

Safeguarding

Our designated safeguarding lead is Mr Sweetland. Please contact him in the first instance if you have any concerns about the safety or well-being of students in the school. Deputy designated safeguarding persons are Ms Humphreys, Ms Piggott and Mr Paris. They can be contacted in Mr Sweetland's absence

Help and Advice

On this page you will find links to websites that can give you some really good advice. Please speak to your form tutor or head of year if there is anyone you'd like to talk to at school.

Signposting

Support for young people's mental health

- **Free Online Mental Health Support for 10-25 year olds in Hertfordshire** <https://kooth.com/>
- **Get self Help** <http://www.getselfhelp.co.uk/selfhelp.htm>
- **KOOTH** <https://kooth.com/>
- **Young Minds** www.youngminds.org.uk
- **Mental Health Foundation** www.mentalhealth.org
- <http://www.time-to-change.org.uk/youngpeople>

Support for young people's sexual health

Sexual Health Hertfordshire run clinics across the county, which offer STI testing, pregnancy testing and contraception advice. The c-card scheme offers free access to condoms for young people at youth friendly locations. 100 local pharmacies offer free Emergency Hormonal Contraception (the morning after pill) to under 25s – to find a young person's local one use Mogolistings

It is recommended that young people do a Chlamydia test every 12 months if they are sexually active (or whenever they change partner). They can order free chlamydia home testing kits here or visit a sexual health clinic or Youth Connexions centre.

Youth Connexions centres can offer one to one advice and support on relationships, sexual health and pregnancy options

Support for young people on drugs including alcohol and smoking support

- **FRANK for drugs** - <http://www.talktofrank.com/>
- **NHS Smoking Services for tobacco** - <http://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines>
- **Drinkline for alcohol** - <https://www.drinkaware.co.uk/understand-your-drinking/is-your-drinking-a-problem/alcohol-support-services>
- **Youth connections** - [https://www.youthconnexions-hertfordshire.org/advice-and-support/youth-connexions-one-stop-shops-and-centres-\(1\)/cheshunt-one-stop-shop/](https://www.youthconnexions-hertfordshire.org/advice-and-support/youth-connexions-one-stop-shops-and-centres-(1)/cheshunt-one-stop-shop/)
- To speak directly to your local PCSO call 01707 354192 Hoddesdon Town and Broxbourne 6685 Lauren Minors, 6023 Louise Roberts, 6350 Kirsty Smith Hoddsedon North 6225 Mark Humphrey, 6057 Nicholas Platt, 6082 Laura Shearsby

Other

- **Herts Young homeless** - <http://www.hyh.org.uk/>