

Issue 12:
June 2022

'Kind Minds' Newsletter

Children and young people's mental health and emotional wellbeing -
Staffordshire

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

This newsletter is produced every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please contact louise.andrews-gee@staffordshire.gov.uk with ideas, contributions or to be added to the distribution list.

UPDATE: Care Experienced Children & Young People and Mental Health

It's a well-known fact that care experienced children and young people (CYP) are some of our most vulnerable and are at risk of achieving poorer outcomes than many of their peers.

Perhaps unsurprisingly it is **estimated that 46% of these CYP have a diagnosable mental health disorder.**



Despite their vulnerability, there are particular challenges relating to care experienced CYP being able to access the mental health and emotional wellbeing support they require when they need it.

In recognition of this, partners have come together to form a working group to tackle some of the more common challenges across Staffordshire (and Stoke-on-Trent) which include:

- CYP presenting to A&E Departments with mental health issues (with the added challenge of placement providers, at times, serving notice).
- CYP not being eligible for support from services i.e. needs too complex, not in a stable placement etc.
- CYP not engaging with mental health services / support i.e. therefore still having unmet mental health needs.
- Specific court ordered assessments and therapies not necessarily available locally, the most relevant, or evidence based.

Some of these challenges are national ones, not just experienced within Staffordshire. Partners are therefore attending regional and national events to learn from others.

The good news is that we have a group of partners that are passionate about improving the mental health outcomes of care experienced CYP! It will of course take time to tackle some of these long standing, complex challenges.

As work progresses, we will endeavour to involve others (including children, young people and their care networks) and share updates.

If you would like further information about the care experienced CYP working group, or to volunteer to become a member of the working group, please contact karen.coker@staffordshire.gov.uk

UPDATE: Anna Freud School & College Link Programme (January – March 2022)

Earlier this year, following a successful 'expression of interest', Staffordshire was involved in the Anna Freud School & College Link programme.



The Link Programme is a Department for Education (DfE) programme, delivered by the Anna Freud National Centre for Children & Families, **to bring together local leaders in education and mental health to identify the support required by children and young people in their area.**

As Staffordshire was also benefitting from several 'iTHRIVE' workshops, the Link programme was targeted at Lichfield, Tamworth and South Staffordshire districts (areas that had not yet benefited from Mental Health Support Teams in schools).

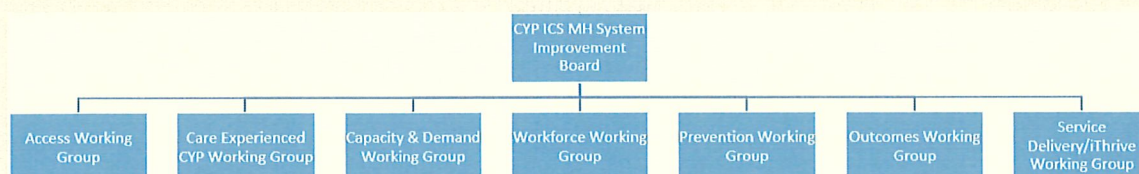
A workshop focussed on the [CASCADE Framework](#) allowed partners to identify three (3) areas for improvement:

- 1) Agreed point of contact and role in schools & colleges and in children and young people's mental health services (CYPMHS).
- 2) Common approach to outcome measures to support children and young people.
- 3) Development of integrated working to promote better access to support.

These tailored support sessions, facilitated by the Anna Freud Centre, then took place.

It was **incredibly useful** for education and mental health (and other) colleagues **to come together** to discuss these challenges and start to agree some joint actions.

The time we had was limited however the discussions and ideas / proposed actions have since been **fed into the relevant working groups** (see below) which have established over the last few months.



Updates on the progress of these working groups will be shared via Kind Minds and the Senior Mental Health Leads (in education) network meetings.

North Staffordshire Combined Healthcare NHS Trust has an online facility for people seeking support and advice for their mental wellbeing.

The All-Age Wellbeing portal empowers and enables the self-management of mental

wellbeing for its users, whilst providing relevant information, guidance and support from the Trust and other partner organisations. It can be accessed by anyone, and they do not need to be service users of the Trust.

"Combined Healthcare's vision has always been to be *Digital by Choice*. The Portal is the next step in our digital transformation work at the Trust, designed to revolutionise care for people of all ages", said Leslie Birkin, Head of Digital Transformation, North Staffordshire Combined Healthcare NHS Trust.



"The new All Age Wellbeing Portal follows this model, and is full of advice and support on a range of topics including: Coping Skills; How Physical Health Impacts on Mental Health and Wellbeing; Eating Problems; Body Image, and much more".

