



# Sharples

## SCHOOL

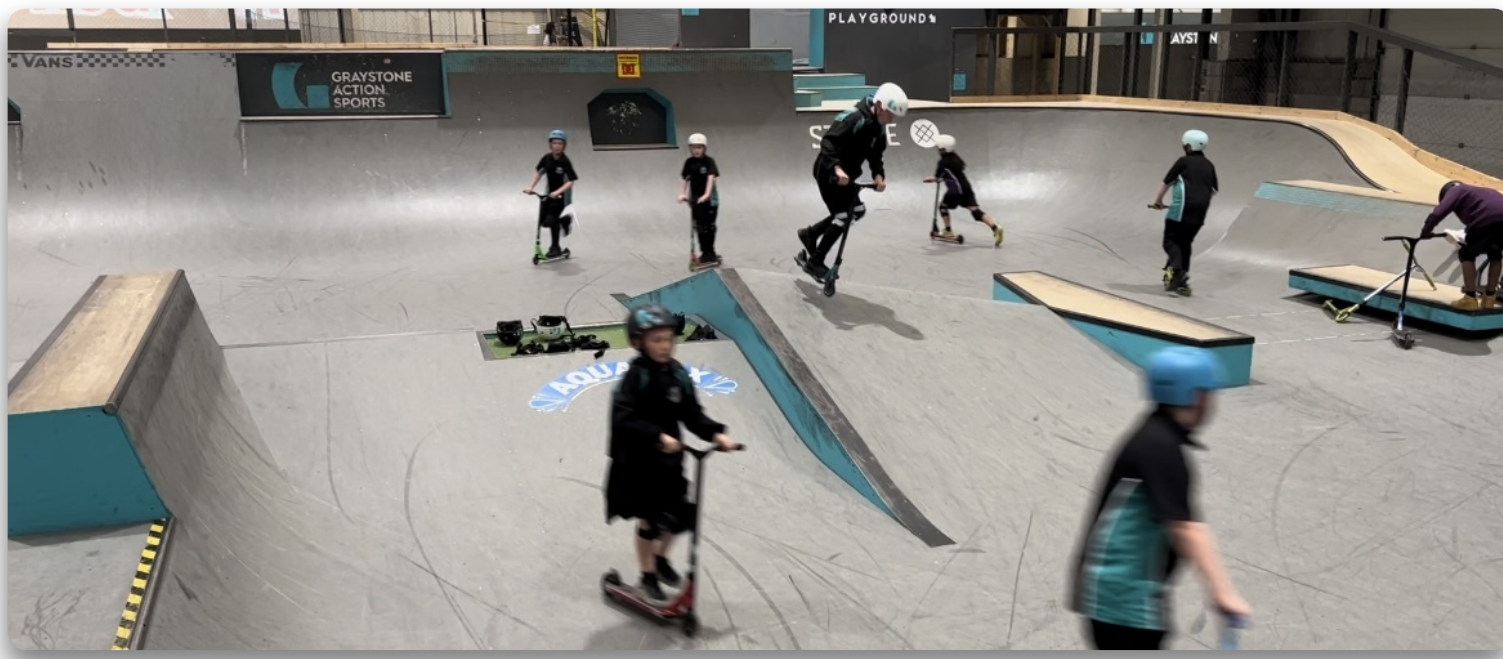
# Newsletter

ISSUE 414  
14th October 2022

### Determination Day



A handful of lucky Year 7s had the fantastic opportunity to attend a 'Determination Festival' at Graystone Actions Sports Centre in Salford on Wednesday. The transition event was designed to help Year 7 pupils build on qualities such as determination, resilience and creativity. Whilst there they were able to experience a carousel of new sporting activities including: skateboarding, scooter riding, rock climbing and trampolining. It was brilliant to see how confidence in the students increased throughout the day. Well done, Year 7!



Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

ISSUE 414  
14th October 2022

#### Sharples Student Nominated for England Pathway

Leo G played the first game of the season last weekend, against Leicester Riders, taking the win 58-51. Leo also plays at national level for Manchester Giants U14 Premier team as both guard and co-captain.

