



# THE SAFE

## WMAT SAFEGUARDING



### **This issue:**

**THC vapes and edibles**

**Chroming, the latest Tik Tok craze that is taking lives**

**My LOL, the free social and dating site aimed at teens**

**Expanded directory**

This publication aims to provide all practitioners and stakeholders with up-to-date information in order to keep our children safe. If there are any topics you would like us to cover in future editions, please email your ideas to:

[dsl@weydonschool.surrey.sch.uk](mailto:dsl@weydonschool.surrey.sch.uk)

# WMAT SAFEGUARDING TEAM

If you are concerned about any child, contact the school on:

**WEYDON SCHOOL**  
01252 725 052  
[dsl@weydonschool.surrey.sch.uk](mailto:dsl@weydonschool.surrey.sch.uk)

DSL: Julie Aldridge, Jackie Sharman  
Dep. DSL: Rebecca Price

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01428 654 055  
[dsl@woolmerhill.surrey.sch.uk](mailto:dsl@woolmerhill.surrey.sch.uk)

DSL: Peter Barraud  
Dep. DSL: Stewart Williams, Dave Clayton

**THE PARK SCHOOL**  
01483 772 057  
[dsl@thepark.surrey.sch.uk](mailto:dsl@thepark.surrey.sch.uk)

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Sam Thomson, Sara Palthe

**THE RIDGEWAY SCHOOL**  
01252 724 562  
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Erika Lindsey Clark, Tom Byrne,  
Chelsea Loynes

**FARNHAM HEATH END SCHOOL**  
01252 733 371  
[dsl@fhes.org.uk](mailto:dsl@fhes.org.uk)

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Safeguarding  
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01483 411 100  
[dsl@rodborough.surrey.sch.uk](mailto:dsl@rodborough.surrey.sch.uk)

DSL: Hannah Morgan  
Dep. DSL: Ann-Mari Campbell, Fiona  
Lashmar

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01252 725 059  
[dsl@abbey.surrey.sch.uk](mailto:dsl@abbey.surrey.sch.uk)

DSL: Richard Gregory  
Dep. DSL: David Jackson, Tom Jackson,  
Tom Molloy, Lucy White

# Support poster

**Emotional & mental health crisis line for children, young people and parents.**

**Free to call and open 24/7.**

**Call: 0800 915 4644**

**Neurodevelopmental helpline for parents of children with ADHD and/or ASD. Open 5pm to 11pm every day.**

**Call: 0300 222 5755**

**Scan me for other helpful support**



**Scan me to visit My Safety Plan**





# Cannabis Edibles



**Cannabis is a Class B drug and illegal to possess, grow, sell or distribute in the UK.**

Cannabis is a naturally occurring plant. The flowers and leaves of the plant are dried and then most commonly rolled up in a paper (often mixed with tobacco) and smoked.

Cannabis can also be ingested (edibles). This can be in the form of brownies or cake, and also in gummies which are becoming increasingly popular especially with younger users.

## **Gummies/Cannabis edibles.**

Gummies and edibles are food products which contain the mood-altering ingredient from cannabis (THC). They are illegal but available in many different forms, including cakes, sweets, chocolates, drinks, syrups, butters or spreads and oils.

Although cannabis edibles contain an element of the Class B drug, they do not have the smell or appearance of cannabis. This is the concern as the signs compared to smoking are not there. They may also contain other illicit substances. Instead, they look and smell like a normal shop-bought food item but can be stronger than other cannabis products.

**FRANK**

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0300 1236600

## **Cannabis edibles – always risky, sometimes dangerous**

Taking drugs including cannabis always has **risks**. Whether you smoke it or take edibles, THC (the main psychoactive component of cannabis) can cause you problems including with your mental health.

Swallowing drugs means the effects are even less predictable – it can be very easy to accidentally take a larger dose than you wanted to, and for the effect to go on much longer than you wanted. This is true for cannabis anyway but eating it can make it even riskier.

