

1. Childline sees rise in contacts about race and faith-based bullying

October 2017

The NSPCC reports that children as young as nine are contacting Childline about race or faith-based bullying, and that the service frequently sees a spike in counselling sessions following terror attacks. Childline figures show that: there were more than 2,500 counselling sessions in the last three years about racial and faith based bullying; Muslim, Jewish, Christian, Black and Sikh were among those who contacted Childline about the issue; in some cases, young people told Childline that the constant abuse and negative stereotyping was so cruel that they had self-harmed, and many wished they could change who they are. Advice to help parents spot the signs of bullying include: unexplained physical injuries; being afraid to go to school, having mysterious illnesses or skipping school altogether; becoming nervous, withdrawn or losing confidence; and problems with eating or sleeping.

Link: https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/racial-bullying/20of%20Health&dm_i=3ZQO,6NCV,26E4C2,N763,1

2. Body Positive—BULLYING ABOUT HOW YOU LOOK

It can be really hard if you're bullied because of the way you look. Being called names or being treated badly because of your appearance, race, culture or sexuality is wrong.

You've got the right to get support so that the bullying can stop.

You could:

- talk to someone you trust, like a parent or teacher about what's happening
- talk to a counsellor for support
- get support from other people on our message boards.

PRESSURE FROM FRIENDS OR FAMILY

It's normal to worry about the way you look sometimes, especially as you grow and go through puberty. There can be a lot of pressure to look a certain way and fit in with everyone else.

Sometimes it can feel like other people want you to look a certain way. For instance: friends or family wanting you to change your clothing style so you look more like them
people at school saying you don't fit in with them

being told to lose or gain weight

comparing yourself to people on TV, music videos and stuff you see online

your boyfriend or girlfriend telling you to wear makeup, change your hairstyle or remove some body hair.

Link: <https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/>

November 2017

3. Gypsy, Roma and Traveller resources

The Children's Society has made available resources produced to support professionals and carers working with Gypsy, Roma and Traveller communities looking at how they can keep their young people safe from child sexual exploitation (CSE). Resources include: Stay safe; don't send, an animated film made by Gypsy and Traveller young people to raise awareness among their peers about how to stay safe online; a guide for professionals; and leaflets and posters in English, Slovak and Romanian outlining the warning signs of CSE and where to find help and information.

Link: <https://www.childrensociety.org.uk/what-we-do/helping-children/gypsy-roma-traveller-children-cse-resources>

4. Signs of child sexual abuse

The Talk PANTS campaign helps parents of 4-11 year-olds keep their children safe from abuse. Like the Green Cross Code, it takes a potentially tricky subject and gives parents the tools to talk about it in an engaging and age-appropriate way. The messages of PANTS are:

P = Privates are private

A = Always reminder your body belongs to you

N = No means no

T = Talk about secrets that upset you

S = Speak up, someone can help

What signs might I see?

All children are different, and the signs could appear in different ways. You may notice:

- changes in the child's behaviour
- changes to achievement and progress
- talking about sexual acts or using sexually explicit language
- sexual contact with other children or showing adult-like sexual behaviour or knowledge
- becoming withdrawn or clingy
- changes in personality
- becoming more insecure than previously observed
- using toys or objects in a sexual way
- changes in eating habits
- inexplicable fear of particular places or people
- regression to younger behaviours
- becoming secretive or reluctant to share things with you

Link: <https://www.nspcc.org.uk/globalassets/documents/schools/underwear-rule-teaching-resource-guidance.pdf>