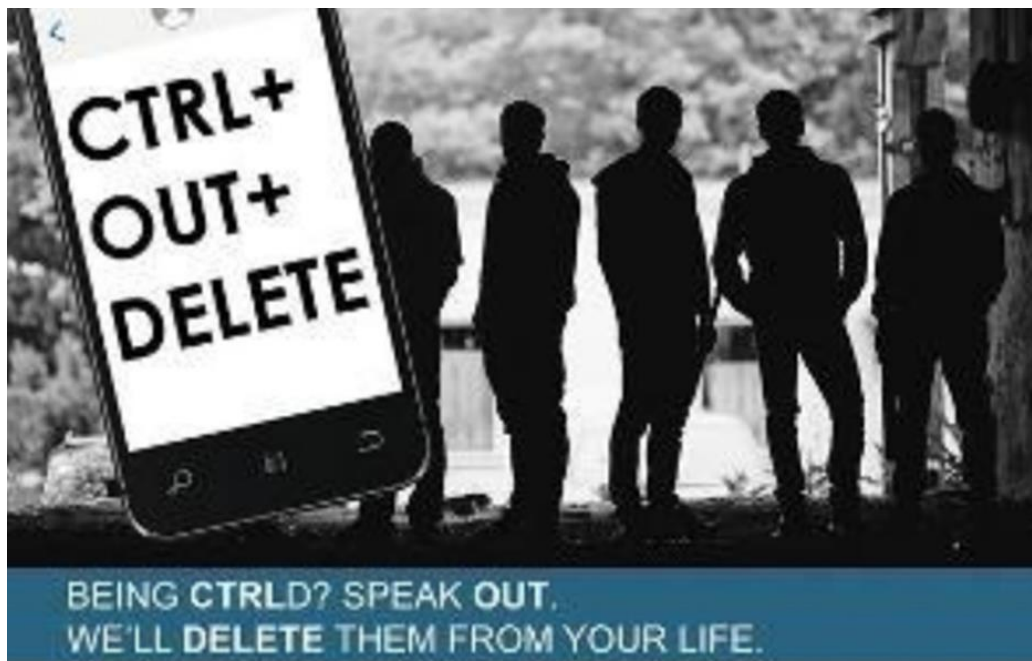
We’ve found that young people have an extensive knowledge around knife crime, and whilst we don’t tend to discuss “legal” knives, young people have brought it up.

Cathrine and colleagues have also been doing College roadshows, detached/mobile, visiting other youth centres and youth provisions aiming to engage with hard to reach young people, “training” professionals, creating parent booklets and posters.

They are also participating in Op Sceptre in a couple weeks which you can read more about on the following pages.

For more information please email kNOWknives@eastsussex.gov.uk or like them on Facebook know knives!!!!

Against Exploitation Workshop



The Safer East Sussex Team has been delivering this workshop to Secondary Schools and accommodation support providers who have identified groups of young people who are vulnerable or at risk of becoming involved in County Lines. This workshop gives factual information and advice to help young people:

- Understand what being involved in (some) gangs is about
- Understand what exploitation looks like
- Remember what qualities a good friendship is based on
- Have an improved understanding of the nature of relationships which are characterised by manipulation and violence
- Be aware of different types of grooming and exploitation



The session focuses on the positives of good relationships and supports young people to understand the possible dangers and consequences of gang crime and exploitation. A short film about a young boy groomed and criminally exploited by drug dealers based on real life events; co-written with survivors shows how grooming and child criminal exploitation works and how young people can look out for each other. For further information please email lucy.spencer@eastsussex.gov.uk

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Operation Sceptre

Sussex Police has been supporting a national crime campaign this month – Operation Sceptre – which aims to reduce the number of people, especially young people, carrying knives.

Operation Sceptre, originally started by the Metropolitan Police Service, is a twice-yearly run campaign that aims to tackle the danger that knife crime poses by educating those most at risk and carrying out proactive work that takes knives off our streets.

Local Police have been undertaking proactive activities across the county and encouraging knife owners to give up their blades anonymously as part of a national initiative. Members of the East Sussex Youth Cabinet joined Sussex Police for the launch of Op Sceptre and listened to concerns raised by the public that will help shape Youth Cabinet campaign work. Reducing knife crime was the top concern in the national and local *'Make Your Mark'* ballot held last Autumn.

