SHETLAND PUBLIC PROTECTION COMMITTEE ANNUAL REPORT 2021/2022













What Went Well?

- Continuity of services to protect and support adults children and young people through the pandemic
- Preparation for ASP Inspection
- File reading for both CP and AP which demonstrated good interagency practice, caring and appropriate responses and positive outcomes
- Using the new National Guidance to conduct a new learning review
- Business Support to SDAP

What could have been better?

- · Development of ways to include adult in the work of SPPC
- Publicity and awareness raising
- Due to pressure of work delays in updating Child Protection procedures and training

What have we learned?

- All agencies continue to be resilient in the face of challenges created by the pandemic
- Agencies need to consider the impact of poverty, increasing prices and energy costs on all aspects of life in Shetland.

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Introduction from SPPC Chair

I am pleased to provide introductory comments for the Shetland Public Protection Committee Annual Report for 2021-22.

Last year we reported on the superlative efforts to adjust to the conditions created by the pandemic. This year we can report on how we have not only consolidated the continuity of services in the context of the continuing challenges thrown up by Covid, but we have started to get back to important aspects of improvement in the work which we carry out. Whilst it is a major achievement to keep services going, we still have a need to reflect, adjust and improve where we can and I think the contents of the report demonstrate where the inter-agency public protection partnership has managed to make progress.

Inter-agency work is the heartbeat of the SPPC. This is mainly driven through subgroups of the Committee which consist of: Shetland Domestic Abuse Partnership; Protection in the Community; Financial Harm; Digital Safety; and the Quality Assurance groups. It has been heartening to see how well the SDAP has been grafted onto the structure of the SPPC and a credit to the support officers in ensuring this has been a seamless process.

It is the work of the Quality Assurance groups in child and adult protection which has provided for the basis for file reading audits to be carried out. These not only bring together professionals to consider our joint work, they provide valuable insights as to the strengths and areas for improvement in our day to day work. These are time-consuming exercises, but immensely valuable in the information they provide.

Shetland has been an early adopter of the new Learning Review Guidance by conducting a case review using the guidance. It is interesting to note the interest this has generated amongst fellow professional and a useful illustration on how Learning Reviews are valuable within the local area, as well as having resonance in other parts of Scotland.

In terms of participation it has been a more mixed year. We have some very active young people supported through the work of OPEN and #shetlandcrew. I am aware of the reputation of the Shetland young people in other parts of Scotland and they have contributed in events and work outside of Shetland. However, despite our best efforts we have not made the progress we would want in identifying adults who can assist in our service developments in the same way and to that extent, it remains outstanding work.

Last year our pre-occupation was to get through the pandemic and start to routinise our services in the changed context. Despite the monumental challenges, it feels like this has largely been achieved. However, equally big challenges lie in wait. The Cost of Living crisis is at an early stage, but it is clear that it is going to have a widespread and devastating impact on all sectors of our community. Whilst the main drivers for the current crisis are at national UK and national Scottish level, there may be some mitigating actions that can be taken at local level. It feels like our major pre-occupation for the next year will be how we help our services and people cope with the impact of the cost of living crisis whilst keeping our communities safe.

Tam Baillie, Chair of Shetland Public Protection Committee

Response to Covid 19 Pandemic

2021-2022 has seen the continued roll out of the extensive immunisation programme and the beginning of the return to more normal life.

However, all services have continued to face immense pressures due to high rates of covid infections. There have been particular pressures on the Schools Service and all Health and Community Care Services.

The highest priority for all the services who are members of SPPC has remained the safety and wellbeing of children, young people and adults at risk or in need of care. Child Protection and Adult Protection referrals and responses to referrals have continued as normal and staff are to be commended for the work that has made this possible.

Shetland Domestic Abuse Partnership

Shetland Domestic Abuse Partnership became a sub-committee of Shetland Public Protection Committee in 2020. SDAP benefited from additional dedicated business support from March to August 2021 and this supported the development of a clear business plan based on the 2018-2023 Domestic Abuse and Sexual Violence Strategy. The completion of a successful application to the national Delivering Equally Safe (DES) fund has allowed the creation of a 20 hour a week Business Support post which has been established at Shetland Women's Aid and was successfully recruited to in February 2022. The application to DES was a joint one with Na Eilean Siar and Orkney Islands Council and sister posts in Western Isles Women's Aid and Orkney Women's Aid have also been created.

The outcomes for the post are

- Communities in Orkney, Shetland and the Western Isles have a better understanding of the causes and consequences of violence against women, children, and young people, and increased awareness of where to access specialist support.
- Strengthen each Islands' Local Authority Social Work Service's approach to supporting families experiencing abuse, through supporting the introduction of Safe and Together as the primary way to create trauma informed systems and services.
- Multi agency partners are provided with high quality training suited to their needs and roles linked to local policy and procedures to enable services to support survivors
- Develop, implement, and evaluate a rolling multi-agency training programme, aligned with the NHS Education Scotland (NES) Transforming Psychological Trauma Framework.
- Men in Shetland, Orkney and the Western Isles desist from all forms of violence against women and girls, and perpetrators of such violence receive a robust and effective response.
- To improve the consistency of local data collection to better inform national reporting requirements. This will be formed of quantitative data which will be

complemented by qualitative data from those with lived experience to illustrate the impact of services in the islands.

The very experienced post holder has successfully completed Safe and Together training, a comprehensive induction programme and is already making progress on the DES outcomes. Shetland Women's Aid has received notification that the DES funding will be extended to 2025 which is of great benefit to SDAP and SPPC.