Taking edibles may also increase the risk of taking something more dangerous than cannabis. There are increasing reports of young people taking what they think are cannabis edibles and getting seriously ill from them. In many cases, it's turned out that they had taken something containing **synthetic cannabinoids** rather than THC without knowing it. Some of the effects of synthetic cannabinoids can be similar to cannabis but they are often much more unpleasant or dangerous. They can cause hallucinations, extreme paranoia and (in high doses) even death.

### **Don't be fooled by legit looking packaging.**

In Canada and some US states, it's legal to sell cannabis to adults, including in the form of gummies, lollipops, and other sweets. These products are often packaged to look like regular sweets, which might make them more attractive to young people, and make them seem like they must be safe.

Over here in the UK, it's illegal to sell anything that contains THC but there are illegal edibles around which are often made to look like what you can get legally in the US. They may even say that they are only for over-18s and things like how much THC they're supposed to have in them so they look legit. Even if they were they could cause problems for young people. But, a lot of the time, "cannabis" edibles over here don't have any THC in them and contain synthetic cannabinoids instead.

Because of how they are packaged, they can be particularly appealing to young people and teenagers, who may call them 'gummies' or 'bites'.

Unlike smoking cannabis, swallowing cannabis is much easier to consume, however it takes longer to take effect. As a result, those taking them are likely to eat too many due to the delayed effect.

Side effects can include; psychotic episodes, disorientation and confusion, changes in perception, depression, paranoia, heart problems, panic attacks, nausea or vomiting, hallucinations, memory loss, feeling lethargic, loss of consciousness, breathing difficulties, insomnia and anxiety.

The purchase of cannabis edibles is illegal in the UK, but we know the products are advertised for sale through social media networks – and therefore young people are at risk of seeing them.



Edibles are usually sold via social media on apps such as Snapchat, Telegram and Instagram where users post “stories” that show images that disappear after 24 hours.

Due to the vacuum packaging, edibles are regularly distributed via the postal service and disguised as legitimate sweets that do not emit any smell of Cannabis.

Packaging is deliberately eye-catching and often imitates well known brands.



### Short-term effects:

Visual distortions  
Relaxed feelings  
Talkativeness  
Laughter and the giggles

### Long-term effects:

Psychological dependence  
Respiratory problems are possible  
Reduced motivation  
Short term memory loss



## CBD

(Cannabidiol) is a compound in Cannabis that has medical effects but does not make people feel “stoned” and can actually counter the Psychoactive effects of THC.

CBD-rich strains are now being grown by and for medical users.

CBD products are legal to buy in the UK as long as they don't contain any traces of THC.

## THC

(short for Tetrahydrocannabinol) is a chemical compound found in Cannabis plants (Marijuana).

When it's ingested or inhaled, THC binds to the Cannabinoid receptors in your brain which causes Psychoactive effects.

## THC Vapes

A THC vape often looks like a normal vape but includes a capsule inside containing THC. Content of THC in the vape can vary but can be up to 90%. Reactions to this also vary but as THC is the psychoactive substance of cannabis, it is highly likely to make young people poorly physically with a high potential for a severe psychoactive reaction. Effects can be felt after about 5 minutes.

Young people are buying them from corner shops, online, from dealers and one another for £20—£80, with no idea on the strength or THC content.

## Synthetic Cannabinoids

As with edibles, THC vapes can also contain [synthetic cannabinoids](#), which are chemicals designed to act like the main psychoactive chemical in cannabis.

Effects are similar to cannabis but can be stronger. Side effects can include nausea and mood swings, sweating, loss of muscle coordination and tingly feelings in fingers and toes.

