

Safeguarding hot topics

Sarah Anderson-Kirby

Y11 Parent/ Carer information evening October 2023

Risks affecting young people 2023

- Vaping
- Overuse of technology
- Exploitation and County Lines
- Navigating healthy relationships (through PSD)

Vaping

The risks

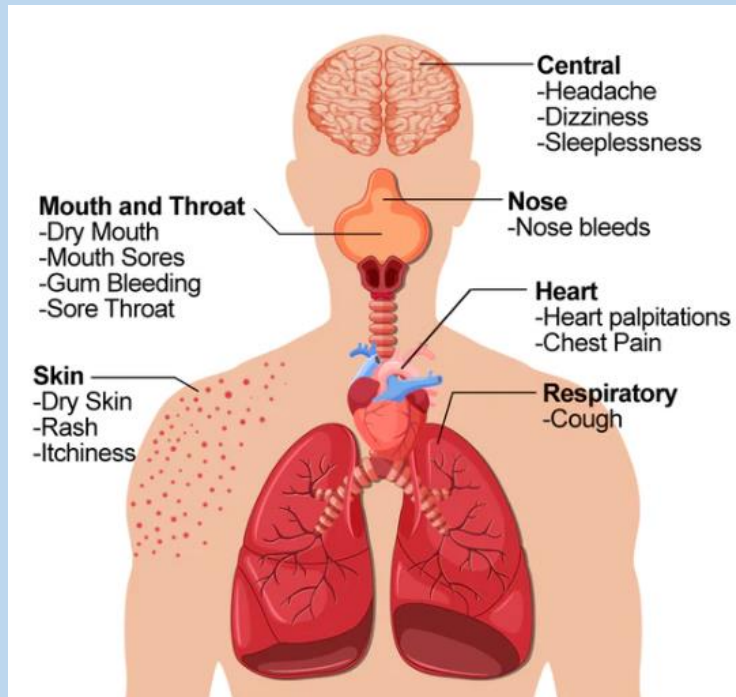
Illegal to buy under age of 18

Addictive – nicotine

‘gateway substance’ to other drugs and substances

Some vapes contain dangerous levels of lead, nickel and chromium.

The effects of vapes are still unknown



What's the attraction?

To fit in

Curiosity

Risk taking

Appealing because of sweet flavours

Young people see them as less harmful than smoking



More info

- <https://www.talktofrank.com/news/cannabisvapes>
- <https://www.talktofrank.com/drug/vapes>



The average person spends 6 hours and 58 minutes per day on internet connected screens



Screen Time Recommendations by Age

Here's a chart showing screen time recommendations by age, from infants to adults. Keep in mind that these are guidelines rather than hard and fast rules.



Babies
0-18 months

NONE

None except video chat with an adult.



Toddlers
18-24 months

< 1 HR

Less than 1 hour co-watching educational programs with a caregiver.



Children
2-5 years

0-3 HRS

1 hour or less each weekday and up to 3 hours each weekend day.



Kids & Teens
6-17 years

2 HRS

Aim for 2 hours or less of recreational screen time use per weekday. Focus on maintaining healthy limits and making time for other important activities like physical activity and sleep.



Teens & Adults
18 and up

2-4 HRS

Keep to 2-4 hours of recreational screen use per weekday. Take frequent screen breaks and set up screen-free times and zones. Make time for physical activity.

Health effects of **excessive** smartphone use in adolescence

Excessive screen time is
associated with the following:



4 h.

Hours per day spent
by teenagers on
their mobile phones
during their free time

Maximum
recommended: 2 h.
[the adolescent's
nervous system is
still developing]



ADVERSE EFFECTS ON PHYSICAL HEALTH



Sleep
deficiency



Vision
problems



Sedentary behaviour and
unhealthy eating habits
[risk of chronic disease]



Reduced bone density



PSYCHOLOGICAL EFFECTS

- > Hyperactivity and attention deficit
- > Depressive symptoms and risk of suicide
- > Risk of antisocial behaviour



PSYCHONEUROLOGICAL EFFECTS

- > Anxiety similar to that associated with substance dependence
- > Structural changes in the brain related to cognitive control [attention, decision taking] and emotional regulation



ISGlobal

Pinar, Ariadna: El impacto de la exposición
a la pantalla del móvil en la salud cognitiva
de los adolescentes, Health is Global, 2022.