To access the All-Age wellbeing Portal, please visit <https://combinedwellbeing.org.uk/>

Online parent support group – Save Our Spoons



Online parent support group, SOS – Save Our Spoons (formally South Staffs CAMHS Online Parent Support Group) has been given a makeover – just in time for summer! Save Our Spoons offers a **safe and supportive environment for families of children with a mental health need** living in the South Staffs area to get support. Families always come first, and *Chanté (Senior Parent Peer Supporter)* and *Bethan (Mental Health Practitioner)* love to welcome new faces and volunteers.



We offer support, wellbeing activities, guest speakers and topics for learning such as autism, sleep hygiene, anxiety, depression, digital wellbeing, self-harm, self-care, local services and much more!

Why the Spoons?

We're proud to call ourselves **a service that works with and listens to our families**. In a nutshell, the idea is that **everyone starts the day with twelve spoons** and different activities use up different numbers of spoons before we run out and need to recharge our batteries. But **people whose children have additional needs, such as a physical or mental health need, start the day with far fewer spoons**. It's no wonder so many families in our group feel like they are running on empty!

We began to regularly hear phrases like 'I'm low on spoons today!' or 'I've got no more spoons left to give'. Hence, Save Our Spoons was born (we liked the acronym too!).

What do our families think?

We regularly ask for feedback from our families to ensure that we are meeting their needs. Here's what some of our parents had to say:

'It's good to be able to give feedback. It felt good to have a voice. I think parent support is vital, and any groups that offer this are very needed and help the family as a whole.'

'Having options for online sessions seem to really help.'

'It's the highlight of my week!'

'I found it a useful networking session.'

I want you to know how thankful I am, and how brilliant I think the sessions have been. The support from yourselves and the other mums has been wonderful.'

How do I join or find out more?

Currently, we offer our group **Wednesdays in term time, 1pm-2.30pm**. You can **register to join the group on Zoom** in advance using the link or by using our QR code:

https://us02web.zoom.us/joining/register/tZUof-6tpjkqHdddk6tg8t0Vz7A2_-jcJg62

After registering, you will receive a confirmation email containing information about joining the meeting.

You can also get in touch using any of our social media channels:

Email: CAMHSParentSupport@mpft.nhs.uk

Twitter: [SOS - Save Our Spoons @CamhsFamilyMPFT](https://twitter.com/CamhsFamilyMPFT)

Facebook: [SOS Save Our Spoons @CamhsFamilyMPFT](https://www.facebook.com/CamhsFamilyMPFT)

Instagram: [SOS - Save Our Spoons camhs.familympft](https://www.instagram.com/camhs.familympft)

Website: <http://camhs.mpft.nhs.uk>



Professionals, parents and young people can get advice, information or refer themselves to our services by calling their local hub or access our services by texting Chat health.

You can find our Families' Health and Wellbeing Newsletter on our webpages, which are packed with useful information and resources for families.

There is also Health for Teens – a website offering everything teens want to know about health, relationships, feelings, lifestyle and growing up (but don't want to ask!)

For full information on health visiting, school nursing, Health for Teens, the hubs and Chat Health, please visit:

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/information-professionals/families-health-and-wellbeing-0-19-service>

Spotlight on...Together Active's Wellbeing Matters Project

**TOGETHER
ACTIVE**

Staffordshire & Stoke-on-Trent

[Together Active](#) has developed a pilot project to support mental health in young people using physical activity. Working with the schools' mental health teams, two cohorts of students from St Thomas More Catholic Academy and St Peters Academy volunteered to take part.

The programme is being funded in its entirety by support from Sport England. It is a unique approach that targets preventative action to support young people whose mental health needs may escalate if left unsupported, such as low levels of self-esteem, self-confidence, and mild to moderate anxiety and depression.

The pilot programme has been co-designed with students and activities are delivered over ten weeks in conjunction with Engage Communities CIC, Stoke City Football Club Community Trust and Joliba West African Drum and Dance School. The participants will take part in a range of physical activities, with changes to their mental health carefully monitored and evaluated to determine how successful the intervention has been.

Jack Brereton MP (Stoke South constituency) visited the project in during Mental Health Awareness Week (9th – 15th May 2022), and said:

"Supporting young people at such an important stage in their life is vital. Mental Health Awareness Week gives us all a chance not only to reflect on our own mental health but the mental health of those around us. Sport can be a fantastic outlet for people to improve their mental health".



Lottie Smith, Health, Campaigns and Digital Manager and Mental Health Lead at Together Active said:

"We're all very aware of the pressures on mental health services at the moment. Over the past couple of years, the mental health of young people has been greatly impacted because of the pandemic and wider social issues. We know the benefits of being physically active on mental health, but we also know, thanks to the most recent Active Lives survey, that young people are being less physically active. By co-designing this project with the students, we have been able to create a programme of activity tailored to their needs, providing the opportunities to be active best suited for them.

