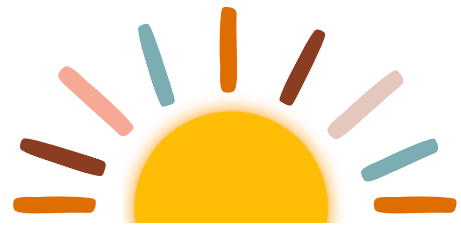


HALF TERM 2



SAFEGUARDING GUIDE

The Basildon Academies

Supporting your child

Children may not always recognise when something is wrong or know how to ask for help, so having a trusted adult who listens and takes action is vital. When parents are informed and involved, they can spot early warning signs, protect their child from harm, and work with schools or professionals to get the right support.

Emotional Wellbeing

County Lines is a term used when criminal gangs exploit children and young people to transport drugs from cities into smaller towns and rural areas. They often use mobile phone lines to control the operation and may pressure or trick young people into working for them - gangs often target them online or through friends, making it seem like an exciting opportunity - when in reality, it's dangerous and illegal.

How to Support:

- **Know the warning signs** - Things like unexplained money, new friends, or secretive behaviour.
- **Talk openly about risks** - Help your child understand how gangs operate and why it's important to stay safe.
- **Keep an eye on social media and friendships** - Gangs often use apps and messages to contact young people.
- **Look out for signs of travelling alone or to unfamiliar areas** - Especially if they're vague about where they're going or why.
- **Spotting sudden changes in behaviour or mood** - Becoming aggressive, secretive, or withdrawn. They may also be fearful or anxious.
- **Don't ignore signs of physical injuries** - These may be hidden or explained away, but could be signs of violence or threats, gently explore how they happened.
- **Report concerns to local authorities or helplines**

Parent Resources



[NSPCC -
County Lines
Parent Guides](#)



[Prevent And
Countering Extremism
in Young People Parent
Guide](#)



[Young Minds
Parent Hub -
Emotional
Wellbeing](#)

County Lines

Growing up can be emotionally challenging. Children and teens often feel pressure from school, friendships, social media, and changes in their bodies and emotions. Without the right support, these pressures can affect their confidence, mood, and wellbeing.

How to Support:

- **Listen without judging** - Let your child talk freely. Just being there and listening can help them feel safe and understood.
- **Create a safe space to talk** - Make time for relaxed chats where they feel comfortable sharing how they're feeling.
- **Look out for changes in behaviour** - If they seem more withdrawn, anxious, or upset than usual, it could be a sign they need support.
- **Encourage healthy habits** - Good sleep, regular exercise, and time with friends help children feel more balanced and positive.
- **Get professional support if needed** - If you're worried, speak to your GP or school for advice and support.

Radicalisation & Extremism

Some young people may feel isolated, confused, or angry about things happening in the world. This can make them vulnerable to people - often online - who try to influence them with extreme or hateful ideas.

How to Support:

- **Talk about the world around them** - Help them understand different views and think critically about what they see and hear.
- **Teach respect and kindness** - Encouraging values like tolerance and fairness helps them resist harmful influences.
- **Keep an eye on their online activity** - Knowing what they're watching and who they're talking to helps you spot risks early.
- **Notice changes in mood or beliefs** - If they suddenly become secretive or express extreme views, check in with them.
- **Promote positive role models** - Link in with youth services who make a positive difference in their communities. This helps them see healthy ways to belong and contribute.
- **Reach out for help early** - If you're worried, speak to the Safeguarding Team.

Safeguarding Team

If you have any worries or safeguarding concerns please contact the Safeguarding Team.

Lower Academy: safeguardinglower@basildonacademies.org.uk
Upper Academy: safeguardingupper@basildonacademies.org.uk