He's also been nominated for Aspire, which is the Basketball England pathway, which offers the opportunity to represent North West, England and GB if successful.

Congratulations to Leo, we wish him the best of luck.



#### Work Experience Placements

A huge well done to the following Year 10 students who are the first to secure their Work Experience placements:

Ali Shahzad  
Joshua Crompton  
Khadijah Patel  
Safa Thagia  
Connie Oliver  
Chloe Jackson  
Rehana Khan  
Safa Thagia

Aiva May Robinson  
Kaleela Ali  
Ammarah Patel  
Emily Lomax  
Muhammed Yusuf  
Patel  
Lucas James Luhar  
Bethany Kaye

Muzen Shenaif  
Ayesha Vepari  
Aliya Kazi  
Amina Adam  
Aalia Patel  
Safa Patel  
Anya Patel





# Sharples

## SCHOOL

### Newsletter

#### Maths Countdown Competition

Last week two records were broken on Channel 4's Countdown programme: the highest score in one game of 154, and the first contestant to get to the final without losing a single round. A key part of the programme is the numbers round.

To celebrate, the Maths Department has been holding a Countdown competition with Year 8 students. This week each class played the numbers game in order to select its class champion, who will then compete against each other in the grand final next Tuesday.

Congratulations to the following students who went through to the final:

Oliver Bellairs, Amelia Green, Yahya Issa, Kaif Khan, Jenson Murray, Rayan Makvand, Mai Grailey and Olivia Taylor.

Good luck next week! Please see the next page for the year 9 and 10 competitions.

