



The Harbour Centre

<https://www.theharbourcentre.co.uk/>

The Harbour Centre is the Sexual Assault Referral Centre for Norfolk. They provide support in the community to people who have experienced sexual assault, either recently or in the past. We support all individuals irrespective of whether they are involved in a Police investigation or not.

Support workers provide practical and emotional support regardless of age, sexuality or gender.

The service also provides advice and training to a variety of schools within Norfolk.



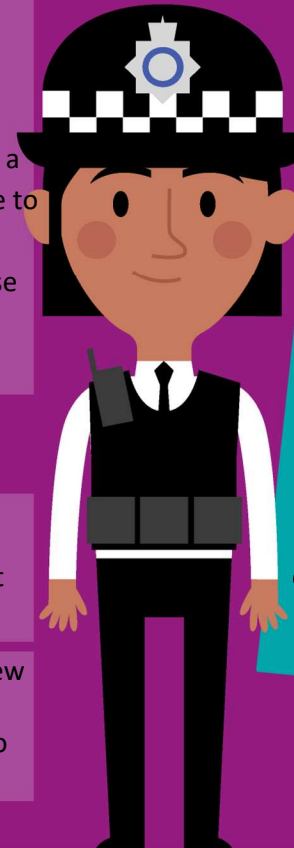
Substance Misuse support for under 19's

The Matthew Project: Unity Service provides under 19's with specialist support, advice and information to those using or those affected by drug use. They also provide support to professionals and family members dealing with these issues. As part of the service, they deliver a range of educational packages. If you would like to make a referral or more information about the services The Matthew Project can provide please call 01603 216420 or visit our website www.matthewproject.org

Safer Schools Newsletter

March 2020

Please share the information from this Newsletter and the e-mail that the newsletter is attached to within your school community.



Would you like to take part in a PhD research study, exploring a behaviour known as image-based sexual abuse (IBSA) amongst the adolescent population? For more information please see the attached document.

TRENDING NOW...

Click [here](#) for a useful guide for schools and colleges which has been put together by the National Police Chiefs' Council. The document clearly details what school staff can often deal with, and when it is appropriate to call police for assistance.

We would encourage those aged 16-19 to search **Just1Norfolk Health Passport** and download their new Just1Norfolk Health Passport.

The App is packed with great advice and information for young people! It also enables young people to access their personal health records.

SOCIALS



Stay up to date with Norfolk Safer Schools by following us on Twitter: @SaferSchoolsNfk

You can also follow our Cadet's Instagram account: @NorfolkCadets

NEED A HAND?

Samaritans: Samaritans.org or call 116123
ChildLine – 08001111 or visit childline.org.uk
Mind (for better mental health) – 03001233393 or www.mind.org.uk
NSPCC: www.nspcc.org.uk
Norfolk Police – Non-emergency 101 / Emergency 999
Victim Support: 0300 303 3706 / www.nsvictimcare.org/ / @nsvictimcare
Safer Internet- www.saferinternet.org.uk

Remember safeguarding young people is all our responsibilities #SaferSchools

