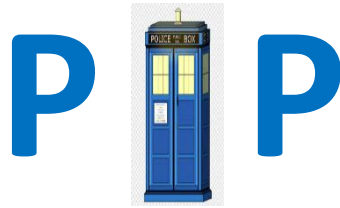


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Police Information Posts

Over the next few months Pc's McFadzean, McCutcheon and Jackson - Youth Engagement Officers for the Galloway secondary schools will send out bulletins with advice and safety information about a number of different issues which can provide Young people the knowledge to make informed choices. We will also get the Police Social Media officer to tag the school Facebook pages for any information on National campaigns and messages for the whole school community.

“Firstly pupils can be really proud of themselves for sticking to the rules and keeping themselves, family members and the wider community safe in these challenging times. Police have received very few reports regarding pupils breaching COVID19 guidelines which is brilliant”.



With increased use of social media and the internet by young people our next post will be about the risks young people might

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face, how to keep themselves safe and how to report any incidents and concerns.













Remember if you need to contact us you can phone 101, and leave us a message and we will get back to you or you can email us:

Gary McCutcheon (Stranraer Academy) on: - WigtownCPT@scotland.pnn.police.uk

Rachael Jackson (DEHS) and Nicola McFadzean (Stewartry High schools) StewartryCPT@scotland.pnn.police.uk

Please keep up the good work and stay safe.

Below are some support sites and telephone numbers for your information.

	<p>SEXUAL HEALTH</p> <p>To get advice on sexually transmitted infections, contraception, sex and the law, my sexual health, pregnancy choices, LGBT and available services</p> <p>https://sexualhealthdg.co.uk/youngpeople.php</p>	<p>School Nurse</p>   <p>Where Young Minds Matter</p>	<p>MENTAL HEALTH</p> <p>For any health concerns and school nurse self-referrals call 07795291296</p> <p>More information on CAMHS is available on website http://www.nhsdg.scot.nhs.uk/Departments and Services/CAMHS/Childand Adolescent Mental Health Services CAMHS</p>		<p>LGBT Youth Scotland.</p> <p>Support for young people 13 – 25 years around sexual orientation and gender identity</p> <p>Web: www.lgbtyouth.org.uk</p>
	<p>DOMESTIC ABUSE</p> <p>Women's Aid Dumfriesshire and Stewartry Tel – 01387201979 / 07710152772 (24hr)</p> <p>Women's Aid Wigtownshire Tel - 01776703104 (24hr)</p> <p>Men's Advice Line – 08088010327 (Calls are free from landlines and some mobiles)</p> <p>Wigtownshire Women's Aid: https://www.wigtownshirewomensaid.co.uk</p>	  <p>FRANK Friendly, confidential drug advice</p>	<p>DRUGS AND ALCOHOL</p> <p>Choices for life is a Police Scotland initiative aimed at raising awareness amongst young people about the dangers of smoking, alcohol and drugs.</p> <p>https://young.scot/choices-for-life/</p> <p>Talk To Frank offers friendly and confidential advice and helps you find out everything you want to know about drugs</p> <p>www.talktofrank.com</p>	 <p>ISSU18 is a region wide service for children and young people up to 18 years who are affected by problematic substance misuse, this can be either their own or a family member.</p> <p>http://www.nhsdg.scot.nhs.uk/Departments and Services/ISSU18/ISSU18-Home</p>	
	<p>Other Websites And Helplines</p> <p>ChildLine – free and confidential help for young people in UK. www.childline.org.uk Call 080011111</p> <p>The Cool2Talk site is a confidential place for young people to freely ask questions about things that are affecting them. Get a response within 24 hours.</p> <p>www.cool2talk.org</p>	 <p>CEOP</p> <p>Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to https://www.ceop.police.uk/safety-centre</p> <p>THINKUKNOW – Is the education program from CEOP, a UK organisation which protects children and young people online and offline.</p> <p>https://www.thinkuknow.co.uk</p>			
				<p>Police Scotland www.scotland.police.uk 999 in an emergency or 101 for all non-emergencies.</p>	