## Countdown

**SOLUTION**

$$100 \times 6 = 600$$
$$+75 = 675$$
$$-8 = 667$$



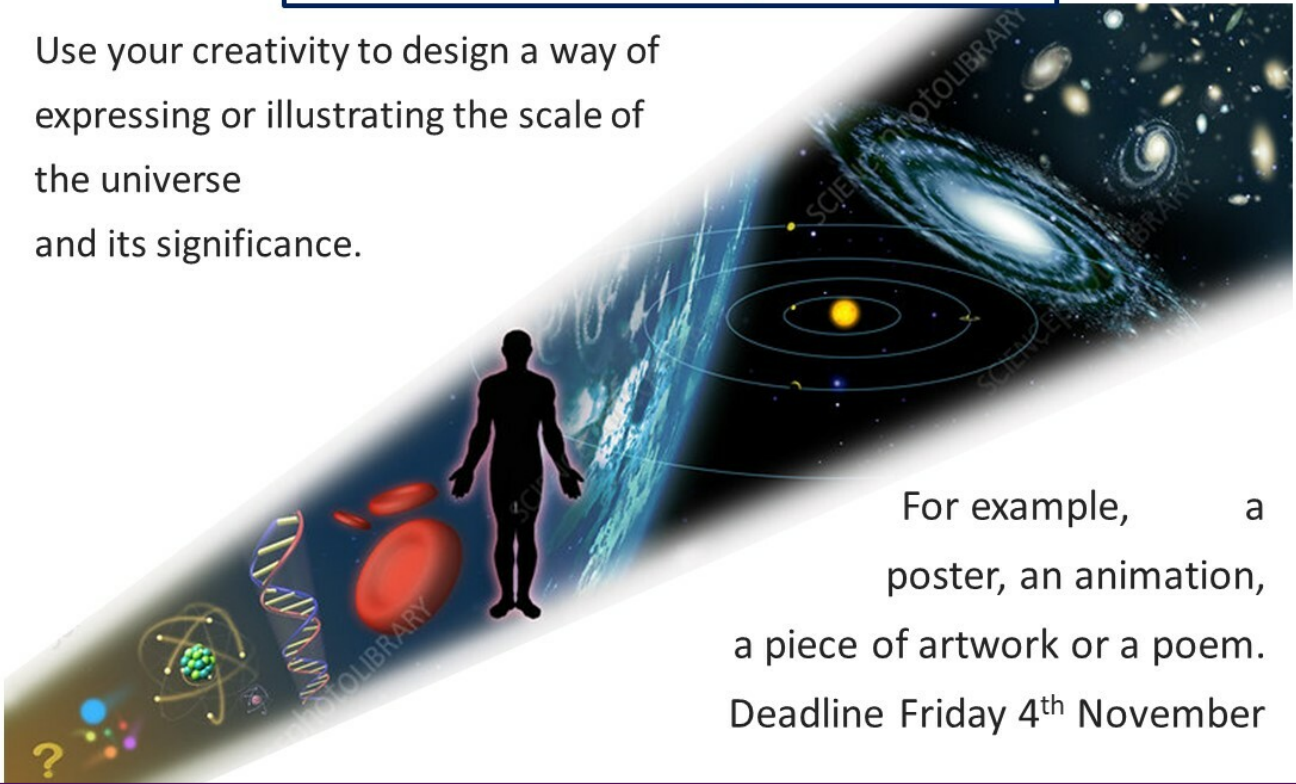
# Sharples

## SCHOOL

# Newsletter

### Y10 Maths Competition

Use your creativity to design a way of expressing or illustrating the scale of the universe and its significance.



For example, a poster, an animation, a piece of artwork or a poem.  
Deadline Friday 4<sup>th</sup> November

### Year 9 Maths Competition

Year 9 have just finished the Similarity unit and now you have the opportunity to put the skills you have learned to the test! Can you use your skills to create a model version of a famous landmark or of your actual or dream house or bedroom?

Prizes available for the best creations!

Deadline for entries is Tuesday 1<sup>st</sup> November.



Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### English Department's Stars of the Week

##### Work of the Week

Year 7

Zara K has written a fabulous description of her villain! [Click here for the first page](#) and [here for the second page](#).

Year 8

Zahara C has produced an excellent report. [Click here for the first page](#) and [here for the second page](#).

Year 9

Fatima D has shown brilliant effort in her annotations of Hamnet and analytical paragraphs. [Click here for the first page](#) and [here for the second page](#).

Year 10

Alisha B has written an excellent letter on the living and working conditions for the poor during the Victorian Era. [Click here for the first page](#) and [here for the second page](#).

Year 11

Hamzah D has completed excellent revision on Dulce et Decorum Est. [Click here to view the work](#).

##### Reader of the Week

Year 7

Maryam P for reading part of Superman and Paula Brown's New Snowsuit and commenting well on the mood and atmosphere.

Year 8

Zak S for his very fluent reading of The Family Upstairs.

Year 9

Aashan S for his lovely reading of Orangeboy, capturing the tone and anger of the characters

Year 10

Grace G for her excellent reading of the poem Valentine.

Year 11

Reuben S for his excellent reading of Dulce et Decorum Est.



# Sharples

## SCHOOL

### Newsletter

#### Science Enrichment Newsletter

##### STEM club

Students in the STEM club have been busy getting creative with science. Last week they were making lava lamps using water, vegetable oil and an antacid. This week, they have been building paper roller coasters for marbles (see right), in order to explore the physics involved and investigating how the design can be changed to make the most exciting ride.



##### Animal Care

We have been joined by some new arrivals in Animal Care, as we have new guinea pigs (pictured below)! The pigs will be looked after by the animal care students as part of their course and students will learn how to ensure our new resident pets need to be fed, cleaned and generally looked after. Miss Booth says the guinea pigs have settled in well in their new home and the students are excited to get to know them better.





# Sharples

## SCHOOL

### Newsletter

#### Science in the theatre

Year 8 were treated to a science lesson in the theatre (picture right), where Miss Molyneux was teaching them about the history of the periodic table and how Dmitri Mendeleev was instrumental in ordering elements into the Periodic Table we know today. Students were invited to participate, getting involved by dressing up and acting out different elements.

#### Space news

The DART mission, which saw a space probe deliberately crash into an asteroid has been confirmed to have been a complete success. The asteroid was observed to have changed direction.

This raises hopes for using a similar method in the future, should there be an asteroid heading towards Earth.

#### Educake update

Top scores this week.