"We're hoping to prove the case for physical activity as a preventative tool, creating more options for young people that are struggling before they reach crisis point. By gathering compelling data, we will be able to advocate for more schemes like this across Stoke-on-Trent and Staffordshire to help more young people manage their mental health in healthy and effective ways".

Together Active is working on mental health projects across Stoke-on-Trent and Staffordshire, creating new pathways into physical activity to benefit the mental health of everyone.

With thanks to Lottie Smith, Together Active.

Parent support across South Staffordshire Have your say!

There is a meeting to bring services and parents together to ask what do parents want and need to feel supported when they're worried about their child? What is already being supported and what are the gaps?

This meeting is being held on Zoom, to make it easier for everyone to access. Use to QR code to join!

Join us on Thursday 16 June 1.30pm - 3.30pm

Join using Zoom:

https://us02web.zoom.us/j/82641926561?pwd=UFADPF167rosHlqzsV0tpQ7q_bVYGn.1

Meeting ID: 826 4192 6561 Passcode: 0eLcF!



SCAN ME

Join using MS Teams:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MTZkZjAzYmYtMDQwMi00NmIzLTg0NTgtNWZIN2E4YzAzNDYx%40thread.v2/0?context=%7b%22Tid%22%3a%22c37d6357-c88b-426b-b680-df8166a86ed7%22%2c%22Oid%22%3a%22de120715-aeb0-476f-a6c1-b9a1fe6bc485%22%7d

Resources prepare students for transitions and end of term resources

Moving from primary school to secondary school or onto further education are exciting times, but for many children and young people these transitions can be a daunting prospect.

We have rounded up some resources to help young people, parents and schools to support the mental health and emotional wellbeing of children and young people as they start the next chapter of their lives:



BBC Teach – transitioning to secondary school resources, with a campaign from BBC Bitesize and films plus inspirational examples from schools around the UK.



Place2Be – getting ready to start secondary school resources and expert advice is available to help prepare children and prepare families to manage to transition from primary to secondary school.



National Autistic Society – transitions resources. Moving between different stages of life, such as school, college and work, is especially hard if you find change difficult, as many autistic people do. This site provides advice about strategies and support that can help.



Mentally Healthy Schools – two toolkits are available to help children and young people build healthy coping strategies, as well as resources to learn more about

unhealthy coping strategies and how to manage them.



Free Meditation Sessions with Brighter Futures

#TALK
SUICIDE

Brighter Futures team of Suicide Prevention Community Champions put on FREE meditation sessions for anyone in Staffordshire and Stoke-on-Trent to join via Zoom.

Meditate with Jo will take place weekly on a Monday (10.30am-11.30am).

For more information please visit: <https://www.brighter-futures.org.uk/news/free-meditation/>

See poster at the end of the newsletter



JUNE IS PRIDE MONTH!




June is Pride Month – a month dedicated to celebrating LGBTQ+ communities around the world.


This year, Pride is having a special celebration as it is 50 years old.


Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place. The Stonewall riots were an important protest that took place in 1969 in the USA, that changed gay rights for a lot of people in America and around the world.


Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there is still work to be done.

We've collected some information, resources and training opportunities for staff, that can be used to celebrate pride month:

 [BBC Newsround](#) has a selection of articles about Pride, the history of Pride, the iconic rainbow flag and more.

 [LGBT+ History Month](#) has a wide selection of general resources for use in schools and at home, including a new downloadable pride flag, classroom resources, presentations and resources for parents and pupils.

 [Stonewall](#) have a selection of articles and resources that look at Pride 50 and looking at the history of often overlooked identities.

 [BBC Teach](#) has a wide range of resources around LGBT+ history to help support teaching in the classroom.

Training opportunities



[Celebrating Pride Month 2022 – with Future Learn.](#)

Discover the origins of Pride Month, what's happening this month, a really useful list of changes in legislation pushed forward by Pride activism, and a selection of fantastic and FREE learning opportunities such as [Role of Gender Norms](#), [Representation in media](#), and [inclusive curriculum](#).

Summer 2022 resources

Emotional health and wellbeing apps, resources and activities for children, young people and adults



SilverCloud (from Action for Children)

For children, young people, parents and professionals – sign up to interactive programmes to support mental health and wellbeing. Age 16+

<https://actionforchildren.silvercloudhealth.com/onboard/actionforchildren/>



MeeToo App

Children and young people can talk anonymously about difficult things with other people of a similar age and experience. All posts are moderated. Age 11-25

<https://www.meetoo.help/>



Cerebral Sandbox

Online mental health support for children and young people in South Staffordshire. Self-help mental health resources, quick access to support and internet-delivered Cognitive Behaviour Therapy and more. Age 12+

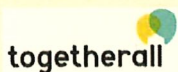
<https://sandbox.getcerebral.co.uk/>



Feeling Good Teens app

Feeling Good apps are available age 15+, which has been tailored for younger minds in this standalone app. Increase confidence, build resilience and coping skills. Age 12+

<https://www.feelinggood.app/programmes/>



TogetherAll app

Anonymous global community where people can get (or give) the mental health support they need, 24/7. Moderated by clinical professionals. Age 16+

<https://togetherall.com/en-gb/>



Our Frontline

24/7 emotional support, by call or text with trained volunteers, or online resources, to all workers who have been on the frontline throughout the Covid-19 pandemic.