With synthetic cannabinoids, it is easy to want more and take larger doses, impacting mental health and potentially triggering psychotic episodes. [talktofrank.com](http://talktofrank.com)



# Dangerous Challenge Raises Serious Safeguarding Concerns



Dangerous Challenge

## What is the challenge?

You might have heard about a recent, tragic incident involving an 11-year-old boy in Lancashire who lost his life after reportedly taking part in a dangerous trend called 'chroming' during a sleepover. Chroming involves inhaling various chemicals like aerosols, nitrous oxide, solvents, and nitrites, also known variously as nangs, nossies, whippets, and bullets. This activity is associated with a euphoric high, but carries potentially fatal risks, including heart and lung damage, as well as harm to brain and behavioural development.



## How are children and young people engaging in this challenge?



There are various methods of inhalation that are used when chroming. Therefore, it can be difficult to control the dosage. This danger increases significantly in enclosed spaces or when covering the face with items such as plastic bags.

- 🛡️ **Spraying** – Spraying the contents of an aerosol container directly into the mouth or nose.
- 🛡️ **Bagging** – Spraying the contents of an aerosol container into a paper or plastic bag to be held over the person's mouth or nose for inhalation.
- 🛡️ **Sniffing** – Sniffing the fumes directly from the container.
- 🛡️ **Huffing** – Soaking a rag with the inhalant and holding it to the face for inhalation.

## What are the risks?

### Physical health

Inhaling aerosol spray or other chemicals can cause serious damage to the respiratory system and brain. It can lead to fainting and in severe cases, death. Common aftereffects include unsteadiness, confusion, fatigue and headaches, increasing the risk of accident and injury.

### Mental and emotional

Chroming can be highly addictive due to the intense high it produces, potentially exacerbating mental health issues such as depression and anxiety. The abuse of inhalants can affect behaviour, potentially inducing mood swings, aggression or hallucinations.

### Dependency

Challenges like chroming may be disguised as harmless fun, but young people may become dependent on the more addictive solvents used, such as nitrous oxide.

Source: [Design For Change](#)

## Top tips for parents, carers and safeguarding professionals

### Consider potential signs

Don't jump to conclusions. There are some signs that a young person in your care may be involved in chroming or other substance abuse. These can include loss of appetite, rash around the mouth, changes in friendship groups, secretive and evasive behaviour, changes in sleeping patterns and mood, dizziness and headaches. These signs don't confirm involvement in chroming; however, these signs are important to follow up on with a conversation.

### Stay supportive and avoid judgement

Young people may feel awkward, embarrassed or in some cases fearful of having this conversation. Stay supportive, plan how and when to approach the conversation and avoid panic, condemnation or any language or behaviour that could be harmful rather than helpful.

