



## Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



### Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



### Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



### Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:  
[www.onepluse.org.uk/parents](http://www.onepluse.org.uk/parents)





## Sextortion phishing scams How to protect yourself

This advice is for people who have received sextortion emails. If someone you don't know is blackmailing you by claiming to have login details or a video of you visiting an adult site, **don't pay the ransom**, but follow the steps below instead. The criminals behind these attacks don't know if you have a webcam, or if you've visited adult websites.

### What is a sextortion scam?



A **sextortion scam** is when a criminal attempts to **blackmail** someone, usually by email. The criminal will claim they have login details or a video of the victim visiting an **adult website**, and will threaten to disclose this unless the victim pays a **ransom** (often in BitCoin).

The criminals behind these attacks do **not** know if you have a webcam, or know if you've visited adult websites. They are attempting to **scare their victims** into paying a ransom, and will send millions of emails in the hope that someone will pay. They'll often include technical sounding details to make the email sound convincing. It may also include a password the victim uses or has used.

Sextortion is an example of a **phishing attack**, where victims receive emails that try and **trick them** into doing the wrong thing.

© Crown Copyright 2020

### What to do if you're being blackmailed

#### Don't communicate with the criminal

Our advice is to **not** engage with the criminal. If you have received an email which you're not sure about, forward it to the NCSC's suspicious Email Reporting Service (SERS): [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

#### Don't pay the ransom

If you pay the ransom, you might be targeted with more scams, as the criminal will know their previous scam worked.

#### Check if your accounts have been compromised

Do not worry if your password is mentioned. It has probably been discovered from a previous data breach. You can check by visiting <https://haveibeenpwned.com/>

[www.ncsc.gov.uk](http://www.ncsc.gov.uk)

[@NCSC](https://twitter.com/NCSC)

[National Cyber Security Centre](https://www.facebook.com/NationalCyberSecurityCentre)

[@cyberhq](https://www.instagram.com/cyberhq)

#### Change any passwords that are mentioned

If a password you still use is included, then change it immediately. For advice on how to create good passwords, please visit [www.cyberaware.gov.uk](http://www.cyberaware.gov.uk).

#### Report any losses to Action Fraud

If you have already paid the ransom, then report it to Action Fraud ([www.actionfraud.police.uk](http://www.actionfraud.police.uk)).





**SAFECALL**  
**116 000**

I'm scared and I don't know who to talk to

It sounds like things are hard right now, you can talk to us about what's going on

I don't want to get into trouble

We are here to listen, we won't tell anybody what you say. Are you safe?

No, I'm not at home. I've been asked to carry

Okay, do you want to tell us more?

**SAFECALL**  
**It's your call.**

Call or text 116 000  
9am-11pm, 7 days

Worried and not sure who to talk to?  
Chat to us free and anonymously here:

Safecall is a county lines exploitation support service operated by the charity Missing People  
Registered charity in England and Wales (1020419) and in Scotland (SC047419)





## Relationships Matter Stay & Play



South Gloucestershire Parents & Carers are invited to join a fortnightly session run by a Relationships Matter coordinator. Come along & let the children play.

### Who is it for ?

The group will support Families & couples (whether together or separated) understand & build healthy relationships.



### What happens on the session ?

A safe space has been created to provide advice, tips, & support to help keep our relationships positive & to support parents & carers.

Happy family relationships make us all feel good & help our children feel safe, secure, & loved. Arguing between parents is normal & it is how you resolve them that matters.

Drop in session

Fortnightly sessions starting on Friday  
24th January 9:30-10:45am.

Yate Childrens Centre, Cranleigh Court Road, Yate BS37 5DW





## NSPCC



Dear Colleague,

Here at the NSPCC, we are always looking for new ways to keep children safe. That's why we've launched our new campaign, [Listen up. Speak up.](#)

[Listen up. Speak up.](#) is aimed at parents, carers and your wider school community and we are asking you to help raise awareness amongst them, as the more people that know, the more children we can keep safe.

[Learn more about our campaign](#)

Listen up, Speak up encourages adults to take advantage of a free, 10-minute digital training from the NSPCC. It will help them learn some of the signs a child might be at risk and build their confidence in what to do next. After the training, a series of 10 weekly emails offers more tips on listening to and supporting children and families.



This 10-minute training is aimed at the general public. It's a light-touch way to raise awareness of signs a child might be at risk. It is not the safeguarding training required for people who work with children, including teachers and school staff.

Visit [NSPCC Learning](#) if you would like to see our training offer for schools.

**Will you help raise awareness?**



# HWA Safeguarding Team



Mrs. Tushingham  
Assistant Principal  
Designated  
Safeguarding Lead  
Mental Health Lead



Mr. O'Callaghan  
Principal  
Online Safety



Miss. Helen Barnes  
Associate Assistant  
Principal  
Antibullying Lead



Miss. Dickson  
Deputy DSL  
Prevent Lead



Miss. Micky Snook  
Attendance Lead  
Attendance



**SAFEGUARDING  
TEAM**  
**Hanham  
Woods  
Academy**

safeguarding@hwa.clf.uk



Mrs. Nic Hurrell  
Associate Assistant  
Principal  
EDI Lead



Ms. West  
Academy Counsellor

**kooth**  
www.kooth.com  
Free online emotional &  
mental health support.

**ChildLine**  
0800 1111  
www.childline.org.uk

Share a concern, anonymously.



Find the 'Speak Up!' tile on the student navigator.

