

 #oeSafeguarding

# Safeguarding Teenagers: Supporting Mental Health & Protecting Young People Online

Spot early warning signs and manage new and emerging threats to support students aged 14-19.

[oe.go.co/safeteens](http://oe.go.co/safeteens)

Expert speakers include:

**Lesley Falconer**

Headteacher, Hackney New School

**Caroline Hounsell**

Director of Business and Partnerships, MHFA UK

**Abi Clay**

Independent Safeguarding Consultant

## KEY BENEFITS

### MENTAL HEALTH

Build in-school support for teenagers with mental health difficulties

### ONLINE

Safeguard your older students against the latest and emerging online threats

### SELF-HARM

Spot the early warning signs of self-harm and offer meaningful support

Sponsored by:



In partnership with:



Spot early warning signs and manage new and emerging threats to support students aged 14-19

*“Rise in teenagers who self-harm as social media fuels a nation of ‘deeply unhappy’ children”*

ITV NEWS, DECEMBER 2016

With self-harm on the increase and nearly 19,000 young people admitted to hospital for self-harm last year, the NCPCC has warned that social media is often the route cause. Schools and colleges play a vital role in protecting these teenagers in danger.

## Do you know how to spot the early warning signs of self-harm and work with the young person to offer support and tackle the root cause?

This timely conference is your opportunity to gain the practical strategies and expert guidances you need to support the mental health needs of your older student and safeguard them online.

## Why attend this event in 2017?

- **Mental Health:** gain new methods to build cost effective in-school support to combat a lack of external services
- **Sexting:** know how to highlight the legal consequences and give your students the knowledge and confidence to manage the pressures to conform
- **Award Winning Case-study:** hear from the Place2Be School Community Award winners on showing a dedicated, positive and open approach to mental health.

## Understanding the Teenage Brain Masterclass

**Facilitator:** Bradley Busch, Director, InnerDrive

**Date:** Wednesday 17th May 2017 (13:00 – 17.00)

### Key focuses include:

- Understand how the teenage brain is different and why they think differently
- Explore how teenagers assess risk and understand impulse control, fear of failure and social status
- Discuss obstacles, challenges and barriers preventing teenagers from reaching their potential

**Attend both the Safeguarding Teenagers Conference and this workshop for just an extra £150.**

## This year's speakers include...



### Lesley Falconer

**Headteacher, Hackney New School**

Lesley has been a Headteacher for the last 17 years, a senior school leader for over 25 years, and also a science teacher and university lecturer. Lesley has always put wellbeing at the heart of her schools by ensuring robust PSHE programmes alongside a range of therapeutic support are available and is incredibly proud that all the efforts of her school community were recognised by Hackney New School being awarded the prestigious Place2Be National Wellbeing in Schools Award 2016.



### Caroline Hounsell

**Director of Business and Partnerships, MHFA UK**

Caroline was one of the first MHFA England Instructors to be trained and joined the national MHFA England training team in 2007. In 2015 she was appointed into a new role as MHFA England's Director of Partnerships and Business. Caroline runs MHFA Instructor refresher workshops, is a regular speaker at conferences and is an all-round advocate of MHFA.



### Dai Durbridge

**Partner, Browne Jacobson LLP**

Dai is a Partner in the Education team at Browne Jacobson. Dai specialises in advising schools and academies on all pastoral education issues, including admissions, exclusions, parental complaints, use of force and searching pupils. A recognised safeguarding expert, he regularly supports schools on complex safeguarding issues including handling disclosures of abuse, managing allegations against staff and parental consent.



### Abi Clay

**Independent Safeguarding Consultant**

Abigail is a nationally respected expert in the complex and increasingly challenging world of Safeguarding, the Government's Prevent strategy and Equality & Diversity. From her 30 years' teaching and leadership experience in the education sector, Abigail, through her company, Cosain Consulting Ltd, now specialises in assisting schools and colleges with their Safeguarding, Prevent and Equality & Diversity training, strategies and procedures.



### Noel Thompson

**Deputy Headteacher, Winchmore School**

Noel is Deputy Headteacher at Winchmore School in Enfield, with specific responsibility for the care, guidance and support of students. He has carried out research and presented courses on a range of subjects including bullying and tackling homophobia in schools, collaborative learning, Shakespeare at Key Stage 3, promoting parental engagement and more recently developing international dimensions including partnership links with China. He has been instrumental with the Leading Parent Partnership Award Programme in Enfield.



### Ruth Ayres

**Project Manager, SelfharmUK**

Ruth has 16 years' experience working with children, young people and their families. She is keen to ensure that SelfharmUK becomes a leader in supporting not only young people through self-harm, but parents, carers, teachers and all who work alongside them.