**NSPCC**



Adult Helpline

[help@NSPCC.org.uk](mailto:help@NSPCC.org.uk) or by calling 0800 800 5000

**FRANK**



Friendly, confidential drugs advice

0300 123 6600 (24 hours)  
Text 82111

**Re-Solv**



UK Charity providing support and advice to anyone affected by solvent abuse

## Signposting:

# catch 22

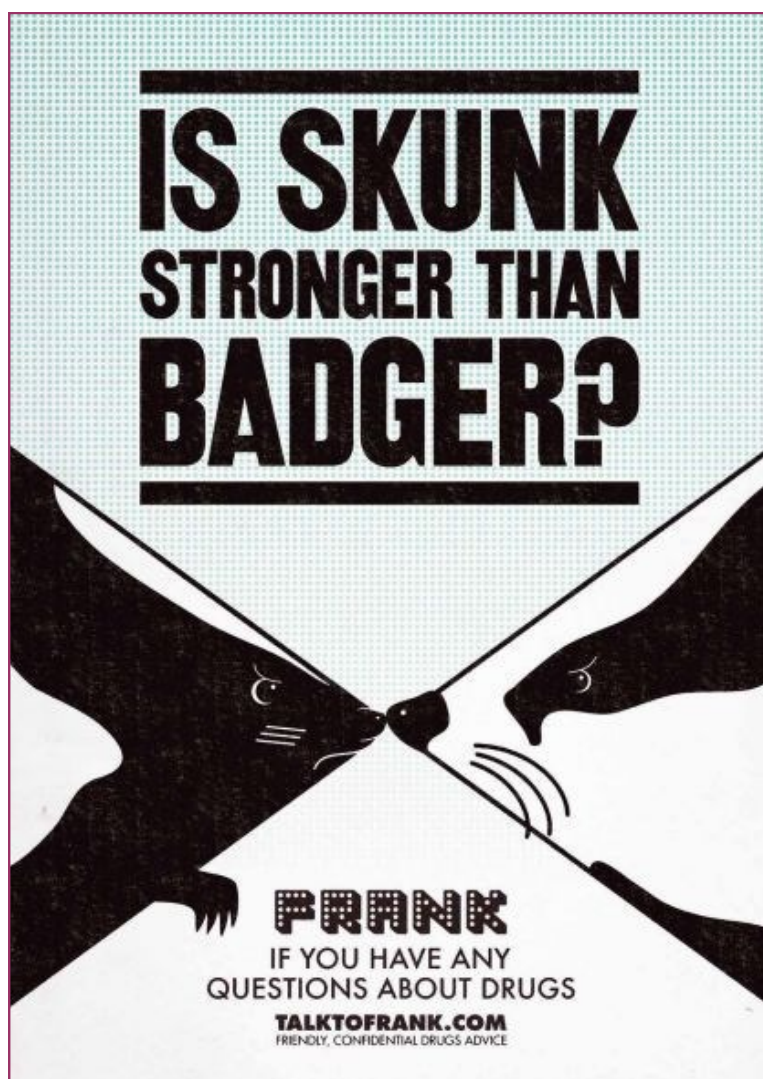
Our services provide targeted, age-appropriate substance misuse services for young people, that put the young person at the centre of treatment.

More info on cannabis from Catch 22 can be found here:

<https://www.catch-22.org.uk/resources/cannabis-understanding-the-risks/>

Catch 22 Substance Misuse services info can be found here:

<https://www.catch-22.org.uk/what-we-do/health-and-wellbeing/substance-misuse/>



Concerned about a child? Honest and useful information for parents and guardians:

<https://www.talktofrank.com/get-help/concerned-about-a-child>

**YOUNG MINDS**  
fighting for young people's mental health

For tips on speaking to your teen about drugs and alcohol, visit [Young Minds](#)



# What Parents & Carers Need to Know about

# MYLOL

AGE RESTRICTION  
13-19

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

## WHAT ARE THE RISKS?

### FLimsy AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

### AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

### POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

### IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

### DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

### CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

## Advice for Parents & Carers

### DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

### EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

### RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

### SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety



## WMAT Safeguarding recommends.....

One to share with your teen, **yourpolice.uk on Instagram** is a reliable info source for teens for all matters police related.

<https://www.instagram.com/yourpolice.uk/>

yourpolice.uk Follow Message

1,578 posts 23.7K followers 1,200 following

Police.UK  
[@yourpolice.uk](#)  
Law Enforcement Agency  
👉 FOR TEENS: a safe space with reliable info, advice  
👮 OFFICIAL UK police (NPCC)  
🕒 Monitored until 9pm  
📞 In emergencies 999  
👉 Useful links  
[linktr.ee/yourpolice.uk](https://linktr.ee/yourpolice.uk)

DRUGS THE POLICE SAFETY TRANSPORT WEAPONS REPORTING COMMUNITY GUIDELINES

STOP & SEARCH  
**What is a Section 60?**

What is an Appropriate Adult?

Whats a Bank Scam?

You can't carry a **knife** for self defence  
Here's why

We want you **to feel safe**

Child Sexual Exploitation  
Is when a child or young person is given things, like gifts, drugs, money, status and affection, in exchange for performing sexual activities.