<https://www.mentalhealthatwork.org.uk/ourfrontline/>

Digital Wellbeing – information, guidance and resources to help support digital wellbeing in children and young people

We're all familiar with the term digital wellbeing. It often relates to various aspects of our health, which can all contribute towards how we are feeling from a mental, emotional or physical perspective.

Digital wellbeing has increasingly played an important part of our mental and physical health. **It relates to how the use of digital technology including personal devices, social media and other apps can impact on an individual's life.**

Digital wellbeing can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes.



SWGfL have produced information, guidance and resources to support digital wellbeing in children and young people. Take a look here: <https://swgfl.org.uk/topics/digital-wellbeing/>



CEOP Education at the National Crime Agency has loads of information about the internet, relationships and you, designed for young people aged 11-18. Find information on exploring your identity online, healthy relationships and consent, here: https://www.thinkuknow.co.uk/11_18/



Staffordshire Police have produced "*The Little Leaflet on Cyber Advice*" with handy tips and hints to help everyone stay safe online.

They have also shared a leaflet on "*Instagram Phishing*".



Please find these leaflets at the end of the newsletter!



All systems go for Space 2022

Space 2022 is getting ready to blast off – with all finishing touches being finalised ahead of the launch of the summer programme.

The Space summer programme brings together public, voluntary and private sector organisations to provide enjoyable positive activities for young people to increase their skills, improve their health and wellbeing and create opportunities, while also aiming to reduce levels of anti-social behaviour during the school summer holidays.

In 2021, over 6,000 young people aged between 8 and 17, enjoyed over 1,400 activities funded by the Staffordshire Commissioner as part of the Space programme. There were over 17,00 attendances at events, equating to over 35,333 hours.

Space 2022 will begin on 25th July and end on 26th August 2022 and will offer a variety of activities including swimming and gym passes, multi-sports and park events, trips out and arts and crafts.

Space was relaunched in 2015 and has since gone from strength to strength, with a 77% reduction in young anti-social behaviour during the summer period since 2016. When the programme began in 2016, 1395 reports of youth related anti-social behaviour were recorded compared to 320 in 2021.

Staffordshire Commissioner for Police, Fire & Rescue and Crime, Ben Adams said: 'Space clearly makes a difference, providing memorable experiences for many while diverting some away from potential involvement in low-level crime and anti-social behaviour.'

The activities provide an opportunity for Staffordshire Police and partners to engage with young people who may be going through a difficult time to help nurture, support and develop them and this is why I have committed to Space running for a further 3 years'.

Details of activities including how to book will be available on the Space website in July. Please keep checking to see what activities are being added for your area and sign up for the Space newsletter to receive notifications.

Find out more: www.staffordshirespace.uk



Bremen Summer Camp 2022

Are you 16 or 17 years old and interested in being involved in our free two-week summer camp?



We are looking for a group of young people aged 16 & 17 from Staffordshire to take part in our Bremen Summer Camp from Sunday 24th July to Sunday 7th August 2022. Young people need to either live, go to school or attend a youth organisation in Staffordshire (excludes Stoke-on-Trent as funding is for Staffordshire only).

Young people from Germany and Staffordshire have been working together for 60 years to find out about each other's cultures, learn about reconciliation and remembrance and take part in fun activities.

Every year, around 30 young people from both countries spend two weeks in Staffordshire, taking part in a packed programme including things like:

- Trips and visits – Coventry Cathedral, National Memorial Arboretum, Imperial War Museum, Bletchley Park.
- Leisure Activities – City visits, sports, team building games, canoeing, archery, free time, and more.
- Working at the German Military Cemetery on Cannock Chase and learning about the history of the site and tidying the area around the graves.
- Spending time with veterans from local branches of the Staffordshire Regiment Association and Royal British Legion.
- Attending a remembrance ceremony at the cemetery alongside the Chairman of Staffordshire County Council and other dignitaries.
- Planning and hosting a cultural evening for friends of the project.

The project is free and all accommodation, meals and activities are included.

If you are a young person or know a young person who may be interested in taking part in this year's camp, click the link to apply: [Summer Project - War Graves – SCVYS – German War Graves \(staffscvys.org.uk\)](http://staffscvys.org.uk)

If you have any questions, contact Claire John at Claire@staffscvys.org.uk or on 07429 734172.