Year 10 and 11 - Sadiya Khan, Solomon Baffour Boateng, Zahnay Malji, Amreen Matadar, Grace Grundy, Ibrahim Essa, Mahnoor Khan & Khadijah Ali

Year 9 - Marizhka Jones, Nimra Mehmood, Aimee Kay, Mariya Patel, Alizah Afzal & Joshua King

Congratulations and well done to everyone who completed the quiz again this week.

*Mr. Fowlds - Science Enrichment Coordinator*





# Sharples

## SCHOOL

### Newsletter

#### Netball - Sharples vs Canon Slade



The Year 9 & Year 10 netball squads faced their toughest games yet against extremely strong Canon Slade teams on Thursday. Knowing we would be facing players that play for Manchester Thunder, the girls knew going into the game it would be a tough task. Although our hopes were lifted after the first quarter where our Year 10 team were winning by 1 goal, Canon Slade soon found their rhythm and were dominant for the remainder of the game; a similar story for the Year 9 match. This was a big learning curve for our girls but it identified many areas we can now start to work on in training. The girls need to dust themselves down ready for the Year 10 tournament at Bolton School next Tuesday and league matches against Thornleigh on Thursday. Overall, a good effort, girls!

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)





# Sharples

## SCHOOL

### Newsletter

#### Year 7 Football



Year 7 continued their winning run this week in their Bolton Cup fixture against Eden. It was a fantastic performance with the final score ending 8-2 in Sharples' favour with some fantastic goals from Callum x2, Reuben x2, Alfie, Rayaan, Kobe & Kayden. Sharples went into the break with a comfortable lead but the intensity did not drop from the team and continued until the final whistle.

The result makes it 3 wins from 3 games for Year 7 as they continued their fantastic run of form. The next match for Year 7 will be against Westhoughton but this game will be arranged for after half term W/C 31st October.

The next round of the Cup will be after the Christmas half term. Well done to Year 7 on their fantastic results this half term!

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### Football Year 8



The Year 8 boys football team (pictured above) took on Ladybridge on Wednesday night, after a tough start to the week getting beat 6-1 in the cup by little lever on Monday. We started strong going 2-0 up but then Ladybridge pulled 2 goals back and fired a penalty home to make it 3-2. Sharples went on the attack and managed to get a very late equaliser from the last kick of the game. Great resilience was shown from the boys to keep fighting and work for one another, well done year 8! Special mention to Tom McCluskey for a stand out performance at centre back.

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### Football Roundup Year 9 and 10

Year 9 continued their fantastic start to the season with a 7-5 victory over Ladybridge in a thrilling encounter. Sharples found themselves in front early on in the game and managed to maintain their lead throughout the match. Ladybridge refused to give up and managed to keep themselves in the game with the score at 6-5 going into the last minute. Aashan S was in fine form and despite hitting the crossbar twice, he still managed to score a hat trick and provided a lovely assist for Yusuf to seal the victory with the last kick of the game. Rowan was a threat throughout and managed to get 2 goals for his hard work with Declan also getting on the scoresheet. Year 9 will be back in action next Thursday when they make the short journey to Thornleigh.



Year 10 (pictured above) were also involved in a high scoring match with their game also finishing 7-5 to Sharples School. Harvey Hampson swapped his goal keeping gloves for outfield and was deadly from set pieces scoring a penalty and free kick. Ladybridge struggled to cope with Haruna's pace up front and he scored an incredible 4 goals with Ben J completing the scoring for the away team on the night. Year 10 will be hoping for a similar result next Tuesday against Smithills in the Bolton cup.

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### Dates for your Diary

Saturday 15th October - DofE  
Bronze Introductory walk  
(2 hours)

Monday 24th to Friday 28th  
October - October Half Term

Sunday 30th October -  
Daylight Saving Time ends

#### Attendance Information

Reporting an absence:

If your child is too ill to attend school, please contact the school before 9.30am with full details of your child's illness/symptoms. The attendance email is the easiest way to contact school as the phone line can get very busy.

The school attendance email is: [attendance@sharplesschool.co.uk](mailto:attendance@sharplesschool.co.uk)

If we are unable to make contact and you do not provide a reason for your child's absence, this absence will be recorded as unauthorised.

