

Helena Romanes School Safeguarding

Parent/Carer resources and support



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Thurs 24th September 2026

We're pleased to offer two free online sessions for parents of teenagers this term, led by [Inger Madsen](#), an experienced practitioner who works with families and secondary schools to support parents navigating the challenges of adolescence.

Parents are welcome to sign up to a free, live 90-minute class for parents of teenagers, 'Understand their Brain, Stay Sane'.

There are two dates for parents to choose from:

Thursday 1st October, 18:30 to 20:00

Wednesday 7th October, 12:00 to 13:30

Sign-up: <https://ingermadsen.com/parenting-teen/>



Parents/carers can also sign up to the book club via this link:

https://docs.google.com/forms/d/e/1FAIpQLSdYI6ytxnn_hoXxsnNiZge3AY4QGEvYsNammek4NB0CYu7PVw/view_form?usp=pp_url

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Useful Resources

The [Essex Safeguarding Children Board website](#) has resources for parents and carers as well as professionals to enable them to fully support children and parents.

People can also follow the campaign on the ESCB [Facebook page](#) and <https://x.com/EssexSafeguards>.

[Brook](#), is a leading Sexual Health and Wellbeing Charity for young people, with over 55 years' experience.

[The 2 Johns](#) specialise in delivering bespoke Child Sexual Exploitation Training to professionals, parents and children, with an aim to totally change the perception that everyone has of 'Stranger Danger'.

The Children's Society, whose [CARE \(Children At Risk of Exploitation\) service](#) works with children and young adults in Essex who are at risk of sexual and criminal exploitation, with partners Barnardo's offering family support.

The [Essex Child and Family Wellbeing Service](#) brings together a range of children's community services. Provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council and the NHS.

The [Essex Violence and Vulnerability Unit](#) supports direct work with young people at risk of violence, provide training and development to those who are on the front line and raise awareness with the general public about the dangers of County Lines.

[The Ben Kinsella Trust](#) We educate young people on the dangers of knife crime and help them to make positive choices to stay safe. Our workshops follow the journey of both the victim and the offender through a series of unique and immersive experiences to show young people how choices and consequences are intrinsically linked.

Our workshops change young people's attitudes to knife crime; debunking the myth that carrying a knife will protect you. They strengthen peer values; ensuring young people give better advice to each other and challenge peers who are carrying (or thinking of carrying) a knife.

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Who students can talk to at school

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants

- Senior Leadership Team
- Email worrybox@hrs.education
- Mr S Emberton - Safeguarding Lead (Secondary Phase)
- Mrs H Grant-Bampton - Deputy Safeguarding Lead (Secondary Phase)
- Mrs J Hone (Primary Phase)
- Miss J Crawford (Primary Phase)

**Problems outside school?
Worried or Frightened?
Concerned about a friend?**

**ALL STAFF ARE
SAFEGUARDING TRAINED
AND THERE ARE
DESIGNATED STAFF IN
SCHOOL WHO CAN HELP
YOU...**

You can also speak to:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team



HRS Safeguarding



Mrs Grant-Bampton
Senior Safeguarding officer
& Deputy Safeguarding Lead
Her office is in B Block,
first floor, or ask for her in
student reception or e-mail
worrybox@hrs.education

Mr Emberton
Assistant Head Teacher &
Safeguarding Lead
His office is in B Block first
floor, B100 or ask for him
in student reception, or
e-mail
worrybox@hrs.education



Safeguarding at Helena Romanes School

We are here to help



If you are feeling **sad, upset, hurt or worried**, please talk to our team.



Miss Crawford
Deputy Safeguarding Lead
worrybox@hrs.education



Mrs Hone
Designated Safeguarding Lead
worrybox@hrs.education

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Helena Romanes Child Protection Policy: [Child Protection & Safeguarding Policy](#)

Online safety advice & information for parents

Childnet - online safety [Childnet - Childnet](#)

Educateagainsthate provides practical advice and support on protecting children from extremism and radicalisation [Educate Against Hate - Prevent Radicalisation & Extremism](#)

NSPCC [Online Safety for Children - Tips & Guides](#)

Dedicated NSPCC helpline 0800 136 663

The helpline will provide both children and adults who are potential victims of sexual abuse in schools with the appropriate support and advice.

This includes how to contact the police and report crimes if they wish. The helpline will also provide support to parents and professionals too.