**BREMEN
SUMMER
CAMP 2022**

July 24th to
August 7th 2022.

A FREE exciting two week residential for 16 & 17 year
olds from Staffordshire
www.staffscvys.org.uk/wargraves/



SCVYS

Calling all 4-11 year olds! Staffordshire Libraries are excited to reveal the theme for the Summer Reading Challenge 2022!

Get ready for **Gadgeteers**, arriving at your local library this summer on 9th July.

Science is all around you! What do you love doing? Are you a brilliant baker? Or a mega music fan? Are you a tech wizard amongst your friends?

Join the Gadgeteers for the Summer Reading Challenge to discover the amazing science and innovation behind the world around you, including some of your favourite things!

Curious? Perfect! Your imagination can unlock endless possibilities...

We're teaming up with The Reading Agency and with the Science Museum Group for a very special science-themed Challenge that will inspire you to use your imagination and creativity!

Gadgeteers will feature amazing books, awesome rewards, and plenty of ideas for cool experiments and activities to discover the science all around you.

The Challenge will be brought to life by top children's writer and illustrator Julian Beresford.

Find out more at The Reading Agency website: <https://summerreadingchallenge.org.uk/> or ask your local library team for more information.

The Challenge encourages children aged 4-11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun as well as helping to prevent the summer reading 'dip'.

Each year the Challenge motivates over 700,000 children to keep reading their skills and confidence.

Aged 14-18? Have you considered volunteering with Staffordshire Libraries?



Staffordshire Libraries have volunteering opportunities during this year's Summer Reading Challenge.

This role is for you if you're:

- Seeking to develop your confidence, communication or social skills.
- Would like to demonstrate your skills and abilities to future employers, universities or colleges.
- Are taking part in Duke of Edinburgh Awards, School Enrichment Programmes, Arts Award or similar.
- Are interested in books and reading, especially children's books.
- Would like to make new friends.

- Cheerful, friendly, patient, non-judgemental, flexible and willing to take direction.
- Are punctual, reliable and well-presented.
- Are interested in supporting your local community.
- Would like to gain volunteering experience.

Ask at your local library or complete an [online form](#) today!

Training Opportunities



Suicide Awareness and Prevention Training (half day on Zoom)

This funded half-day tutor-led training, delivered on Zoom will help you to:

- Tackle misconceptions and stigma regarding suicide
- Recognise the signs that someone may be at risk
- Have open and honest dialogue about suicide
- Use a simple 4-step suicide intervention
- Signpost to local support services

Course dates available are currently:

- Saturday 9th July (9am-12.30pm)
- Tuesday 12th July (9.30am-1pm)
- Wednesday 7th September (4pm-7.30pm)
- Tuesday 13th September (9.30am-1pm)
- Thursday 22nd September (9.30am-1pm)

To book a place on this training course please email:

suicideprevention@staffordshire.gov.uk

For more information on our #Talksuicide campaign, please visit:

www.staffordshire.gov.uk/TalkSuicide

Body Image and Mental Health in Young People

This FREE three-week course explores body image and the impact it has on children and young people's mental health. You will learn how to support children and young people to develop and maintain healthy body image.

Visit: <https://www.futurelearn.com/courses/body-image-and-mental-health-in-young-people>





Mindfulness Through Film

Explain how film watching and filmmaking can introduce mindfulness principles and exercises to help students' mental health.

This free two-week course will help you develop a variety of film-based strategies to enable you and your students to confidently engage with mindfulness.

Visit: <https://www.futurelearn.com/courses/mindfulness-through-film>

Teaching Students Who Have Suffered Complex Trauma

Learn how to support students who have experienced complex trauma in this FREE two-week course. In this course you'll get an introduction to what complex trauma is and how it affects young people's development at school. You will also learn how to apply trauma-informed strategies and policies that will minimise the risk to students and school staff.

Visit: <https://www.futurelearn.com/courses/teaching-students-trauma>



Information and resources from Staffordshire Police

At the end of the newsletter, you will find two printable posters produced by Staffordshire Police:

- 1) **The Risk is Real** – a poster supporting the #Ditchtheblade campaign and go #knifefree
- 2) **#Ditchtheblade** – poster with signs indicating your child is at risk of being involved in knife crime

If you would like pdf copies of these posters please email your request to louise.andrews-gee@staffordshire.gov.uk.

