

# KC PARENT *Pals*

PARENTS AND CARERS SUPPORT NEWSLETTER

Issue 1

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## THINKUKNOW

Thinkuknow is an education programme from the National Crime Agency's CEOP (Child Exploitation and Online Protection) Command to provide education around online child sexual abuse and sexual exploitation.

Thinkuknow has resources for children and young people of all ages to make sure you're helping your young person stay safe online.

You can sign up to receive age appropriate #OnlineSafetyatHome activity packs [here](#).

You can also report concerns directly to CEOP [here](#).

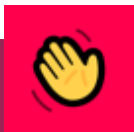


## HOUSEPARTY

As we are all finding new ways to stay connected with family and friends, there has been conflicting advice about which apps are safe for our young people to use.

HouseParty is an app that allows friends to join a video chat and talk to each other face to face or using a chat function.

Concerns have recently been raised about the safety of the app, so Internetmatters.org has developed a guide on how to use HouseParty safely. [Click here](#) to read the guide.



## KC PARENTPALS

KC ParentPals is a new scheme designed to bring parents and carers together by sharing their issues and advice to better support our young people.

We are hosting informal chat groups and focused information events, such as mental health and wellbeing for families.

Please email [support@kirkleescollege.ac.uk](mailto:support@kirkleescollege.ac.uk) if you would like to participate in future sessions.

We also offer a range of accredited short courses to support your professional development.

[Click here](#) for more information.

## COLLEGE SUPPORT FOR OUR STUDENTS

Our support teams are continuing to help all our students. Progress Coaches are maintaining regular contact and checking the wellbeing and progress of students through Microsoft Teams and our social media channels.

Our Counselling team are also continuing to offer telephone and video appointments and we have just launched [Big White Wall](#) – an online forum for people who are struggling with their mental health that students can now access advice and courses to support wellbeing 24/7.



## ONLINE GAMBLING

Gambling is increasingly becoming a problem amongst young people, with the Gambling Commission reporting in 2018 that 450,000 young people had used their own money to gamble in the past seven days.

- Gambling addiction can be difficult to spot but some signs may include:
- Having arguments with family or friends about money and gambling
  - Losing interest in usual activities or hobbies like going out with friends or spending time with family
  - Always thinking or talking about gambling
  - Borrowing money or selling possessions
  - Neglecting college work, personal needs or household responsibilities
  - Feeling anxious, depressed, worried or irritable

If you are concerned about a young person, please visit [BeGambleAware](#) where you can find support services, including a free download of the Gamble Therapy App.