[Dedicated helpline for victims of abuse in schools](#)

Use of social media for online radicalisation - How social media is used to encourage travel to Syria and Iraq [The use of social media for online radicalisation](#)

UK Council for Internet Safety [UK Council for Internet Safety](#)

UK Safer Internet Centre [UK Safer Internet Centre - Online Safety Tips, Advice and Resources | Safer Internet Centre](#)

Commonsensemedia provide independent reviews, age ratings, & other information about all types of media for children and their parents [Common Sense Media: Age-Based Media Reviews for Families](#)

Internet Matters provide age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world [Information, Advice and Support to Keep Children Safe Online](#)

Let's Talk About It provides advice for parents and carers to keep children safe from online radicalisation [Staying Safe Online](#)

London Grid for Learning provides support for parents and carers to keep their children safe online [Home Page - London Grid for Learning](#)

Stopitnow resource from **The Lucy Faithfull Foundation** can be used by parents and carers who are concerned about someone's behaviour, including children who may be displaying concerning sexual behaviour (not just about online) [Stop It Now! UK and Ireland | Preventing child sexual abuse](#)

National Crime Agency/CEOP Thinkuknow provides support for parents and carers to keep their children safe online - <https://www.thinkuknow.co.uk/>

Net-aware provides support for parents and carers from the NSPCC and O2, including a guide to social networks, apps and games - <https://www.net-aware.org.uk/>
[Apps, games and social media sites reviews for parents](#)

Internet Watch Foundation The IWF is a not-for-profit organisation that works towards the global elimination of child sexual abuse images and videos online. We help to make the internet a safer place for children and adults across the world. <https://talk.iwf.org.uk/>

Parentzone provides help for parents and carers on how to keep their children safe online <https://parentzone.org.uk/home>

Parent info from Parentzone and the National Crime Agency provides support and guidance for parents from leading experts and organisations - <https://parentinfo.org/>

Breck Foundation The Breck Foundation is a charity founded by Lorin LaFave after the tragic loss of her 14-year old son, Breck Bednar, in 2014, through online grooming. Breck was groomed while enjoying his passions of computing and gaming. We want to ensure that no child is harmed through grooming and exploitation while enjoying their time on the internet. Prevention through education is essential. [About Us | Breck Foundation](#)

Internet browsing history checks:

https://r1.dotdigital-pages.com/p/5D0Q-5XX/porn-websites?dm_i=5D0Q,AXHJ,3QY95R,18SAO,1

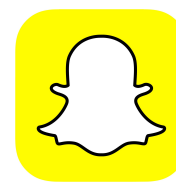
Parent guides to popular social media platforms



[What is WhatsApp? A safety guide for parents | Internet Matters](https://www.internetmatters.org/advice/apps-and-platforms/social-media/whatsapp/)



<https://www.internetmatters.org/advice/apps-and-platforms/social-media/instagram/>



<https://www.internetmatters.org/advice/apps-and-platforms/social-media/snapchat/>



<https://www.internetmatters.org/advice/apps-and-platforms/social-media/x-formerly-twitter/>



<https://www.internetmatters.org/advice/apps-and-platforms/social-media/tiktok/>



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/youtube-and-youtube-kids/>



<https://www.internetmatters.org/advice/apps-and-platforms/social-media/pinterest/>



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/twitch/>



Telegram

<https://www.internetmatters.org/advice/apps-and-platforms/social-media/telegram-messenger/>



<https://www.internetmatters.org/advice/apps-and-platforms/social-media/signal/>



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/kick-streaming/>



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/onlyfans/>

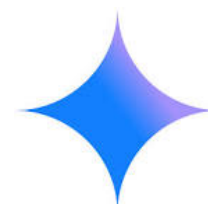
Parent guides to popular AI platforms:



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/microsoft-copilot/>



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/character-ai/>



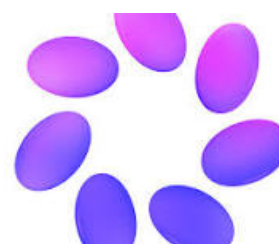
<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/google-gemini/>



<https://www.kidsaitools.com/en/articles/is-claude-ai-safe-for-kids>



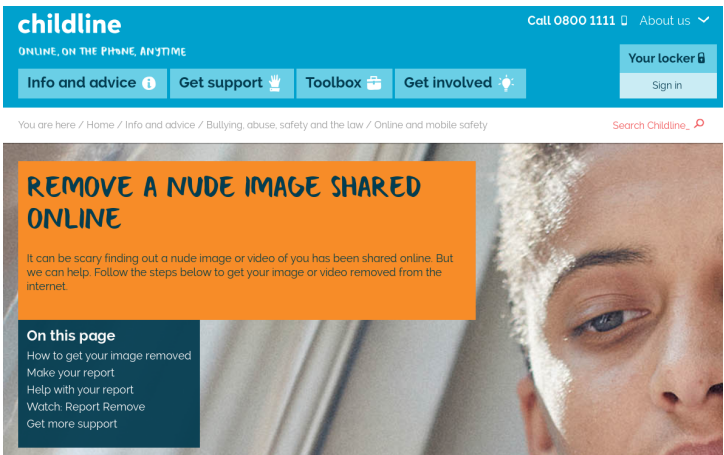
<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/character-ai/>



