

Virtual Safeguarding Course –

Participants information

Online learning is a great way to help maintain knowledge. We have a few suggestions on how to yourself safe.

More safeguarding advice is available www.bhs.org.uk/safeguardingchildren

Before you start

Technology as we all know can sometimes be temperamental so please take the following into account:

- What platform are going to use? What features does it have?
- Do you need to check your computer has the appropriate features to install and run the programme?
- Make sure you are available to start a few minutes before the event in case you have any issues.
- Make sure you have everything you need with you – drink, pad and pen etc. There will be a break halfway through.
- Make sure you are in an open neutral environment; consider the background and the clothes you are wearing.
- Make sure you are not likely to be disturbed or listened too as the content of the course can be sensitive.
- Microphones – please self-manage and MUTE when not in use to reduce background noise

During

- If you worried or concerned during the call, please let the tutor know you are leaving and contact one of the support organisations set out below.
- If you have technical difficulties let the tutor know and contact BHS HQ for help:
 - FROZEN SCREEN - log off and log back on and hopefully this will unfreeze the screen
 - FROZEN HOST - please bear with us until we can log off and come back in
- If you have any queries please share them with the tutor, it is likely other participants will have the same question.

After

- Take time to process the course and talk through anything that worried or concerned you. Support organisations are listed below.
- Make sure you receive your e-certificate (this will be emailed through shortly after the course) and complete the feedback form.

Support Organisations

NSPCC Helpline – 0808 800 5000 Textphone / Webcam (for deaf or hard-of-hearing) 18001 0808 800 5000 / SignVideo ; email help@nspcc.org.uk report concerns online through www.nspcc.org.uk/reportconcern

The Samaritans - 08457 90 90 90 www.samaritans.org.uk

Victim Support - 0845 3030 900

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Children First – Scotland - 0131 446 2300 www.children1st.org.uk

Kidscape - www.kidscape.org.uk Advice about bullying and cyber bullying

Young Minds Parents' line - 0808 802 5544

Family Lives -0808 800 2222

NHS Direct - 111

Rape Crisis England and Wales -www.rapecrisis.org.uk/index.php 0808 802 9999, 12– 2.30pm, 7–9.30pm

Child Exploitation On – line Protection Centre (CEOP)- <https://www.ceop.police.uk/safety-centre/>

Internet and computer information

We recommend you have an up-to-date web browser and have 10Mb download and 5Mb upload speed to work well. If lots of people are sharing the Wi-Fi etc. then this will affect the quality so consider this if you have a busy household. We recommend going to www.speedtest.net and running a quick test to understand how good your connection is.

BHS Safeguarding Team

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