



May 2021

Welcome to May's newsletter. We hope that you are all remaining safe and well as the country relaxes COVID restrictions rules. This newsletter is designed to support and advise Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement to share what you feel will be **relevant** information with your child/s.

## Country Lines: The Push and Pull Factors

You may remember that within our March newsletter we covered **County Lines and Criminal Child Exploitation**. This is a vast and complex subject, therefore, we have decided to revisit this subject again, to raise further awareness on some of the **risk factors** to look out for that make some children and young people more vulnerable to being groomed into the County Lines lifestyle.

Each year in the UK, there are approximately 130,000 missing incidents involving children and young adults. Going missing from home can put children at serious risk of harm, where they can be extremely vulnerable to dangerous situations and be exploited for someone else's gain. Children go missing for lots of different reasons, some of which are complex and deep rooted and sometimes involving a combination of several different risk factors.

### PUSH FACTORS

- Conflict at home
- Bullying
- Physical/Sexual abuse
- Drug/alcohol abuse
- Neglect
- Anxiety/depression
- Self-loathing
- Self-harm
- Feeling socially isolated
- Lack of emotional care
- Poor school performance



### PULL FACTORS

- Need for Freedom & independence
- Being accepted as a gang member
- Visiting family if in care placement
- Extremism / Radicalisation
- Staying out with friends
- Becoming a victim of sexual exploitation & grooming
- Fear of violence from gang leaders

### THINK.....has your child

- Had a sudden change in behaviour?
- Are they wearing new & expensive clothing?
- Have their friendship groups changed?
- Are they suddenly withdrawn/secretive?
- Do you suspect they are using drugs?

**ACT.....** If you are worried or concerned about someone seek support, advice and help.

[www.missingpeople.org.uk](http://www.missingpeople.org.uk) is a service that you can phone, text, or email 24/7

**Runaway helpline:** call on 116000 this is free, confidential and available 24/7

**The Police:** Dial 999 for emergencies and 101 for non emergencies

Call: 101  
Telephone: 18001 101  
Visit: [cambs.police.uk](http://cambs.police.uk)  
Follow: CambsCops  
Subscribe: [eCops.org.uk](http://eCops.org.uk)

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## Cycle safely please!

With the warmer summer months approaching the opportunity to explore your local community and area by bike increases. Bike riding is also fun, great exercise and good for all round mental health & wellbeing. Here are some helpful tips and considerations before venturing out with your family.



Planning your first bike ride out with the family? Click on the link below to see some great, simple steps to ensure you and your family are safe.

<https://www.cyclesprog.co.uk/family-cycling-advice/8-tips-first-family-bike-ride-year/>

It is important to understand that as a cyclist you can be more vulnerable than other road users, but by taking some simple precautions with your family you can reduce the risk of accidents or injury.

## When out cycling, we advise you to:

- Always wear a helmet, regardless of how short your journey is. Make sure it is comfortable and sits level across your forehead, without obscuring your view.
- Look for safety markers when buying a new helmet:
  - EN1079: 1997 European Standard for older children and adult helmets
  - EN1080: 1997 European Standard for younger children's helmets
  - CPSC – US regulations or SNELL B-95
- Consider taking part in a cyclist training course to improve your skills. You can [find out more by visiting the Bikeability website](#)
- Service your bike regularly, check your bike for moving parts and give special attention to tyres, brakes and lights
- Have front and rear lights, as well as a red reflector for better visibility to other road users when cycling in the dark. **It is against the law to cycle in darkness without lights.**
- Wear fluorescent or reflective bands/clothing during the day and night to increase visibility
- Use cycle paths where & when possible
- Cycle in single file if you are on main roads or narrow lanes
- Observe the [Highway Code](#) as it's against the law to, cycle on pavements (unless shared), travel through red lights and down one-way streets in the wrong direction.
- Take extra care at junctions and roundabouts and use clear hand signals.
- Use your bicycle bell when necessary, as not everyone will be able to see you.
- Avoid listening to music whilst cycling as it reduces your ability to focus and you may not hear traffic warnings.
- **AND MOST IMPORTANTLY ENJOY!!**

## Cyber Savy?

### APPS PARENTS AND CARERS SHOULD BE AWARE OF



#### TWITCH

TWITCH IS THE WORLD'S LEADING LIVE STREAMING PLATFORM. IT GIVES GAMERS THE OPPORTUNITY TO COMMUNICATE WITH OTHERS IN LIVE TIME USING CHAT ROOMS



#### TIKTOK

TIKTOK IS USED TO MAKE A VARIETY OF SHORT-FORM VIDEOS THAT HAVE A DURATION FROM FIFTEEN SECONDS TO ONE MINUTE.



#### WHISPER

AN ANONYMOUS APP WHERE THE CREATORS PROMOTE SHARING SECRETS AND MEETING NEW PEOPLE



#### SNAPCHAT

SNAPCHAT ALLOWS USERS TO SEND IMAGES/VIDEOS THAT DISAPPEAR IN A FEW SECONDS



#### KIK

A MESSAGING APP WHICH HAS BUILT IN APPS AND WEB CONTENT THAT WOULD BE FILTERED ON HOME COMPUTER



#### ASK.FM

ASK AN ANONYMOUS QUESTION AND GET AN ANSWER. THIS APP HAS BEEN LINKED TO THE MOST SEVERE FORMS OF CYBERBULLYING



#### SOUL

APP SIMILAR TO TINDER BUT USERS ARE UNABLE TO SEE EACH OTHERS APPEARANCE BEFORE COMMUNICATING



#### HOUSE PARTY

A VIDEO CHAT APP FOR GROUPS OF FRIENDS



#### WISHBONE

AN APP THAT ALLOWS USERS TO COMPARE ONE ANOTHER AND RATE THEM ON A SCALE



#### CALCULATOR#

LOOKS LIKE A CALCULATOR APP BUT ACTS AS SECRET PHOTO VAULT



#### AMONG US

AN ONLINE MULTIPLAYER GAME WHICH HAS CHAT FUNCTION



#### INSTAGRAM

INSTAGRAM ALLOWS USERS TO CREATE AND SHARE PHOTOS, STORIES AND VIDEOS WITH FRIENDS AND FOLLOWERS

## E-Scooters - Are you breaking the law??

E-scooters being ridden on our pavements and roads are becoming a far too frequent occurrence. We would like to re-cap our previous message surrounding the law of riding an e-scooter on roads and pavements.



- **It is illegal to use an e-scooter on public roads and pavements** unless its a hire scooter that is part of a scheme such as Cambridge City. To hire you are required to register on an app, hold a driving licence, full or provisional and be at least 18 yrs of age
- E-Scooters can only be used on private land
- In law, an e-scooter is classed the same as a motor vehicle
- You need to be insured
- You are committing an offence if you go through red lights or are found to be over the prescribed drink drive limit
- Helmets should always be worn
- **Parents beware:** Consider "use, cause & permit" offences. For example, a parent allows their child to ride to school on an e-scooter. The child may be too young to prosecute but a parent, in theory still could be!!

We would love to hear your feedback & comments.

You can contact the team via our email

[Schools&CYP@cambs.pnn.police.uk](mailto:Schools&CYP@cambs.pnn.police.uk)

Call: 101

Telephone: 18001 101

Visit: [cambs.police.uk](http://cambs.police.uk)

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