<https://www.internetmatters.org/advice/apps-and-platforms/entertainment/meta-ai/>

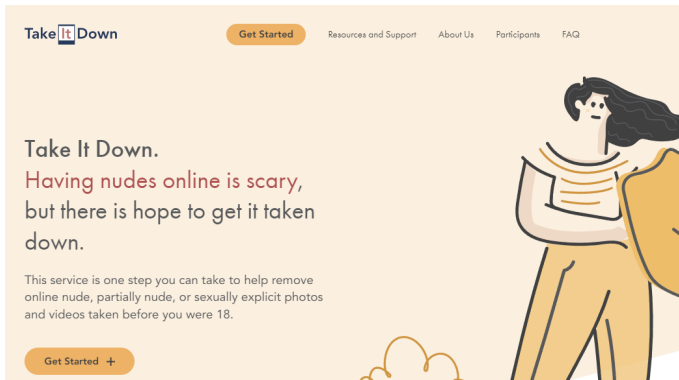
Under-18s who want nude pictures or videos of themselves removed from the internet can now report the images through an [online tool](#).

The service - from the Internet Watch Foundation and Childline - aims to help children who have been groomed, or whose partners have posted photos of them online.



To access the Report Remove facility on the childline website please use the link below:

[Report Remove: Remove a nude image shared online](#)



What is Take It Down?

Take It Down is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old. You can remain anonymous while using the service and you won't have to send your images or videos to anyone. Take It Down will work on public or unencrypted online platforms that have agreed to participate.

It's scary when this happens to you, but it can happen to anyone. You've taken the first step, and we're here to help you with the next steps. Take It Down is a service provided by the [National Center for Missing & Exploited Children](#).

<https://takeitdown.ncmec.org/>



CEOP

There is a button to CEOP on the school website: <https://www.helena-romanes.essex.sch.uk/>

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP

www.ceop.police.uk/safety-centre

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Mental Health Support resources for parents

Exam Stress

The following link covers a wide-range of tips to keep students mentally healthy.

Supporting Your Child during Exam Time (Young Minds)

[Exam Time & Exam Stress | Parents Guide To Support](#)

Young Minds <https://youngminds.org.uk/>

SET CAMHS NHS Instagram

[Essex CAMHS \(@set_camhs_nhs\) • Instagram photos and videos](#)

Instagram account to provide advice and support to young people experiencing mental health issues. Please encourage your children to follow the account where they will be able to access early intervention advice and support.

MindEd is a free educational resource on children and young people's mental health for all adults: [MindEd Hub](#)

Safe and reliable advice about young people's mental health, created by experts and parents together:

[Safe and reliable advice about young people's mental health, created by experts and parents together](#)

NHS Mental Health Charities directory: [Mental health charities and organisations](#)

Parent zone 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

Heads together [Heads Together](#)

Shout [Shout: Home](#)

The Mix [The Mix - Essential support for under 25s](#)

Kooth [Kooth | Home](#)

SAM - Anxiety management

HeadSpace - Meditation & Sleep



Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.



'Breathe' - Meditation/Anxiety



Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



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Safeguarding Support resources for parents

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by older students and their parents in West Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

[Learn to drive a car: step by step - GOV.UK](#)

[Find driving schools, lessons and instructors - GOV.UK](#) (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

[Complain about a driving instructor - GOV.UK](#)

Parent line family support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

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Welfare Support resources for parents

Essex Welfare Support Service: <https://essexwelfareservice.org/>

Essex Welfare Service (EWS)

The EWS, a service to help vulnerable people in the community in need of support and unable to access it at this time: essexwelfareservice.org Parents are able to 'self-refer' if they are experiencing difficulties

EWS Contact details:

Phone: 0300 303 9988

Email: provide.essexwelfareservice@nhs.net

Website: essexwelfareservice.org

Opening hours: Monday to Friday, 8am to 7pm Saturday and Sunday, 10am to 2pm

Uttlesford Frontline support.



Frontline is a community project to help you and frontline workers to quickly find health and wellbeing services in your local area.

Services available

The Frontline has information on services for:

- families
- older people
- mental health and psychological support
- transport
- health and wellbeing
- disability support
- addiction help

How it works

You can refer yourself through the website or app or speak to someone who can refer you through to an appropriate service.

Website

Go to the Uttlesford Frontline website - Uttlesford Frontline

Telephone

Telephone: 01799 618855

Email

Email: info@frontlinereferrals.org.uk

Address

Frontline Referrals
Barnards Yard
Essex
CB11 4EB

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