### Career of the Week: Life Coach

*Life coaches support and encourage people to help them make informed decisions in their working and personal lives.*

**Average Salary:** £

**Typical hours:**  
(per week)

**You could work:**

#### Qualifications:

- You can apply for this job through a university course, college course, applying directly or specialist courses.
- 1 or 2 A levels, or equivalent, for a foundation degree or higher national diploma.
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C) and A levels, or equivalent, for a higher or degree apprenticeship.
- 2 or 3 A levels, or equivalent.

#### Skills required:

- Counselling skills including active listening and a non-judgemental approach.
- Knowledge of psychology.
- Customer service skills.
- The ability to understand people's reactions.
- Sensitivity and understanding.
- Excellent verbal communication skills.

#### Relevant Subjects:

- Health and Social Care.



Information sourced from: <https://nationalcareers.service.gov.uk/job-profiles/life-coach>

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter



#### PE Lunch Time Clubs - September - October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football (Big Astro) - AHM & CCH	Y8 & Y10 Football (Big Astro) - PGR & AHM	Y9 Football (Big Astro) - PGR & AHM	Y7 Football - Boys & Girls (Big Astro) - GBA & SCU & AHM	Girls only Football Football (SH) - GBA & SCU
Netball Yr 7/8 (SH) - GBA & SCU	Y7 Dodgeball (SH) - CCH	Just Dance- all years (SH) - GBA	Y9 Dodgeball (SH) - CCH	Y7/8 Football (Big astro) - AHM
		Y8 Dodgeball (Gym) - SCU		KS4 Dodgeball (Gym) - CCH
		Fantasy Football Club - CCH		



#### PE After School Clubs - September - October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yr 7 Swimming	Yr 7/8 Netball practice	Yr 8 Swimming	KS4 Boys fitness suite	
KS4 Girls fitness suite	Yr 7/8 Football practice	Basketball- all years	Badminton- all years	
Yr 9/10 Girls Netball practice	Yr 10 Football v Smithills (a) Bolton Cup	Running club- all years	Netball v Thornleigh yr 7, 8, 9 & 10 (a)	
	Yr 10 Netball tournament (a)	Girls football practice- all years	Yr 9 Football v Thornleigh (a)	
		Yr 7 and Y9 Netball v King's (a)		

Week beginning 17th Oct



# AROUND THE WORLD



**JOIN US & CELEBRATE**

## SHARPLES DIVERSITY WEEK

To Celebrate Diversity Week, We are hosting Theme days from around the World!!! Treats Daily!!

**MONDAY**  
SHARPLES GOES ORIENTAL!

**TUESDAY**  
SHARPLES GOES MEXICAN!

**WEDNESDAY**  
SHARPLES GOES BRITISH!

**THURSDAY**  
SHARPLES GOES ITALIAN!

**FRIDAY**  
SHARPLES GOES INDIAN!  
HOME-MADE GOODNESS & LOTS OF FUN!!

ALL WEEK  
17<sup>TH</sup> TILL 21<sup>ST</sup> OCTOBER

WHERE  
will your food take you next?



# What Parents & Carers Need to Know about

# BEREAL

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

AGE RATING

13+

from the App Store & Google Play

## WHAT ARE THE RISKS?

### CONTINUOUS NOTIFICATIONS

Like any social media app, BeReal's developers want users to be on it regularly and scrolling for long periods. BeReal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

### CONNECTING WITH STRANGERS

When someone signs up to BeReal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

### PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

### EASY LOCATION

BeReal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

### VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. BeReal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

### REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in BeReal's terms of use.

## Advice for Parents & Carers

### LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

### STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

### KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

### CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety

#WakeUpWednesday

Sources <https://bereal.com/en/privacy> | <https://bereal.com/en/terms> | <https://berealapp.notion.site/FAQ:-BeReal-English-2d1af9a0418c4524bed7a40b04de832a> | <https://www.commonssensemedia.org/app-reviews/bereal>

# Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

## 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

## 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

## 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

## 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

## 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

## 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

## 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

**SAMARITANS:**  
116 123

[WWW.THEMIX.ORG.UK/GET-SUPPORT](http://WWW.THEMIX.ORG.UK/GET-SUPPORT)  
0808 808 4994

**WINSTON'S WISH:**  
08088 020 021

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The  
National  
College®



# WHAT PARENTS & CARERS NEED TO KNOW ABOUT OMEGLE

Omele is a free anonymous online chatroom where users are randomly paired with strangers to chat via video call or instant messaging. It is popular, despite no longer having its own app, and is primarily accessed on a web browser. Videos showcasing Omele chats have popped up on platforms like Instagram and TikTok, which have added to its popularity with children and young people.