www.isglobal.org/healthisglobal

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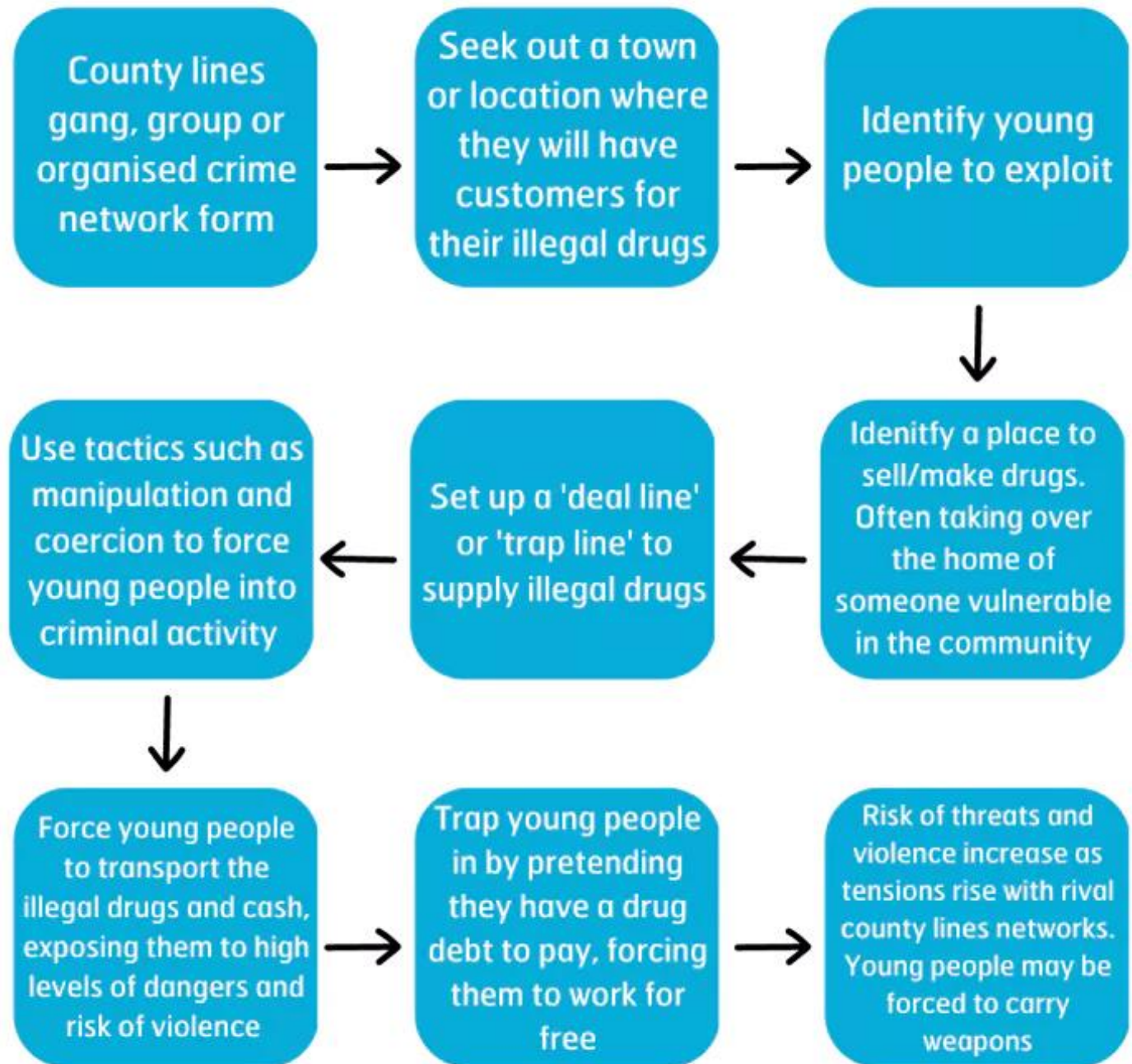
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County lines- what is it?



Exploitation

- <https://www.youtube.com/watch?v=lpqgEyRGggA>



Be Fearless

**Speak out
against
drug
running**

A person in a dark hoodie and jeans stands on a train platform, looking at a blurred train passing by.

Get info/give info
about crime 100%
anonymously at
fearless.org

fearlessagainstrime
 fearlessorg fearlessuk

The 'fearless' logo in a white, torn-paper style font on a dark background.

Any safeguarding or wellbeing issues no matter how small

Contact:

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