

## Eating disorders

An eating disorder is a mental health condition where the control of food is used to cope with feelings and other situations.

Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

Anyone can get an eating disorder, but teenagers between 13 and 17 are mostly affected. There has been an increase of reported cases during and since the lockdowns.

With treatment, most people can recover from an eating disorder. You can contact Student Support if you are concerned about your young person [safeguarding@rnn.ac.uk](mailto:safeguarding@rnn.ac.uk)



### Types of eating disorders

The most common eating disorders are:

**anorexia nervosa** – trying to control weight by not eating enough food, exercising too much, or doing both

**bulimia** – losing control over how much you eat and then taking drastic action to not put on weight

**binge eating disorder (BED)** – eating large portions of food until you feel uncomfortably full



### Warning signs of an eating disorder in someone else

It can be very difficult to identify that a loved one or friend has developed an eating disorder.

Warning signs to look out for include:

- dramatic weight loss
- lying about how much they've eaten, when they've eaten, or their weight
- eating a lot of food very fast
- going to the bathroom a lot after eating
- exercising a lot
- avoiding eating with others
- cutting food into small pieces or eating very slowly
- wearing loose or baggy clothes to hide their weight loss



The eating disorder charity [Beat](https://www.beat-eatingdisorders.org/) also has information on what to do if you are worried about someone.

# What do we mean by sharing nudes and semi-nudes?

Sharing nudes is when someone sends a naked or semi-naked image or video to another person. Sharing nudes is sometimes called 'sexting', however this term is often used by young people to talk about sharing sexual messages and not imagery.

Nudes or semi nudes can be shared using phones, tablets and laptops and they can share them across any app, site or game, including during a livestream. It could include sharing them across devices using offline services like Airdrop or Bluetooth.

Is sharing nudes illegal?

The law says that creating or sharing sexual images or videos of a child under 18 is illegal, even if the person sharing is a child. This includes:

- sending sexual messages to a child (anyone under 18 years of age)
- a child taking an explicit photo or video of themselves or a friend
- sharing an explicit image or video of a child, even if it's shared between children of the same age
- having, downloading or storing an explicit image or video of a child, even if the child gave their permission for it to be taken
- sharing an explicit image or video of a child is illegal, even if it's shared between children of the same age. 'Sharenting' - or adults sharing a photo of a child to raise awareness is also illegal.

Whilst it is illegal for anyone to exchange nude or semi-nude imagery of a child, the legislation is there to protect children from abuse and not to criminalise children.

## Top threats online for Teens

- Cyberbullying
- Sexting (including nudes/semi nudes)
- Identity theft
- Pornography
- Online predators



▶ For more advice and guidance on keeping safe online and how to discuss this with your young person visit any of the following websites;

<https://saferinternet.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.internetmatters.org/advice/14plus/>

<https://www.safewise.com/resources/internet-safety-for-teens/>

For **support** and **guidance** on all Safeguarding and Prevent matters please contact a member of the Safeguarding Team. This can be done in person or via email [safeguarding@rnnngroup.ac.uk](mailto:safeguarding@rnnngroup.ac.uk). Please visit the website for updates.



# Terror threat level reduced to Substantial

From Wednesday 9th February the terrorism threat level has changed & has been reduced to SUBSTANTIAL – A Terrorist Attack is Likely.

Whilst this is good news & welcome the Home Secretary reminded us when announcing this reduction that the likelihood of a terrorist attack occurring still remains at a significant level.

There still is risks and threat both nationally and locally, the priority is slightly different for the two geographical regions, however, there is similarity in the threats and risks.

North East Counterterrorism Priorities	Nottinghamshire Counter Terrorism Local Profile
Self-Initiated Terrorism* (any ideology)	Islamist extremism
Online Extremism includes Gaming	Right Wing Terrorism
Overseas Terrorism and its Regional Impact	Online radicalisation (all ideologies)
Al Muhajiroun (ALM)	Self-Initiated Terrorism (all ideologies)
Extremism in the Secure Estate (prisons)	Extremist travel
Right Wing Terrorism (RWT)	Extremism in prisons

\* previously known as lone actor

**Islamist terrorist** groups overseas play an important role in driving the threat in the UK. This is achieved primarily by inspiring wouldbe attackers (self-initiated terrorists) through their ideologies and extremist media rather than a directed group attack

**Self-initiated Terrorists (S-ITs)** are the most dominant Counter Terrorism threat to the UK. They are individuals who plan attacks independently of a terrorist network. Attacks are often of low sophistication, not requiring much preparation, specialist skills or access to prohibited weapons.

**Extreme Right Wing Terrorism (ERWT)** is dynamic, with new groups regularly emerging. Many of these are white supremacists which aspire to collapse western society, incite a race war, glorify S-IT attacks, promote Nazism and praise Adolf Hitler. Identifying ERWT activity and affiliation to ERWT groups is difficult due to their activity predominately being conducted online, with communications being covert in nature.

**Online radicalisation** features in a large proportion of local terrorism investigations and is also the largest primary radical influence on individuals referred to Prevent. Recent activity shows an increase in young individuals within the county committing offences online, downloading or distributing terrorist material, and sometimes even attack planning. Monitoring the online space is problematic. Extreme views are often re-enforced through social media and online algorithms. People will often self-radicalise using online materials and may radicalise others by disseminating extremist material.

Action Counters Terrorism, have created new resources to support members of the public with concerns around radicalisation and extremeism

Visit the website for more information <https://www.counterterrorism.police.uk/actearly/>