09:00 – 09:45 Registration and refreshments

09:45 – 10:00 **Chair's Introduction & Welcome**  
Understand the emerging online and safeguarding trends facing teenagers

10:00 – 10:30 **Building in-school support**  
**Building in-school support for mental health to combat the lack of external support:**  
Learn new cost effective ways to support students waiting for mental health services. Support students in the transition from CAMHS to adult services and students who don't meet the threshold  
*Caroline Housell, Director of Business and Partnerships, MHFA England*

10:30 – 11:10 **Sexting**  
**Understand the legal implications of sexting to communicate the dangers effectively to students**  
Develop methods that resonate with students when sexting has become the 'norm'  
*Dai Durbridge, Partner, Browne Jacobson LLP*

11:10 – 11:20 Questions

11:20 – 11:50 Morning Refreshments

## 11:50 – 12:40 Streamed Sessions 1

**1A: Self-Harm**  
**Know how to spot the early warning signs for self-harm and depression:** Gain methods to tackle the root causes of self-harming and how to work with teenagers to encourage openness with their parents  
*Plus gain access to our self-harm information sheet to share with parents*  
*Laura Haddow, Training and Marketing Manager, SelfharmUK & Ruth Ayres, Project Manager, SelfharmUK*

**1B: CSE**  
**How to recognise the early warning signs of a student at risk:** Ensure you can support a young person once involved in CSE  
*Abi Clay, Independent Safeguarding Consultant*

**1C: Working with parents**  
**New ways to work and communicate with parents of teenagers:** Ensure they understand the latest threats and students are safe at home  
*Noel Thompson, Deputy Headteacher, Winchmore School*

12:40 – 13:40 Lunch

13:40 – 14:10 **Data use**  
**Strategic use of data to create a comprehensive prevention and intervention strategy**  

- Have the right processes in place to respond to data from filter and monitoring systems to prevent and intervene in events
- Understanding data from online tools to spot early warning signs
- Identify patterns across student cohorts and time periods to identify at risk students

*Mark Donkersley, Managing Director, eSafe*

14:10 – 14:30 **Case Study**  
**Case Study: Hear from an award winning school on how they show a dedicated, positive and open approach to student's mental health**  
*Lesley Falconer, Headteacher, Hackney New School, School Community Award Winners, Place2Be Wellbeing in Schools award*

14:30 – 14:40 Questions

## 14:40 – 15:30 Streamed Sessions 2

**2A: Social media**  
**Understand the new dangers and influence social media has on older students:** Prevent and tackle online bullying and encourage productive use  
*Andy Calvert, Assistant Headteacher, Ilkley Grammar School*

**2B: Eating disorders & body image**  
**Know how to spot the signs of teenage boys and girls experiencing an eating disorder:** Provide meaningful support and confidently discuss body image and the unrealistic expectations in pornography  
*Take-away our resource on developing a positive approach to healthy eating and lifestyles*

**2C: Staff training**  
**Practical resources and new methods to lead safeguarding training with your colleagues and ensure all staff can manage disclosures**  
*Abi Clay, Independent Safeguarding Consultant*

15:30 – 15:50 Afternoon Refreshments

## 15:50 – 16:30 Streamed Sessions 3

**3A: Anxiety & depression**  
**Gain methods to support teenage students with anxiety and depression including exam and social media related anxiety to help them to see the positives**  
*Rachel Welch, Trainer, Charlie Waller Memorial Trust*

**3B: Understand gang culture**  
**Learn what steps to take to prevent students being drawn into gang culture and ensure you can work with all agencies to prevent students joining gangs**  
*Gain access to our dealing with gang culture case study*

**3C: Domestic violence and abuse**  
**How to recognise the early warning signs teenagers who are at risk of FGM and know the legal implications and mandatory reporting requirements**  
*Ella Savell-Boss, Safeguarding Manager, Shireland Collegiate Academy*

16:30 Conference Close

# Safeguarding Teenagers: Supporting Mental Health & Protecting Young People Online

One Day National Conference, 18th May 2017, London

## How to register

1. Book online and receive instant confirmation  
[oego.co/safeteens](http://oego.co/safeteens)
2. Email: [jamie.maw@optimus-education.com](mailto:jamie.maw@optimus-education.com)
3. Questions: Call Jamie on 020 3325 0376

Please see

[www.oego.co/TandCs](http://www.oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

Prices	Book before 31/03/17	Book after 31/03/17	Book before 31/03/17 + Master-class	Book after 31/03/17 + Master-class
Secondary	£349 + VAT	£379 + VAT	£499 + VAT	£529 + VAT
Colleges	£349 + VAT	£379 + VAT	£499 + VAT	£529 + VAT
LAs	£399 + VAT	£429 + VAT	£549 + VAT	£579 + VAT
Others	£429 + VAT	£459 + VAT	£579 + VAT	£609 + VAT
Unlimited CPD	Included in your Unlimited CPD membership fee			

1

**Before**  
the day

Create your account at [oego.co/Delegate](http://oego.co/Delegate) and read about why safeguarding issues facing older children can sometimes be neglected

PLUS

- Use the self-assessment survey to reflect on your current situation
- Gain access to our self-harm information sheet to share with parents

2

**During**  
the day

Have your burning questions answered by our experts and outstanding practitioners

PLUS

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

3

**After**  
the day

Log in at [oego.co/SafeteensResources](http://oego.co/SafeteensResources) to access our dealing with gang culture case study

PLUS

- Download the speaker presentations and share these with colleagues
- Use the self-assessment survey to see what you've learnt
- Attend our post event webinar on developing a positive approach to healthy eating and lifestyles

4

**Share**  
across your school

Use 2 units of the Managing Self-Harm training\*

PLUS

- Recognise cases of self-harm in pupils to allow for timely support
- Create a whole school awareness of the issues surrounding self-harm to promote positive support for vulnerable pupils

Start accessing these resources today by creating a free delegate account on [oego.co/SafeteensResources](http://oego.co/SafeteensResources)

**Remember, Optimus Unlimited members can attend and access resources for 35+ conferences a year! Get in touch to learn more.**

\*Access for Unlimited members only