Operation Sceptre is giving people the chance to surrender unnecessary and illegally held knives, so make the right choice today: lose the knife not a life.“

A total of 25 schools/ colleges and youth organisations have participated in prevention activities with Police and East Sussex Targeted Youth Support team, who have supported some of these sessions.

Information given to young people has included knowledge of legislation and practical support for young people, informing and educating young people about how to act if they feel pressure to carry a knife, and what to do if they feel in danger.

Anyone with information on knife crime should call 101 or report online. In an emergency always dial 999. <https://news.sussex.police.uk/news/sussex-police-supports-national-knife-campaign-361557>

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The UK Youth Parliament has launched their campaign, '**Action Against Knife Crime**', which calls for a significant reduction in knife crime across the UK.

ACTION AGAINST KNIFE CRIME

Over a million young people declared knife crime a top concern in the UK Youth Parliament's Make Your Mark ballot. The anti-knife crime campaign aims to highlight the prevalence of knife crime, which claimed the lives of 37 children and young people in England & Wales last year. 'Action Against Knife Crime', which was prioritised at the UK Youth Parliament's House of Commons Sitting, demands the Government combat violence through education in schools and community groups. Ending Knife Crime was also voted as the top issue to address by young people in the East Sussex Make Your mark ballot 2018.



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“County Lines” Theatre Productions

Meet Dex. He’s a nice guy. He’ll offer you money. He’ll offer you drugs. He’ll be generous. He’ll make you feel important. He’ll make you feel part of something. He’ll make your life exciting. He’ll do whatever it takes to get you working for him and his mates... and when you do...



East Sussex Standards and Learning Effectiveness Service (SLES) commissioned 20 performances of “County Lines” by Applied Theatre specialists AlterEgo Creative Solutions to support the Multi Agency Child Exploitation Groups (MACE) strategic priorities. AlterEgo Creative Solutions Ltd is a not-for-profit social enterprise dedicated to using theatre to inform, to educate & to entertain.



The play was commissioned by SLES to perform to secondary Year 8+ students in the schools in order to give young people the tools and knowledge that they need to keep themselves and their friends safe.

Most performances were attended by representatives from the police and the YMCA *What is Sexual Exploitation* (WISE) team in order to better support students with queries and /or concerns as a result of the performance.

Independent schools had access to a twilight performance so that they could evaluate the performance and decide whether to commission a production for their students.

In addition, a professionals’ performance was held on the 7th February and members of key teams from ES Children’s Services, Health and the Police attended.

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SLES wanted to ensure that the professionals' performance enabled all agencies to be aware of the messages provided to schools through this play and to participate in a discussion forum and update session about drug trafficking and criminal exploitation in East Sussex.

Each participating school was encouraged to ask their students to complete a simple questionnaire. Students demonstrated significant rises in understanding of the issues as a result of watching the production.



From nearly 500 responses, 67% of students reportedly had very little, or no knowledge at all about County Lines prior to the production. After the show, 93% of students felt that they had a secure understanding of the issue.

Whilst it is reassuring that the Year 8 students in East Sussex who had access to this production now have a good understanding of the issues, and 89% report that they would know where to go for help if they suspected their friends were involved in transporting drugs or being exploited, there remain schools where no production was held at all; in addition, it is now the responsibility of each school to ensure that the learning can be cascaded to other year groups as appropriate.

Next Steps

- At the professionals' performance further commissioning ideas were explored and SLES has identified further funding to support a second, smaller tour in July 2019 which will be offered to schools and colleges that have not yet had a production.
- Groups of vulnerable students were identified who need dedicated productions and funding will be required to commission these.
- The identification of data to identify vulnerable children at school level so that "hot spots" can be identified and support/ training provided.
- Participating Schools to be reminded that they can use the teaching materials from the AlterEgo website as follow up for the production. These can be found here http://www.alteregocreativesolutions.co.uk/wp-content/uploads/2019/01/CYP041a_CCE-classroom-resource_V2.pdf

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Priority154

Building Connections: The experiences of youth loneliness among children in care



Priority 1-54 has secured national funding from the Coop Foundation to explore youth loneliness among children in care across East Sussex. Building Connections project is one of 140 projects being funded nationally, and will provide youth-led solutions to youth loneliness, with young people helping to co-design a 'toolkit' for practitioner, who say they don't always know how to talk to young people about feeling lonely.

The aim is to consult 50 young people and 25 practitioners from across a number of youth settings, children's homes, schools and children in care councils to provide greater awareness and understanding of youth loneliness and its root causes and ensure local services are shaped by the views of young people's experiences of young loneliness.



