



# Safety Rocks

## Autumn Newsletter 2014



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# Working Together to Keep Children Safe

## Anti-Bullying Week

This Edition has a special focus on bullying as it is Anti-Bullying Week from November 17<sup>th</sup> – 21<sup>st</sup>. This year the theme is:

### Let's stop bullying for ALL

That sounds like something all of us would agree with so it's a great focus for this year's Anti-Bullying Week. The extra theme behind this slogan is about getting everyone (schools, parents and children) to recognise that children with special educational needs and disabilities are even more at risk of bullying and it is time we all worked harder to try to change that.



Brighton & Hove Council in partnership with teachers in schools, Safety Net and Extra Time has developed materials for all schools in Brighton & Hove to use to mark anti-bullying week. Work will include:

- Assemblies and lessons on the theme
- A free newsletter created by children for children.
- Awareness raising stickers to encourage children to talk to an adult they trust.
- Business cards with Top Tips for staff and children.
- Wrist bands for sale in your school with the strapline "Don't Dis My Ability."

It is a sad thought that children who are already dealing with having an additional need or disability are also getting bullied, but that is the national picture. Is it true in Brighton & Hove too? We asked Amaze, the local charity that supports families with disabled children and Ros from Amaze explained;

*"Yes. We know this from local surveys and the calls to our helpline. Sometimes kids with SEN can seem different or odd to other children. They may get the social rules wrong or be easy to wind up. Parents tell us about their child getting into trouble for lashing out and it turns out that they have been niggled away at for ages but didn't know a better way to deal with it. Another thing we hear is that children with learning difficulties may think the bullies are their friends because they are giving them attention, but that attention is not at all kind."*

Schools and parents can help change this picture. One step is to watch out for children who may be more vulnerable to bullying and find ways to make sure they feel safe and included. Teaching children that all people are different is crucial, as well as helping them to understand why some children may look or talk or behave the way they do. Demonstrating how we can be inclusive and role modelling this behaviour is also very important. Another issue is disablist language. Words like "spaz", "mong" and "retard" get used in the playground and the children using them may have no idea what they really mean or how hurtful and offensive they are. Parents can make a real difference by talking about this and making sure our children don't use these words.

If you are a parent of a child with SEN or a disability and you are worried that they may be being bullied you can call the Amaze helpline for advice and support on **01273 772289**.

Amaze have a factsheet can "Bullied at School" that gives parents ideas about things to try and other places get information and help Download it from [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) or ask the helpline for a copy.



### Want to try out some great new sports for FREE?

**Try This! For 5-19s with additional needs** at King Alfred Leisure Centre in Hove from **10am-12 noon** on **Saturday 1 November**. Children & young people aged 5 – 19 with additional needs and their family & friends will be able to try boccia, cricket, multi-sport, new age curling & basketball.

This newsletter has been funded by The Sussex Police Crime Commissioner Fund, which is funding Safety Net to gain children's views on community safety. More on this in our next edition

# Dealing with Bullying:

## An interview with Sam Beal of Brighton & Hove City Council

**Q: How does Brighton & Hove define Bullying?**

**A:** Bullying is behaviour by a person or group, repeated over time that intentionally hurts others either physically or emotionally. Bullying can take many forms, and includes cyber-bullying via social media or the internet. In Brighton & Hove we also recognise that one-off prejudice-based incidents cause hurt or harm to individuals, families and communities, even when they are unintended.

**Q: What is the most common reason that children are bullied?**

**A:** Children & young people report appearance as the main reason they are bullied in Brighton & Hove. People are often bullied because they are seen as 'different' from other people. This could be because of prejudice against particular groups, due to their ethnicity, religion, belief, gender or gender identity, sexual orientation or disability, or because of their home circumstances, for example if they are in care or are a young carer.

**Q: What must schools do to stop bullying?**

**A:** The law says that schools must have measures in place to encourage good behaviour and prevent all bullying among pupils. Schools must also work to eliminate unlawful discrimination, harassment and victimisation. In Brighton & Hove all schools should record bullying and one off incidents if they are prejudice based. Parents and carers should inform the school if any form of bullying or prejudice is experienced by their child in school.

**Q: How should parents talk with the school if their child is being bullied?**

**A:** Start by reading the school's anti-bullying policy, available from the school website or school office, then report the bullying in line with the policy. Go into school to discuss what's happening with school staff and they should set out what they are going to do to sort things out. It's a good idea to write down what has been agreed and set a date to follow-up on what's been done and the results.