Their linktree includes loads of useful reporting tools:

<https://linktr.ee/yourpolice.uk>

@YourPolice.UK

Links to useful websites. DM us if you can't find what you're looking for



Report a crime anonymously

POLICE.UK

Find your local police service

StreetSafe - tell police about places in your area where you feel unsafe



Report, Remove - get your image or video removed from the internet

# DIRECTORY

women's aid  
until women & children are safe

Women's Aid is the national charity working to end domestic abuse against women and children. As a federation we provide life-saving services across England while building a future where domestic abuse is not tolerated.

<https://ineqe.com/online-safety/>



Online Safety Guide  
2023

NetSupport's online safety guide in an easy to read format, includes coverage on gaming, grooming, fake news and radicalisation.

[NetSupport Online Safety Guide](#)

SURREY TRUST [Home](#) [What we do](#) [Get involved](#) [How we can help](#)

Supporting people in Surrey who need it most.

We're the local charity working with volunteers to give people the opportunities, skills, and support they need to achieve their potential.



Emotional Wellbeing and Mental Health Support for Children and Young People Living in Surrey

Contents:

Emotional Wellbeing and Mental Health Support for Children and Young People living in Surrey .....	1
Wellbeing Advice .....	2
Bereavement: .....	3
Bereavement by Suicide: .....	3
Mental Health Crisis Support: .....	4
Mental Health Support Services: .....	4

National Cyber Security Centre

[Home](#) [Information for...](#) [Advice & guidance](#) [Education & skills](#)

Information for...

Individuals & families

Self employed & sole traders

Small & medium sized organisations

Large organisations

Public sector

Cyber security professionals

## Individuals & families

The NCSC's cyber security advice to protect you and your family, and the technology you rely on.





**Need to talk?**

Call our free 24/7 emotional wellbeing and mental health crisis line. Available for young people aged 6 years and over, their families and carers within Surrey.

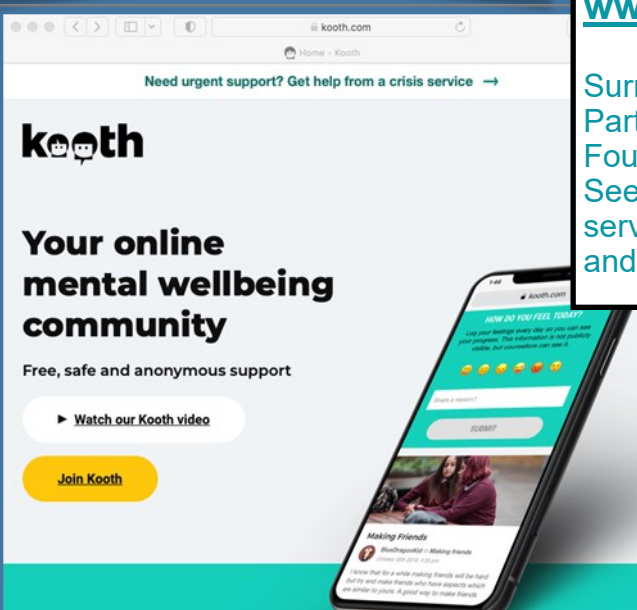
**Call 0800 915 4644**



**CYP HAVEN**

[www.cyphaven.net](http://www.cyphaven.net)

CYP Havens is available for children aged 10 - 18 to talk about any worries in a friendly and confidential environment in Guildford and Epsom. See website for location and times. Workshops also available.



[www.sabp.nhs.uk](http://www.sabp.nhs.uk)



**Surrey and Borders Partnership NHS Foundation Trust**

Surrey & Borders Partnership NHS Foundation Trust.

See website for a full range of health and care services including mental health, drugs and alcohol, and advice.

