

 [#oeProtectSupport19](https://twitter.com/oeProtectSupport19)

# Protect and Support Vulnerable Teenagers

Ensure effective safeguarding and work with teenagers and young people at risk

[oe.go.co/ProtectSupport19](https://oe.go.co/ProtectSupport19)

Expert speakers include:

**Chris Elmore MP**

Member of Parliament for Ogmore,  
South Wales

**Dr Holly Gordon**

Development and Impact Manager, NSPCC

**Lorna Naylor**

Anti Bullying and Online Safety Co-ordinator,  
Nottinghamshire County Council

**Oliver Welsby**

Consultant, Trainer and Speaker, Brightcore  
Consultancy

## KEY BENEFITS

### MENTAL HEALTH

Create conversations

### SOCIAL MEDIA

Stay one step ahead

### COUNTY LINES

Spot the signs a student  
is in trouble

Supported by:

**NSPCC** Learning

**catch  
22**

# Protect and Support Vulnerable Teenagers

*“27,000 children aged between 10 and 17 in England identify as being part of a gang”*

CHILDREN'S COMMISSIONER REPORT FEBRUARY 2019

The impact of not addressing mental health issues in adolescence carries on into adulthood, affecting both physical and mental health, limiting opportunities for those affected to lead fulfilling lives as adults.

The mental health of teenagers is worsened by a virtual pressure to 'fit-in', with young people spending more time than ever on the internet. In doing so they are more exposed to harmful content, increasing anxiety as well as an increased risk of being groomed and exploited.

What can schools and FE colleges do to support affected students and how can they create an environment to protect and support vulnerable teenagers?

This one-day event will provide you with the methods and strategies you need to manage and support your vulnerable students. In addition to a variety of networking opportunities, you will also get to attend a number of keynotes and workshops on current challenges such as mental health, as well as emerging threats including county lines. The aim of the event is to ensure every path is covered when safeguarding your most vulnerable students.

## What can I expect?

In-depth keynotes with a choice of workshops including:

- **mental health:** effective and innovative ways to support teenagers with mental health problems
- **social media:** improve your understanding of social media trends and be one step ahead of your students
- **county lines:** learn the signs that a student may be caught up in county line activity, and keep your school safe
- **risky behaviour:** understand the psychology behind engaging in risky behaviours and how it can be prevented.

## Who should attend?

- Headteachers
- Deputy Headteachers
- Designated Safeguarding Leads
- Pastoral Managers
- School Counsellors
- Sport Coaches

**Optimus Education offers a wealth of expertise to support your whole-school improvement.**

From non-curricular awards, timely and informative conferences, packaged and bespoke consultancy, to in-house training and membership, Optimus is your one-stop-shop for your school or academy.

**Head to [oego.co/ProtectSupport19](https://oego.co/ProtectSupport19) to find out more.**

## SPEAKERS



### Oliver Welsby (Chair)

**Consultant, Trainer and Speaker, Brightcore Consultancy**

Oliver has extensive experience as both a DSL and a mental health lead. He has a master's degree in educational leadership; a qualification in which he specialised in the management of safeguarding with a specific focus on the development of effective mental health strategies within schools.



### Chris Elmore MP

**Member of Parliament for Ogmore, South Wales**

Chris is the MP for Ogmore and currently serves as the Opposition Whip. Prior to being elected to parliament, Chris worked in further education, office management and was a full time county councillor and cabinet member leading on education and children's services.



### Coleen Worrall

**Director of Student Services, Cannock Chase High School**

Coleen has worked in student support for over 15 years and has had extensive experience with students that present with behavioural, emotional, social or mental health concerns. She has a vast knowledge of working with agencies and partners and has held other roles within her local community within Targeted Youth Services, Youth Offending Service. Coleen also works with other schools as a trustee and governor in the Staffordshire area.



### Dr Holly Gordon

**Development and Impact Manager, NSPCC**

Dr Gordon is a development and impact manager for the Protect and Respect Exploitation Service at the NSPCC, with over 12 years' experience as a qualified social worker. She has previous experience of frontline practice in local authority children's services and has managed looked after child and leaving care teams. Holly has obtained a doctorate in social work from Keele University in 2018. She is an experienced trainer and has regularly delivered training to DSLs in Wales.



### Lorna Naylor

**Anti Bullying and Online Safety Co-ordinator, Nottinghamshire County Council**

Lorna has worked for NCC for 12 years as Anti-bullying and Online Safety Co-ordinator. She works with young people on their online behaviour and supports them and their families to use the developing technologies safely and responsibly. In the last two years she has moved into the tackling emerging threats to children team, working with a group of colleagues on a whole range of issues affecting all aspects of safeguarding.



### Mike Williams

**Senior Evaluator, NSPCC**

Mike has been working in evaluation for 20 years. At the NSPCC he has evaluated a range of initiatives relating to the prevention of child sexual abuse. This has included an evaluation of Fresh Start, the NSPCC's Centre for Child Sexual Abuse (2007-2010), the Child Trafficking Advice and Information Line (2009), a prevention programme working with the Somali community in East London and more recently the NSPCC's child sexual exploitation programme, Protect & Respect.

