

**Welcome to the first safeguarding newsletter of the academic year 2019/20.**

These newsletters will give you an update on safeguarding issues in College. Each one will also provide you with some information about a specific safeguarding issue affecting young people and further links to extra support/ reading. October's issue is about eating disorders (see overleaf).

College updates

All staff have received and read copies of the staff Code of Conduct, Safeguarding policy and 'Keeping Children Safe in Education 2019 Part 1'.

All staff have now received the full mandatory safeguarding training.

Tutors have received bespoke training in other safeguarding areas such as; mental health first aid, managing students' anxiety, suicide prevention, child sexual exploitation and female genital mutilation

Local issues

Issues for Worcestershire centre around; Child Neglect, Child Sexual Exploitation, Child Criminal Exploitation and County Lines.

We are required to know about local crime rates when thinking about keeping students safe. For information, the three highest crime rates (within 1 mile of college) in 2019 are for antisocial behaviour, violence & sexual offences and criminal damage & arson <https://crime-statistics.co.uk/>

The Department for Education is introducing compulsory Relationships and Sex Education (RSE) for secondary pupils from September 2020. Also, from September 2020 it will be compulsory for all schools to teach Health Education. Whilst it is not compulsory in colleges it is good practice to continue this. Currently in the tutorial programme we cover the following;

- *Bullying/Cyber Bullying and peer on peer abuse*
- *Drugs, Alcohol and Substance Abuse*
- *Online Safety / Mobile technologies*
- *Fire drills*
- *Sexual Violence and Sexual Harassment and issues around consent (Worcester School Nurse team)*
- *Drive Safely (Road Safety Partnership Team)*
- *Healthy Relationships and coercive controlling behaviour*
- *Extremism and Radicalisation (in line with the DfE advice Promoting Fundamental British Values)*
- *Promoting positive mental health and stress management*
- *Cancer awareness*
- *How to have better sleep*

# EATING DISORDERS

An eating disorder is when you have an unhealthy attitude towards food, eating too much or too little, or being obsessed with your weight or body shape. It is believed that 1.2 million people in the UK have an eating disorder and around 25% are male. There are indications that this is increasing by 8% each year (*The Health and Care Information Centre 2014*) There is no one cause but triggers can include a pre-disposition due to genetic factors, exam stress, transitions e.g new college, changes in family circumstances of a feeling of a loss of control.

## Which eating disorder is the most common?

Exact prevalence rates of eating disorders are difficult to gauge. A 2015 study by Hay et al found that anorexia accounted for 8% of cases, binge eating disorder 22%, bulimia 19%, and other specified feeding or eating disorder (OSFED) 47%. To be diagnosed with anorexia, a person must have a BMI of less than 17.5 Anorexia has the highest mortality rate of any psychiatric disorder, from medical complications associated with the illness as well as suicide.

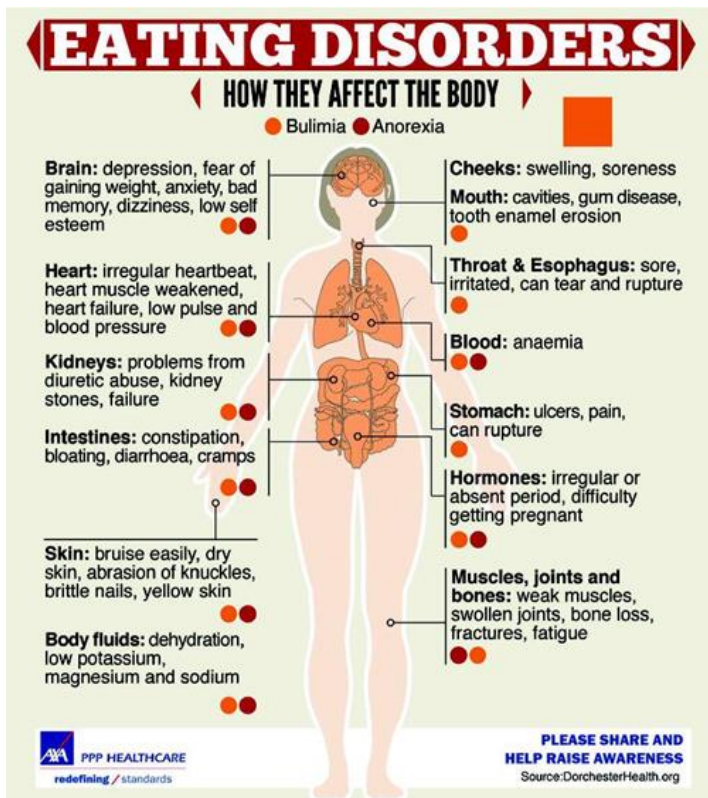
## At what age do people develop eating disorders?

Although many eating disorders develop during adolescence, people can develop eating disorders earlier or later in life. Outside of adolescence, people are less likely to be appropriately diagnosed due to a lack of understanding and awareness of eating disorders in these older or younger age groups.

## How can you tell if someone has an eating disorder?

You can't tell if someone has an eating disorder just by looking at them. Some sufferers of anorexia are severely emaciated, some are not. Those suffering from bulimia may be within the normal weight range or may be overweight, while those with binge eating disorder are often overweight.

<https://www.beateatingdisorders.org.uk/media-centre/eating-disorder-statistics>



**Psychological effects** – obsession of food or calories, denial of issue, guilt, shame, anxious, moody, low in confidence and self esteem

**Behavioural effects** – may cook a lot, use of laxatives, purging (bulimia), exercise (anorexia), rituals around food, wearing baggy clothes or inappropriate clothes for the season, missing meals, taking medication to reduce hunger

**Common personality traits** – often seen in students who are perfectionists, like things to be neat, can be rigid in their behaviour, they can be very competitive

Please talk to your teen's tutor if you are worried that they may have an eating disorder.

More information can be found at <https://www.nhs.uk/conditions/eating-disorders/> or <https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/>