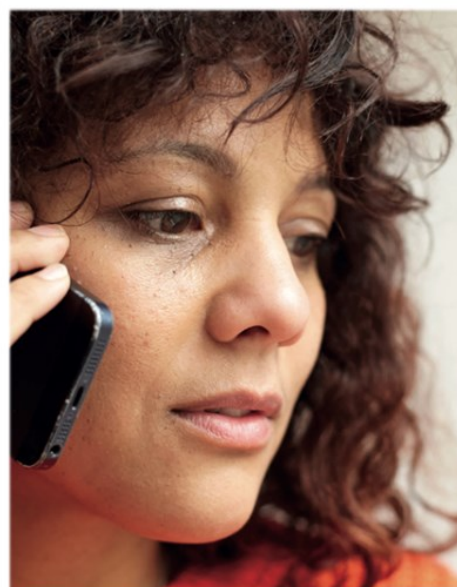


We are a Surrey based charity supporting survivors of Domestic Abuse

Helpline

Available between 9am and 9pm, every day of the year. We offer support, information and signposting.

Call us on:  
**01483 776822**



**Parenthood..**

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds Parents Helpline  
**0808 802 5544**  
[www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)

**YOUNGMINDS**



If you're concerned about a child call 0300 470 9100

[cspa@surreycc.gov.uk](mailto:cspa@surreycc.gov.uk)  
[www.surreyscp.org.uk](http://www.surreyscp.org.uk)

**childline**

Call 0800 1111 About us

ONLINE, ON THE PHONE, ANYTIME

Info and advice

Get support

Toolbox

Get involved

[www.childline.org.uk](http://www.childline.org.uk)

Childline, a free, private, and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they are there for you online, on the phone, anytime. **0800 1111.**



## Understanding the Teenage Brain



[www.creativeeducation.co.uk/weydon-multi-academy-trust-parent-webinars/](http://www.creativeeducation.co.uk/weydon-multi-academy-trust-parent-webinars/)

Free parent webinars from Creative Education in collaboration with WMAT, on topics such as Spot and Support Eating Disorders, Promoting Positive Sleep, Emotional Based School Avoidance, and Anxiety.



Find it hard to talk about debt?

WE HEAR YOU!

**StepChange**  
Debt Charity

**FREE, PERSONALISED ADVICE. DAY OR NIGHT, ONLINE 24/7.**

[www.stepchange.org/online](http://www.stepchange.org/online)

The UK's leading debt charity can help you take control of your money. Use our online advice service and debt solutions.

©2020 Foundation for Credit Counselling Ltd StepChange Debt Charity Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC046263.

# Helplines **NSPCC**

Help for adults concerned about a child

Call us on 0808 800 5000

Help for children and young people  
Call Childline on 0800 1111





## Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

### Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

### What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

### How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

**Make a report**

If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely

## Child Exploitation and Online Protection

CEOP helps keep children and young people safe from sexual abuse and grooming online. They help thousands of children and young people every year, as well as their parents and carers.

They can help and give you advice, and you can make a report directly to them if something has happened to a child online which has made either you or your child feel unsafe, scared or worried. This might be from someone they know in real life, or someone they have only ever met online.

[www.ceop.police.uk](http://www.ceop.police.uk)



0808 802 5000

[www.surreydrugandalcoholcare.org.uk](http://www.surreydrugandalcoholcare.org.uk)

## [www.healthysurrey.org.uk](http://www.healthysurrey.org.uk)

Healthy Surrey can help you lead a healthier life, whether you want to be more active, drink less alcohol, stop smoking, and more.

Supported by the **Health and Wellbeing Board**, this website helps you find self-care information, as well as signposting to local services available to you as a Surrey resident.

You don't need a referral for most of these – you can book an appointment yourself. Why not give it a go and make a change today?

Health topics ▼

Interactive help finder ▼



space2grow

FARNHAM'S COMMUNITY WELLBEING GARDEN

[www.space2grow.space](http://www.space2grow.space)

The Parenting Space at Space to Grow, helps parents and carers enjoy bringing up children.

To find out more or book a place on the next course, email the team at:

[info@theparentingspace.space](mailto:info@theparentingspace.space)