A key focus of project is the extent to which young people's use of digital technologies and social media can actually reduce or increase their sense of loneliness and more importantly increase online risk taking behaviour as they seek to make connections with other people online.

Speaking about the project, John Khan of Priority 1-54 stated *"we hope that the project will be a first step in helping to reduce the stigma surrounding youth loneliness and empower young people to speak out about its impact on their aspirations, life chances and wellbeing"*.

So far, evidence from the project suggests that very few young people have spoken openly about their experiences of loneliness and social isolation *"I think it can be really awkward talking about being lonely so it never gets talked about whether it's with friends or carers...to be honest I think this is the first time I can remember ever talking about it"* [young women, aged 19]

If you would like to know more about the project please contact:

John Khan on 07846 137 597.

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Relationships Programme for Primary Schools

The Safer East Sussex Team has just begun an exciting new pilot in Primary Schools. The Relationships programme is based around our experience and knowledge of the skills which children and young people need for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. The programme consists of four workshops as follows:

- Relationships with ourselves
- Relationships with others
- Relationships with our community
- Relationships with social media

All schools will teach children about good physical and mental health, how to stay safe on and offline, and the importance of healthy relationships in all schools across the country from September 2020, and will put in place the building blocks needed for positive and safe relationships of all kinds.



The programme is being delivered by David Law from the Safer East Sussex Team. The team is based at Hammonds Drive Police station in Eastbourne and is made up from community safety staff from Sussex Police and East Sussex County Council.

David is a former Sussex Police Officer with a qualification in teaching PSHE. He is also a Registered Psychiatric Nurse. As part of his role David runs the Relationships Workshops designed for Year 6 upwards. These four workshops give young students the chance to discuss Community Safety issues that can impact early on in the development of young people.

The issues covered within the programme include; personal identity, good/bad relationships, bullying, knowledge of the law re illegal drugs, keeping yourself safe, the values that Britain supports, the problem of abuse in relationships, racism, hate crime, and the development of extreme views, how to say no when you need to, online issues with consideration of video gaming and scams.

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David believes strongly in building resilience to these issues at an early age as it is impossible to totally protect our children from the influences that surround us all particularly via the internet and social media. Other partner agencies such as the Youth Officers for Sussex Police or PSHE leads in Secondary Schools have been expressing the need to put these messages



across prior to secondary school. Protecting young people from exploitation is important. School is a vital time for young people, particularly during the transition phase; attitudes developed now can last a lifetime.

David speaks to the students at their level but is careful to let the young students have a safe space to understand the risks associated with these topics and develop the knowledge and skills to be able to question and challenge what they hear and see when necessary. Each lesson is approximately 50 minutes and is a combination of managed discussion, powerpoint, selected videos and tabletop exercises.

The sessions are absolutely fantastic. Children were really engaged, looked forward to the lessons and were able to discuss at length after. David has put together a fantastic scheme of work that is relevant, age appropriate, engaging and expertly delivered. Thank you very much and we very much hope to have David back again in the future. I would highly recommend to all primary schools.

Andrew McKechnie West Rise Junior School

Delivery across 3 schools to date has gained positive feedback and many of the students have said it helps to be listened to by someone in authority from outside the school and having the opportunity to talk about these important topics. Teaching staff understand that these topics can be difficult to deliver and there is an overwhelming benefit of having knowledgeable people from outside school supporting the delivery of PSHE in the classroom.

For further information please contact David.law@eastsussex.gov.uk

Operation Encompass

New Sussex-wide scheme supports children who witness domestic abuse



A new scheme to help children who witness domestic abuse in the home is going Sussex-wide. Operation Encompass is a safeguarding partnership between police and education. The model for the scheme was set up and established by Operation Encompass a charitable organisation which was set up in 2011 and has enabled effective interventions to many thousands of children who've experienced domestic abuse.

Domestic violence has a devastating impact on children and young people that can last into adulthood. Domestic abuse services offer specialist emotional and practical support for children and young people affected by domestic abuse.

- One in seven (14.2%) children and young people under the age of 18 will have lived with domestic violence at some point in their childhood. (Radford et al, 2011)
- 61.7% of women in refuge on the Day to Count 2017 had children (aged under 18) with them. (Women's Aid, 2018 – data from Women's Aid Annual Survey 2017)
- Between January 2005 and August 2015, 19 children and two women were killed by perpetrators of domestic abuse in circumstances relating to child contact (Women's Aid, 2016)

Operation Encompass is a simple but efficient way in which information from the police can be shared in strictest confidence with a school key adult, to provide that child or young person with appropriate support in dealing with a potentially traumatic domestic abuse experience they have witnessed or been subjected to at home.