**Q: What if parents aren't happy with the schools response?**

**A:** If the issue hasn't been resolved within the agreed time or to your satisfaction, make an appointment with a more senior member of staff to tell them your concerns & make a new plan if necessary. If you still feel that the bullying hasn't been dealt with effectively, write to the school's Chair of Governors. They will aim to help you and the school sort things out.

**Q: What can parents do to help schools to deal with bullying?**

**A:** Bullying or prejudice is an emotive issue. Think about what you are going to say, try to stay calm and polite and recognise what the school is doing well. Remember that this may be the first time that the school has heard about the bullying so they may need time to investigate. Try to listen to the school's version of events as your child may not have told you all the facts. Bullying incidents can get really out of hand when parents involve other parents, for example in the school playground or by posting concerns on Facebook. This usually just makes the situation worse for everyone.

**Q: What if a parent has tried all of that and it still hasn't worked?**

**A:** If you have tried all of the above and you are unhappy with the school's actions, follow the school's complaints policy which should be on the school website. If that doesn't work, the Department for Education can review complaints about local authority schools and the Education Funding Agency about Academies [www.gov.uk/complain-about-school](http://www.gov.uk/complain-about-school)

**Q: What if the bullying is prejudice based?**

**A:** Schools should record all prejudice-based incidents, and parents and carers are encouraged to report any incidents experienced by their child in school to the school. Hate incidents and anti-social behaviour can be reported directly to the city's Community Safety Casework Team. You can contact the team on 01273 292735 or email [communitysafety.casework@brighton-hove.gcsx.gov.uk](mailto:communitysafety.casework@brighton-hove.gcsx.gov.uk)

# Seasonal Safety: Halloween & Bonfire Night

## Firework & Bonfire Safety

East Sussex Fire & Rescue Service wishes you a SAFE & fun filled firework celebration by following this simple safety advice. The safest option is to attend an organised firework display rather than holding an event at home.

If you are planning a firework party at home the following tips will help to keep you and your family safe during the celebrations.

### Essential things to have on the night

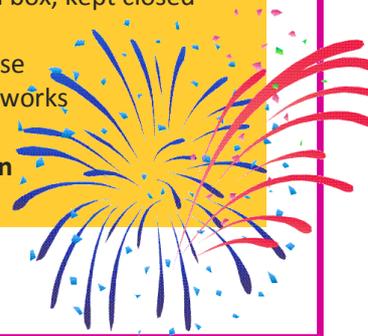
- ✓ A torch for checking instructions
- ✓ Bucket of water
- ✓ Eye protection and gloves for the person responsible for the fireworks
- ✓ Bucket of soft earth to stick the fireworks in
- ✓ Suitable supports for Catherine wheels, proper launchers for rockets

### Before the display

- ✓ Only buy fireworks from a registered retailer
- ✓ Inform your neighbours and be aware of their concerns
- ✓ Check the fireworks you buy are suitable for the size of your garden and conform to British Standards
- ✓ Read the instructions in daylight or with a torch
- ✓ One person - **clearly identified** - should be responsible for the fireworks

### During the display

- ✓ Remember don't set off fireworks after 11pm
- ✓ Don't drink alcohol if you are setting of fireworks
- ✓ Always light fireworks at arm's length
- ✓ Stand well back and keep others back
- ✓ Never go back to a firework after it has been lit, even if it hasn't gone off it could still explode
- ✓ Never carry fireworks in your pocket or throw them
- ✓ Store fireworks in a metal box, kept closed between use
- ✓ Wear strong gloves and use tongs to collect spent fireworks
- ✓ Keep pets indoors
- ✓ **Always supervise children**



**DID YOU KNOW?** The first fireworks were probably made in China, around 2,000 years ago and are known as Chinese Crackers

### Other interesting facts about Fireworks

-  The word for firework in Japanese, 'hanabi' means 'fire-flower'
-  Half of all firework accidents happen to children under the age of 16
-  The first recorded fireworks in England were at the wedding of King Henry VII in 1486
-  The first fireworks recorded in America were set off by an Englishman, Captain John Smith, made famous in the story of Pocahontas
-  Three sparklers burning together generate the same heat as a blow-torch
-  A single firework was set off at a festival in Japan that weighed over half a ton and the burst was over a kilometer across!
-  Throwing a firework in the street or a public place is a criminal offence, with a maximum fine of £5,000

## Halloween Safety For Kids:

-  Trick-or-treat in **familiar neighborhoods**, at homes of people you know.
-  Take a **parent or guardian** with you.
-  Take off **masks** when walking between houses.
-  Never go inside a **stranger's** home.
-  Only visit houses that have **lights on**, meaning they welcome trick-or-treaters.
-  Don't approach any **dog**, even if it's on a leash or confined by a fence. **Dogs can be frightened by costumes and may attack** even if they're nice dogs.