**Feeling confused? Below is a summary of who can access which service
(of those featured above):**

South Staffordshire CAMHS (MPFT)	<p>Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth).</p> <p>Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).</p>
North Staffordshire CAMHS (NSCHT)	<p>Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme)</p> <p>Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).</p>



Cannock Chase Clinical Commissioning Group
 East Staffordshire Clinical Commissioning Group
 North Staffordshire Clinical Commissioning Group
 South East Staffordshire and Seisdon Peninsula Clinical Commissioning Group
 Stafford and Surrounds Clinical Commissioning Group
 Stoke-on-Trent Clinical Commissioning Group

Save Our Spoons



SOS



We're here for **South
Staffs families** of
**children with a mental
health need.**

We offer support,
guidance, sign-posting,
learning, community and
companionship from like-
minded parents, guided by
our Peer Supporter and
trained Mental Health
Therapist.

**Join us each Wednesday in term time,
1-2:30pm on Zoom**

https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddk6tg8t0Vz7A2_-jcJg62

Email: CAMHSParentSupport@mpft.nhs.uk
Twitter: [CamhsFamilyMPFT](#)
Facebook: [@CamhsFamilyMPFT](#)
Instagram: [camhs.familympft](#)

meditation with JO

Join our free weekly mindfulness meditation sessions on Zoom, Mondays at 11am. A great way to promote wellbeing. Please email sophie.henaughan@brighter-futures.org.uk to access a Zoom link. We can't wait to meet you.



#TALK
SUICIDE

brighter futures
HOUSING • HEALTH • HOPE

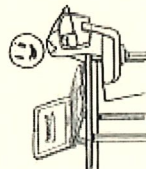
TIP 1

HAVE STRONG PASSWORDS

Your password is the key to your online life. Make sure it's strong.

Online Security Standards

Simple passwords can easily be guessed by criminals. Don't use words personal to you (sports teams, pets, family names etc.) and never share them with anyone. Always have a different password for your email.



- ① To create a strong password simply join three random words together. You could add uppercase letters, numbers and symbols to make it more secure. You can also store passwords in your browser.

TIP 2

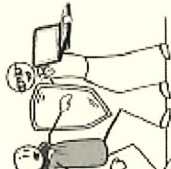
USE ANTIVIRUS

Antivirus is your first line of defence.

Make sure you use it, and it's kept up to date.

Viruses and malicious software (malware) can infect any device (computers, phones, etc.). Once malware is there, it can lock you out, steal your information or even watch you in your home! Antivirus protects against malware.

- ① Most systems have antivirus built in, so make sure you're using it. Also, consider installing extra antivirus on all of your devices (this can be free). These check everything coming into your device and will alert you if anything tries to infect your system.



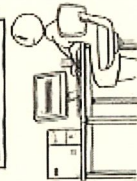
TIP 3

ALWAYS UPDATE SOFTWARE

Vulnerabilities are like holes in your device's systems. Updates and patches fill the holes in.

Software is never perfect. Often it has vulnerabilities or holes that criminals can use to access your systems. When a vulnerability is found, the software developer creates and releases an update or patch to fix the problem.

UPDATE COMPLETE



- ① Always update or patch your software as soon as you're prompted to ensure that it remains safe and secure. Set your phones and tablets to automatically update.

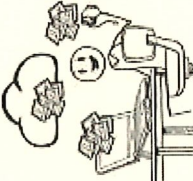
TIP 4

ALWAYS BACK UP DATA

Make copies of things that are important to you. Keep these copies safe.

Your files, contacts and photos may be some of the most important things on your computer. If your computer were to break, or become infected, having a safe backup means you don't lose them.

- ① Regularly copy your important information to external storage like external hard drives, USBs or clouds storage. Keep these separate from the originals. You should also set your phones and tablets to automatically back up your data.



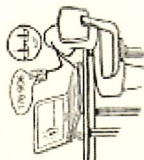
TIP 5

TURN ON TWO-FACTOR AUTHENTICATION (2FA)

Two-factor authentication (2FA) proves you are who you claim to be online.

Passwords can be stolen by cyber criminals. However, accounts that have been set up to use 2FA will require you to input an extra 'factor'. This will be something only you can access like a code sent to you by text, or generated by an app on your device. So even if a criminal knows your password, they won't be able to access your accounts.

- ① Where available turn on 2FA on any accounts that contain important or personal information. Go to www.ncsc.gov.uk/cyberaware for instructions on how to set up 2FA across popular online services.



TIP 6

BE CAUTIOUS USING FREE WI-FI

Public or free Wi-Fi isn't secure. Someone could be monitoring everything you do.

If a Wi-Fi network is free or available to the public, then anyone can be on it and watch the traffic sent between your device and the internet.

This means they could steal passwords, emails or even banking details. Also, be careful using apps that automatically login without you having to enter your password.

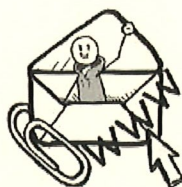
- ① Be wary using free Wi-Fi for anything you don't want a stranger to see, and consider keeping Wi-Fi turned off unless you need it, or use a VPN.