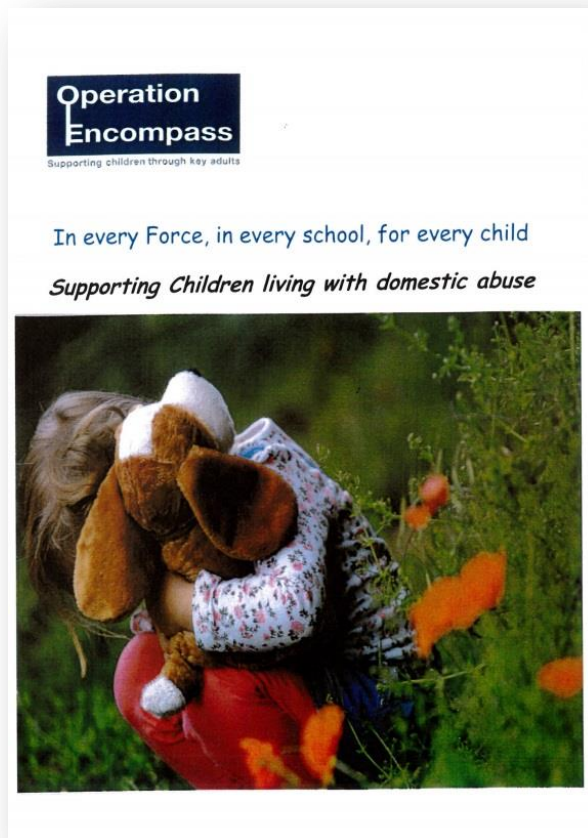
Operation Encompass has been designed to provide early reporting to schools / colleges of any domestic abuse incidents that occur in which a child was present, ordinarily resides at the incident location or with an involved party.

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We know that children can be significantly affected through witnessing or being exposed to domestic abuse and this operation will allow Schools to better support their students and their families.

In East Sussex a number of agencies have worked together in order to roll out Operation Encompass, to enable schools to support children who live with domestic abuse more effectively.

- Operation Encompass is an early information sharing partnership enabling schools to offer immediate support for children and young people experiencing domestic abuse. Information is shared by the police with a school's trained key adult prior to the start of the next school day after officers have attended a domestic abuse incident.
- Operation Encompass went live in the Hastings Opportunity Area in December 2018.
- 26 out of 28 schools in the area signed up to the project in December and the aim is to have all 28 schools signed up.
- Schools have been trained in how to respond and access to advice from Children's Services is in place. Our SWIFT service will be creating a resource pack to help school staff work with children.
- Operation Encompass will be rolled out Countywide from Easter 2019.



For more information about Op Encompass please visit:
<https://www.operationencompass.org/>

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Project deSHAME

Project deSHAME is a collaboration between Childnet, Save the Children (Denmark), Kek Vonal (Hungary) and UCLan (UK), co-financed by the EU.

It aims to increase reporting of online sexual harassment among young people and improve multi-agency cooperation in preventing and responding to this behaviour.

- Online sexual harassment is defined as unwanted sexual conduct on any digital platform and it is recognised as a form of sexual violence.
- Online sexual harassment encompasses a wide range of behaviours that use digital content (images, videos, posts, messages, pages) on a variety of different platforms (private or public).
- It can make a person feel threatened, exploited, coerced, humiliated, upset, sexualised or discriminated against.

Project deSHAME has recently launched new resources for schools and police on addressing online sexual harassment amongst young people aged 13 - 17 years.



The '**Step Up Speak Up**' Toolkit includes practical, scenario-based and interactive activities including 4 lesson plans with accompanying films, workshops and an assembly presentation. It also includes advice and guidance for school staff, police and other professionals working with young people.

The resources along with the teaching guide can be downloaded here:

<https://www.childnet.com/resources/step-up-speak-up>

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The toolkit includes [posters](#) which can be displayed around your school or setting to help raise awareness about the issue of online sexual harassment. There is a customisable version available to share specific details of whom, when and where young people can go to for further help.

Another resource consists of a [peer led drama workshop](#) which has been designed for older students (16 – 17 years) to lead and facilitate with younger students (13 – 15 years). Young people will explore what online sexual harassment is, when, where and how it happens, and discuss key reporting strategies.

