



Welcome to our eleventh edition of the School Health newsletter

The hot topic this issue is Helping to keep your child safe

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



We can help you with things such as
BODY WORRIES, ALCOHOL, RELATIONSHIPS, SEXUAL HEALTH, BULLYING, DRUGS, SMOKING, STRESS, ALCOHOL, HEALTHY EATING, SELF-HARM

School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The offer to schools from our 0-19 public health nursing service has two strands. The 5-11 age group are supported by our Health Visiting service, whilst the 11-19 age group are supported by Specialist Public Health School Nurses.

The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.

We can support children and young people aged 5-19 who need additional support around the following areas.

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|--|---------------------------|
| Enuresis (bed wetting), | Sexual health |
| Encoporesis (child pooing their pants) | Body image worries |
| Diet and nutrition | Physical health concerns |
| Behaviour | Eating disorders |
| Sleep | Drug and alcohol support |
| Emotional wellbeing | Relationship difficulties |
| Managing minor illness | Bullying |
| Weight management | Stress management |
| | Parenting |

The 0-19 Integrated Public Health Nursing Service is available

8.30am-5.00pm Monday to Friday

Tel: 01482 336634/344301 Text: 'school nurse' to 61825

email: hull.cypcommunityservices@nhs.net

Hot Topic: Helping to keep your child safe

This hot topic is aimed at providing you with information on risks, signs to look out for and what services are available to help and support you and your child. Changes in teenagers' brains make it hard for them to think about consequences or what might happen in the future. They are also hugely driven by peer approval which is why teenagers can so often make things worse by egging each other on in risky situations.

It's impossible for you to stop your child from taking some risks. You can help your child think through what could happen if they do something dangerous. Helping them to make good decisions and choices is a parent's life's work. As is being there to help pick up the pieces when something doesn't go to plan.

Risk taking behaviours and when are they a concern?

Some of the most common risk-taking behaviours that parents see teenagers trying out include:

- using alcohol, cigarettes or drugs
- becoming sexually active and exploring their sexuality
- getting themselves into unsafe situations, or mixing with the 'wrong crowd'
- driving dangerously
- or other activities which push against the limits of their control

Parents should look out for signs that risk taking behaviour is having a negative impact, such as:

- Drop in grades or uncharacteristic problems in school
- Increasing rebelliousness
- Changes in mood, like irritability, depression or anger
- Change in friendship groups
- Change in appearance

What is Child Criminal Exploitation (CCE)?

Child Criminal Exploitation (CCE) is when children are trafficked, exploited or coerced into committing crimes. County Lines is an form of CCE.

County Lines is a term used to describe a form of organised crime, where criminals pressurise children and vulnerable people to transport, store and sell drugs. It takes its name from the phone lines used by the organised crime gangs to communicate between towns.

Young people sometimes call it 'going cuntch', 'going country', 'going OT'.

A child or young person's involvement in child criminal exploitation activity often leaves signs. A young person might exhibit these signs, either as a member or an associate of a gang or group dealing drugs. Any sudden changes in a young person's lifestyle should be discussed with them.

As a parent there are things we can look out for or do if we are concerned.

Here are some of the indicators that child is involved in County Lines:

- Persistently going missing from school or home and/or being found out of area
- Unexplained acquisition of money, clothes or mobile phones
- Excessive receipt of texts/phone calls
- Relationships with controlling/ older individuals or groups
- Leaving home/care without explanation
- Suspicion of physical assault/unexplained injuries
- Carrying weapons

If you have concerns that your child is engaging in unhealthy risk taking behaviours please seek advice and support, there are services available to support both you and your child. Click below to be directed to the local services who can help. If you need belief your child is in immediate danger please call 999