## OMEGLE CAN BE DANGEROUS BECAUSE . . .



- **No account sign up required** – users can join a chat immediately and are automatically paired with a complete stranger.
- **No age verification** – it says users must be 13+ with 'parental permission and supervision' but does not check this at any point.
- **No effective moderation** – it claims to use 'AI and human moderators', but there is little to no evidence or clarity that this is implemented.
- **No reporting or blocking features** – users are unable to report inappropriate behaviour, and offending users can continue to use Omele freely.

## WHY MIGHT A YOUNG PERSON USE OMEGLE?

Living in a digital world that erases distance between online strangers, the thought of being able to talk to anyone from anywhere might be exciting to a child or young person. They may also be curious about negative reports in the press and might want to check the platform out for themselves, to see if the reports are true.

While Omele claims to take the 'safety and well-being' of their users seriously, they also state that "predators have been known to use Omele". Despite this, very little action has been taken to implement safeguarding measures. This creates an environment for harmful actions such as grooming, sexual exploitation, manipulation, and abuse to take place without moderation or intervention.

## NEXT STEPS AND FURTHER ADVICE



- **Go over online safety.** Talk to the young person in your care about staying safe online and how to protect themselves.
- **Discuss responses and action plans.** Ask them what they would do if someone made them uncomfortable or worried, and talk through any cracks in the plan.
- **Don't mention the platform when discussing.** Rather than mentioning Omele, talk about online chat platforms and ask what their friends are using.
- **Remind them of the dangers of talking to strangers.** By ensuring they recognise how dangerous they are, you help them make more informed online decisions.
- **Use online safety filters to prevent access.** Web browsers, internet providers, and more have parent filters available that can restrict access to specific websites.
- **Stay calm if a problem arises.** If a child or young person in your care has fallen victim to an online danger, remain calm and reassure them.

## WHAT ARE THE RISKS?

In the last year, there have been multiple cases of grooming, sexual exploitation, and indecent exposure involving children as young as 10. Our online safety experts were exposed to sexual advances within seconds of testing the platform. The following risks are very real threats that any user could be exposed to:

- Seeing distressing, violent, or highly sexualised imagery without warning.
- Grooming by strangers who 'trick' them into performing inappropriate actions.
- Exposure to blackmail, sextortion, and threats which could be upsetting or scary.
- Pressure to remove clothing, reveal personal information, or send sexual images.
- Malicious links or spam that could make them vulnerable to hackers or scammers.
- Catfishing or cyberbullying, which could cause emotional or mental duress or fear.
- Intimate images or videos being recorded without their consent or knowledge.

## RED FLAGS

- Sudden mention of a friend you have not heard of who does not attend school.
- Appearing withdrawn, isolated, upset, nervous, moody, or secretive.
- Long periods of screentime video chatting online in a private place.
- Being overly protective of their device

## IF A CHILD OR YOUNG PERSON IN YOUR CARE HAS LOST CONTROL OF AN IMAGE OR VIDEO:

- **SUBMIT A REPORT TO THE CHILD EXPLOITATION AND ONLINE PROTECTION COMMAND (CEOP).**
- **CONTACT IWF TO HAVE THE IMAGE OR VIDEO REMOVED WHERE POSSIBLE ONLINE.**

**IF YOUR CHILD OR YOUNG PERSON HAS BEEN GROOMED OR YOU HAVE CONCERNS ABOUT THEIR IMMEDIATE SAFETY, CONTACT EMERGENCY SERVICES ON 999 WITHOUT DELAY.**