TIP 7 THINK TWICE BEFORE CLICKING ON LINKS OR ATTACHMENTS

Clicking on unverified links or attachments can give criminals access to your devices.

Emails or texts you receive may contain attachments or links you are asked to click on. If you do, you're bypassing security you have in place. If the message was from a criminal, they can then infect or gain access to your device.



- ❗ Double check before you click on links. Make sure you can verify where they came from. Call the sender to check it's genuine. If in doubt, don't click on it.

TIP 8 CHECK WHAT YOU'RE SHARING ON SOCIAL MEDIA

Unless you're careful on social media, you could be sharing personal information with the wrong people.

Social Media is great to keep in touch with friends and family, but unless you've checked your privacy settings you might be telling more people about your life than you intend. Be aware that once it's online it will be there forever in one form or another.

- ❗ Be careful who can see what you share online, ensure your privacy settings are set to a high level. Never share private information (like your address or school) on social media. Make sure your family follow the same advice.



TIP 9 ALWAYS QUESTION REQUESTS FOR PERSONAL INFORMATION

Criminals will tell you all sorts of stories to get you to part with your money or your data.

Whether face to face, over the phone or the internet, criminals will lie to pretend to be someone they're not. They could impersonate police officers, the tax office, your bank or anyone who you might trust in order to steal your data, or your money.

- ❗ Never give information to anyone who contacts you out of the blue. Always take time to verify their credentials through a trusted source.



TIP 10 REPORT ALL FRAUD AND CYBER CRIME TO ACTION FRAUD

It's important all crime is reported, cyber crime is no different.

Even if you didn't lose money, you should still report every instance of fraud or cyber crime you're targeted by. Every report assists police investigations, disrupts criminals, and reduces harm. Reports are also used to identify crime trends and create awareness campaigns to help protect people against them.

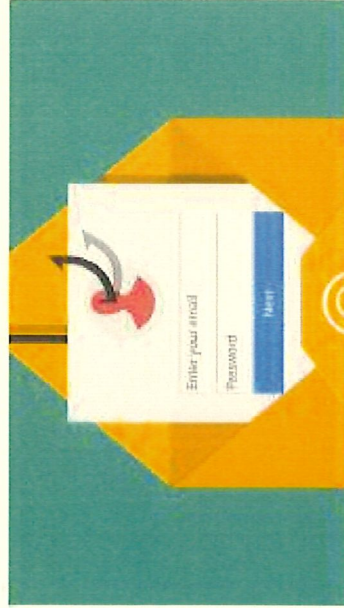
- ❗ Report online at www.actionfraud.police.uk or by telephone on 0300 123 2040.
- ❗ Forward suspicious emails to report@phishing.gov.uk, and suspicious texts to 7726.



For more information please visit:
www.ncsc.gov.uk/cyberaware

Contact our Cyber Protect team for further advice and training:
cybercrimeunit@staffordshire.police.uk

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In the context of Instagram, someone might send you a suspicious message or link that asks for personal information. These messages could try to scare you by claiming your account will be banned or deleted if you don't follow their directions.

Another phishing method on Instagram could be through spoofed login page in fake apps or websites. These apps might promise to manage a users social media account.

How to avoid getting phished?

- Look out for suspicious emails or messages
- Don't click suspicious links
- Don't respond to these emails
- Create a secure password using ThreeRandomWords and a combination of numbers, symbols and cases
- Turn on **two-factor authentication**



Recovering a hacked account

- Update your devices
- Contact your provider
- If your email account was hacked
- Change passwords
- Set up two-factor authentication
- Notify your contacts
- If you decide to make a new account, be sure to notify your contacts
- Contact Action Fraud

Reporting

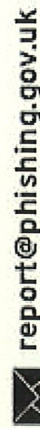
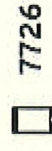
If you think your online account has been hacked report it.