# Local and National News

## Parents' Week October 20<sup>th</sup>-26<sup>th</sup>

### Spending Quality Time with your children:

We are busy most of the time these days, so what does spending quality time mean and how can we fit it in to our hectic lives?

One way of looking at it is what do our children want from us? They want to feel that when they speak, they are listened to and when they have something to share with you, you want to share that too. Studies have shown that if you give your children 30 seconds – 2 minutes of your time when they approach you – it makes children feel good and can reduce the pestering for attention that's hard for parents to deal with. Parents can easily fall into the "in a minute" trap. Try instead to say to yourself "can I spare 30 seconds or a few minutes of my time now?"

Of course, longer periods of time will also be welcomed by your children! Quality time with your children doesn't mean spending loads of time - it just means giving them your undivided attention; say for ½ hour maybe a couple of times a week. That means not texting or checking emails at the same time!

This could include: playing and having fun together, reading a book or storytelling, cooking, doing a household task together, going on a walk or sharing your child's interests. Book in this time so children know it is important to you too.

## Local Events

For a fuller list of children's activities go to [www.childfriendlybrighton.co.uk/events](http://www.childfriendlybrighton.co.uk/events)

### Keeping Kids Safe Online - Weds 12th Nov

This FREE workshop (9.30am – 12.30) run by Safety Net in partnership with the Whitehawk Inn is for parents and carers to explore the safety issues that children and young people face in the online world. Let's discuss the positive ways that we can help children keep themselves safe.

Phone **01273 682 222** to book a place

### The Brighton & Hove Playbus Autumn Programme will be running from Sept 29<sup>th</sup> - Dec 11<sup>th</sup>

Mon:	Farm Green Bevendean	3.30 - 5pm
Tues:	Saunders Park	3.30 - 5pm
Wed:	Haybourne Playground, Whitehawk	3.30 - 5pm
Thurs:	Harmsworth Crescent, Hangleton	3.30 - 5pm
Sat:	The Level	11am - 2pm

The Young Oasis Centre supports children affected by drug/alcohol use in their families. They are running an exciting programme of half-term activities from 28<sup>th</sup>-31<sup>st</sup> October, including den building at Stanmer Park, an Art Workshop and on Friday 31<sup>st</sup> an 'Outside In' Art Exhibition open to the public from 10am - 4pm in Circus Street

Any referrals/enquiries, call Jo, Toby or Maria on **01273 696970** ext. 300

## What to do if you are worried about a child or young person who lives in Brighton & Hove

Keeping children safe is everyone's business and we all have a responsibility to report any concerns that we may have that a child or young person is being neglected or abused. This can feel really difficult especially if it's a child who lives in your street or if you aren't sure whether they are at risk or not.

If you have any doubts about sharing or reporting your concerns, remember:

**DON'T THINK** - What if I'm wrong?

**THINK** - What if I'm right?

Recent shocking news stories support the fact that we must all make others aware when we notice that something is not right, even if it seems small or unbelievable. Together, by reporting all the things we notice, both big and little, a picture will build up that can go a long way towards helping to stop children and young people suffering needlessly.

There are a number of ways you can pass this information on. You can **speak in confidence** to a professional you know, e.g. a teacher at the local school, staff at the children's centre or a health visitor and they will ensure your worries are passed on and their situation is looked into. You can also directly contact the Multi-Agency Safeguarding Hub (MASH) on **01273 290400** or email [MASH@brighton-hove.gcsx.gov.uk](mailto:MASH@brighton-hove.gcsx.gov.uk)



## Safety Net needs YOU!

As a registered charity, Safety Net depends on people just like you. Please donate what you can to help us keep children safe

You can donate instantly and securely via our website at [www.safety-net.org.uk/supportus/donateonline](http://www.safety-net.org.uk/supportus/donateonline)

Or by Text message to **70070** saying, SNet41(space) followed by the amount e.g. SNet41 £10

Safety Net, Manor Offices, Emmaus, Drove Road, Portslade, BN41 2PA.

Tel: 01273 411613

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