09:00 – 09:45	Registration and refreshments		
09:45 – 10:00	<b>Chair's introduction and welcome</b> <i>Oliver Welsby, Consultant, Trainer and Speaker, Brightcore Consultancy</i>		
10:00 – 10:30 <b>Mental Health</b>	In the face of pressures on services, learn to be able to: <ul style="list-style-type: none"><li>• implement a mental health strategy that supports increasing demand for services</li><li>• remove stigmas attached to mental health</li><li>• ensure staff are well trained to aid a student with their mental health</li></ul> <i>Oliver Welsby, Consultant, Trainer and Speaker,, Brightcore Consultancy</i>		
10:30 – 11:00 <b>Social Media</b>	Innovative guidance to relieve students from pressures caused by social media and future proof staff, keeping them ahead of the game in an ever-changing landscape <i>Chris Elmore MP, Member of Parliament for Ogmore, South Wales</i>		
11:00 – 11:10	Questions and answers		
11:10 – 11:40	Morning refreshments		
11:40 – 12:30	<b>Streamed Sessions 1</b>		
<b>1A: Self-Harm</b> Know how to broach the topic of self-harm, that will help students open-up and get the support they need <i>Jade Sievwright, Mental Health and Wellbeing Practitioner, MindSpace</i> <i>Lauren Tiffany, Emotional Health Support Worker, Mindspace</i>	<b>1B: Online Activity</b> How to manage screen activity that ensures online safety and peace of mind for your students <i>Lorna Naylor, Anti-Bullying Co-Ordinator, Nottinghamshire County Council</i>	<b>1C: Gangs</b> Gain insight into gang mentality and operations to understand how best to safeguard your most vulnerable students <i>Ray Barrett, Keyworker, Catch22</i>	
12:30 – 13:30	Lunch		
13:30 – 13:55 <b>County Lines</b>	<b>County lines developments and awareness:</b> <ul style="list-style-type: none"><li>• know the signs to identify a student at risk of exploitation</li><li>• understand the tactics of coercion used on young people by drug gangs</li><li>• learn the correct procedures to follow, that will keep your school a safe zone</li></ul> <i>St Giles Trust</i>		
13:55-14:20	<b>NSPCC Report</b> <i>Mike Williams, Senior Evaluator, NSPCC</i>		
14:20 - 14:30	Questions and answers		
14:30 - 15:20	<b>Streamed Sessions 2</b>		
<b>2A: Sexting</b> Step-by-step guidance on dealing with sexting to mitigate consequences and protect students <i>Richard Howes, Assistant Principal, Cannock Chase High School</i>	<b>2B: CSE and Grooming</b> Processes to spot if a student is at risk of CSE and grooming, and methods to approach the subject sensitively <i>Dr Holly Gordon, Development and Impact Manger, NSPCC</i>	<b>2C: Anxiety</b> Ease your students through their adolescent years with healthy and new coping mechanisms that relieve anxiety <i>Jade Sievwright, Mental Health and Wellbeing Practitioner, MindSpace</i> <i>Lauren Tiffany, Emotional Health Support Worker, Mindspace</i>	
15:20 – 15:40	Afternoon refreshments		
15:40 – 16:30	<b>Streamed Sessions 3</b>		
<b>3A: Risky Behaviours</b> Grasp the psychology behind teenagers' involvement in risky behaviours and prevent them from getting caught up	<b>3B: Peer-on-Peer Abuse</b> Strategies to overcome new developments in peer-on-peer abuse, making sure your whole school is protected <i>Lorna Naylor, Anti-Bullying Co-Ordinator, Nottinghamshire County Council</i>	<b>3C: Suicidal Thoughts</b> Embolden your knowledge and understanding to better assist a student battling suicidal thoughts <i>Coleen Worrall, Director of Student Services, Cannock Chase High School</i>	
16:30	Conference close		

# Protect and Support Vulnerable Teenagers

ANNUAL ONE DAY NATIONAL CONFERENCE - 6 June 2019, Birmingham

## Easy Ways to Register

1. Book online and receive instant confirmation:  
[oego.co/ProtectSupport19](https://oego.co/ProtectSupport19)
  2. Email: [conference.bookings@optimus-education.com](mailto:conference.bookings@optimus-education.com)
  3. Questions: call us on 0845 450 6404
- Please see [oego.co/TandCs](https://oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

Prices	Book before 30/04/19	Book after 30/04/19
Secondary and PRU	£349 + VAT	£379 + VAT
LA	£399 + VAT	£429 + VAT
Other	£429 + VAT	£459 + VAT
Premium Plus	You could attend this conference as part of your Premium Plus package. For further information, please contact your Account Manager.	

If you do not fit into one of the above categories, please contact us on 0845 450 6404 or email [oe.conferences@optimus-education.com](mailto:oe.conferences@optimus-education.com)

# 4 steps for supporting your vulnerable teens

1

**Before**  
the day

Create your account at [oego.co/ProtectSupport19Resources](https://oego.co/ProtectSupport19Resources) and gain access to pre- event reading and resources

PLUS

- Read our practical guidance on identifying peer-on-peer abuse
- Explore ways in which to manage phone use in schools

2

**During**  
the day

Have your questions answered by our experts and workshop leaders, while also having the opportunity to network with fellow pastoral leads

PLUS

- Discuss challenges with peers and build up a network of support
- Select targeted workshops to suit your specific needs

3

**After**  
the event

Log in at [oego.co/ProtectSupport19Resources](https://oego.co/ProtectSupport19Resources) and access post event resources

PLUS

- Download the speaker presentations and share these with colleagues
- Gain access to our guide to managing cases of sexting

4

**Share**  
across your school

- In addition, read about the 'Disinhibition Effect' affecting teenagers when online
- Update your staff on what you have learnt, while also accessing a wide variety of resources on wellbeing

Access to download and deliver training modules for Premium Plus members only. Get in touch to find out more about the benefits of becoming an Optimus Education Premium Plus member.