Peer to peer learning can have huge benefits, particularly when discussing sensitive subject matters as young people can often feel more comfortable talking about difficult issues, such as online sexual harassment, with people of a similar age. Discussing topics through the guise of drama and exploring situations through characterisation and role play can provide freedom to play out different consequences and discover potential solutions.



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Safe Drive Stay Alive

Between January 2017 and November 2018 there have been 174 17-24 year old Killed or Seriously Injured (KSI) on the roads of East Sussex. That is a shocking average of 8 killed or seriously injured every month

Safe Drive Stay Alive is produced by a partnership including Sussex Police, Sussex Safer Roads Partnership, South East Coast Ambulance Service and coordinated by East Sussex Fire and Rescue Service.



The objective is to reduce the number of people killed and seriously injured on the roads of East Sussex and Brighton and Hove. The show explores the consequences of getting involved in a road collision.

Safe Drive Stay Alive seeks to provide an educational experience that teaches young people not only the dangers, but also the consequences, of poor and dangerous driving. A video reconstruction of a road traffic collision links with on-stage personal testimonies to leave the audience fully aware of both their vulnerability and accountability as new drivers

Serving members of the police, fire and medical services give real life accounts of local incidents they have witnessed. They are followed by the victims of road traffic collisions – people whose lives have been changed irrevocably.

Safe Drive Stay Alive predominantly runs in November around the county utilising larger external venues and free coach travel to and from the venue for your pupils/teachers is arranged. The shows are held in Brighton, Hove, Eastbourne, Hastings, Lewes and Uckfield.

Safe Drive Stay Alive short introduction <https://youtu.be/fW-tc3mCzZ0>

To find out more about our Safe Drive Stay Alive events please email:

Road.Safety@esfrs.org

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Not in Our Community

Not in our community was developed and is continually improved with young people, including survivors, to help young people protect themselves and friends from grooming and sexual or criminal exploitation.



Now in their third year, they co-produce resources and stories based on real life events for use on social media and in schools. Their approach '**telling it like it really is**' helps thousands of young people understand how grooming and exploitation works so that they can better protect themselves, spot the warning signs amongst friends and know who they can go to for help.

The real stories are available in searchable categories. These are free to use and share as individuals, schools or youth clubs.

One of these stories – '**Alfie's story**' is a short film about a young boy groomed and criminally exploited by drug dealers.

Based on real life events; co-written with survivors it shows how grooming and child criminal exploitation works and how we can look out for each other. It comes with a downloadable lesson plan and was featured on BBC and ITV. This story is used and featured in the **Against Exploitation Workshop** mentioned earlier in this newsletter. The film provides some useful discussion points and provides a clear portrayal of how easy a young person can become unwittingly involved in the dangerous world of drug dealing and exploitation. You can view the film here:

https://notinourcommunity.org/real_stories/915/



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Personal, Social, Health and Economic (PSHE) education



Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.

From September 2020, Relationships Education will be compulsory for all pupils receiving primary education and Relationships and Sex Education compulsory for all pupils receiving secondary education. Health Education will also be compulsory in all schools except independent schools (where PSHE will continue to be compulsory). Whilst the statutory guidance does not come into force until September 2020; schools are able to implement the changes from September 2019 should they wish to do so.

East Sussex Public Health has recently commissioned a new service to support schools prepare for this. This new local service, provided by Educator Solutions, will be engaging with schools and wider stakeholders from April 2019 to help inform the detailed service offer, and will then deliver a range of support up to December 2020. The service offer will include:

- Review your 'readiness' for statutory Relationships Education, Relationships and Sex Education (RSE) & Health Education and identify your priority next steps using a simple self-assessment tool.
- Range of professional development opportunities for PSHE delivery staff, senior leaders and school governors
- Termly e-bulletins for PSHE delivery staff, senior leaders and school governors, to help staff keep up to date

Resources for your school

- Customisable model policies
- Action planning tools
- Parental engagement templates
- PSHE curriculum and resources map.

Further information setting out how individual schools can get involved will be provided in a forthcoming VSB article; however Educator Solutions are also keen to engage with/hear from wider stakeholders to help shape the final service offer. Please contact Samantha Penn at ESCCpshesolution@educatorsolutions.org.uk.

For further information on this service please contact; Nicola Blake, Health Improvement Specialist - Children, Schools and Families
nicola.blake@eastsussex.gov.uk

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