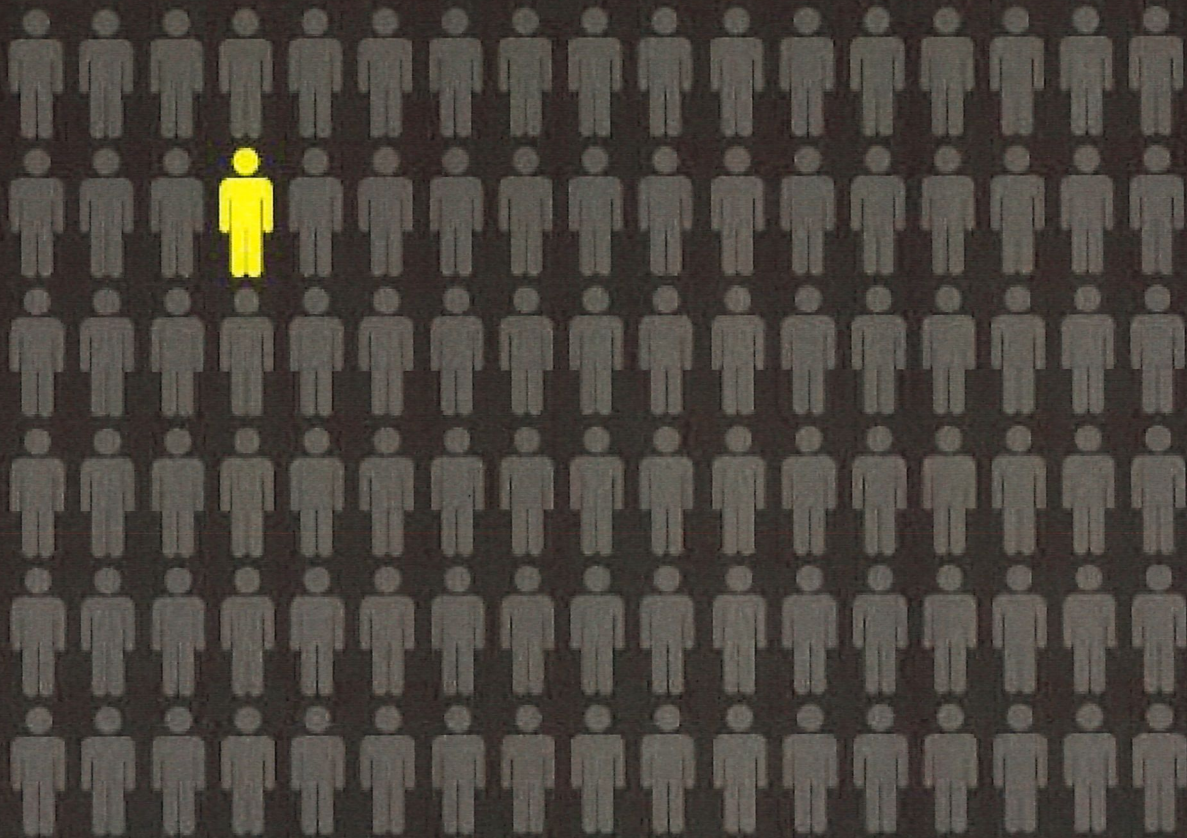
Action Fraud is the main fraud and cyber crime reporting service in the UK. You should also report to the social media account provider.



Suspicious Email and Text Reporting



99% OF 10-29 YEAR OLDS **DON'T** CARRY A KNIFE



CARRYING **INCREASES** YOUR CHANCES
OF BEING **STABBED** OR **SLASHED**

THE RISK IS REAL
YOUR KNIFE COULD BE USED **AGAINST YOU**

IT'S TIME TO **#DITCHTHEBLADE** AND GO **_#KNIFEFREE**

VISIT **WWW.KNIFEFREE.CO.UK**
FOR HELP AND ADVICE.

**#DITCH
THE
BLADE**

CAN YOU HELP STAFFORDSHIRE #DITCHTHEBLADE?

**SIGNS WHICH COULD INDICATE THAT YOUR CHILD
IS AT RISK OF BEING INVOLVED IN KNIFE CRIME:**

**WITHDRAWING
FROM FAMILY AND SCHOOL,
CHANGING THEIR BEHAVIOUR
AND/OR SKIPPING SCHOOL.**

**LOSING INTEREST
IN HOBBIES AND OLD
FRIENDS, AND NOW HANGING
AROUND WITH A NEW GROUP,
STAYING OUT LATE AND BEING
VAGUE ABOUT WHERE
THEY'RE GOING.**

**BECOMING SECRETIVE
AND DEFENSIVE,
PARTICULARLY ABOUT
WHAT'S IN THEIR BAG AND
MIGHT EVEN HAVE TOLD YOU
THAT THEY NEED TO
CARRY A KNIFE.**

**YOU'VE NOTICED
KNIVES ARE MISSING
FROM THE HOUSE OR MAY
EVEN HAVE FOUND ONE IN
YOUR CHILD'S BAG OR COAT.**

**Some of these things seem easily explained as part of the difficult teenage years,
but it's still important to talk to them about knife crime.**

**IF YOU WANT TO MAKE A REPORT ABOUT A CHILD
CARRYING A KNIFE PLEASE CALL STAFFORDSHIRE POLICE ON 101**

OR YOU CAN PRIVATE MESSAGE US ON FACEBOOK OR TWITTER.

YOU SHOULD ALWAYS CALL 999 IN AN EMERGENCY.

WORRIED ABOUT SOMEONE CARRYING A KNIFE?

**If you are a parent or carer and you are
worried about a child you can find advice at:**

WWW.STAFFORDSHIRE.POLICE.UK/DITCHTHEBLADE

**#
THE
DITCH
BLADE**