Quality Assurance of Child and Adult Protection

CHILD PROTECTION

Quality Assurance of Child Protection procedures have continued to be overseen by the Integrated Children Services Quality Assurance Group (ICSQAG) and by work completed by the Children Social Work Quality Improvement Group.

 As noted in the 2020-2021 annual report, a guided record reading exercise took place in May 2021 to examine the interagency records of 50 children who were subject to child protection processes or who were looked after. The following infographic summarises the findings. An action plan was put in place to carry recommendations forward and this is monitored by the Children Social Work Quality Improvement Group and ICSQAG



Child Protection Case Review





10 file readers trained by the Care Inspectorate



50 health and social work files of children and young people subject to CP process or looked after

WHAT WENT

WELL?

- good chronologies
- Interagency working and sharing information
- rapid responses to children at risk of significant harm
- positive supportive relationship with children and young people that provided continuity
 - opportunity to give feedback that supports learning to social work and health staff
 - continuity of care in pandemicbetter children plans

WHAT COULD BE BETTER?

- action plan as part of children plan need to be smart
- recording often too brief or too long
- ensuring staff have supervision and it is recorded
- ensuring staff have good information about antidiscriminatory practice

WHAT HAVE WE LEARNT?

- how to do effective record reading
- to recognise strength

 and areas for
 imporvement

- At the request of the Chief Social Work Officer and the Director of Children's Services, the Lead Officer reviewed a case where a young person over the age of 18 who was in school, was placed at risk of significant harm. This led to some recommendations about using child protection processes for all young people up to the age of 18 and over 18 if they are still in school.
- The Lead Officer and Service Manager for Children Services quality assured decision making at CP case conferences for conferences held in 2020-21. This identified positive joint work, continuity of work during lockdown, good information sharing and appropriate calling of Initial Child Protection case Conferences and registrations. It highlighted some improvements required in the recording of Interagency Referral Discussions and Visually Recorded Interviews (VRI), reasons for referral to Reporter and noted some very occasional delays in conducting VRIs and holding conferences. It was also noted that some professional staff attending Case Conferences did not fully understand their role and responsibility and improved training and information to support staff is required. Information and guidance for staff attending conferences is in the process of being prepared.

Learning Review

In October 2021, the Chief Social Work Officer requested a formal Learning Review under the newly issued National Learning Review Guidance for Child Protection Committees. This case involved a person in a position of trust who was charged and convicted of breach of trust offences in respect of young people in their care. This was a new process for SPPC and was a good opportunity to understand and practice the new Learning Review process.

The Learning Review highlighted that

- Children and young people would benefit from information about child protection and keeping safe – so work has begun to establish a group of young people who will develop information for young people about child protection
- Staff would benefit from a greater understanding of the breach of trust legislation and the duty of care – information about breach of trust has been added to all child protection training and information given at induction
- Although not directly connected to the case under review, the issue of staff balancing a professional and personal life in a small community was also highlighted and again, staff may benefit from additional guidance and support.
 Additional information will beaded to induction and training on organisational safety run by Stop it Now will be offered next year.

ADULT PROTECTION

The adult protection Quality Assurance Sub-Committee continued to meet quarterly, led by the Independent Chair of SPPC. The following work was undertaken.

- Continued preparation for Adult Protection Inspection. An interagency inspection preparation sub-group was established in January 2022 which has drawn on support and advice from other local authority areas which has been inspected.
- The Lead Officer has completed short pieces of review work in respect of Adult Protection Case Conferences and seeking feedback from adult at risk.
- In November 2021 with support and training from the Care Inspectorate 6 file readers read the files of the 12 adults who met the 3 point test in 2020-2021 and 10 who were assessed as not meeting the test. The following infographic gives information about the review. The action plan from the review is being implemented and monitored by the QA subcommittee.

Adult Protection Case Review 2020-21

6 File readers trained by the Care Inspectorate

22 Health and Social Work records

12 Adults who met the 3 point test

10 Adults who did not meet the 3 point test

well?

processing and analyzing data using Smart Survey • interagency working and sharing of information • decision about the three What went point test • support and help to adult who did not meet the three point test • persistent caring support to adults hard to engage with who were at risk • adult protection case conferences, protection plans and case group well run • risk assessments • recording generally of good standard • improved outcomes and safety for adults • continuity of care in pandemic

chronologies • risk management plan not as strong as risk assessments • limiting the number of professional only meeting to when it is necessary • training of NHS staff and assisting them to understand the 3 point test better • recording more clearly the ASP Process when new referrals are received on allocated cases

What could have been better?

What have we learned?

to conduct interagency file reading for adult support and protection • to identify your own strengths and areas for improvement

Participation

YOUNG PEOPLE

In September 2021 the Lead Officer met with staff who support young people involved with Youth Work Services #shetlandcrew (care experienced young people) and the OPEN project to discuss ways forward. It was agreed that it made good sense to continue to link with young people through the work that was already in place.

At the SPPC Development Day in April 2022 OPEN shared the work that their young researchers had been conducting into safe places for young people to gather. #shetlandcrew shared a film made for the February 2021 Festival of Care and also read from the recently published "Tending the Light" collection of poems and creative writing reflecting the experience of young people in care.

Both #shetlandcrew and OPEN have expressed an interest in being part of a project that comes from one of the recommendations of the Learning Review to develop information about child protection and keeping safe so that it is created by young people for young people.

ADULTS

As noted in the 2020-21 annual report, SPPC was continuing to address difficulties in supporting the involvement of adult service users and adult at risk in the work of the committee. What has been identified is that any model of participation that has been used by other APC's and Adult Safeguarding Boards in England has the resource of staff time to support it. Initial discussions with Voluntary Action Shetland has identified some possible ways of seeking funding to create such a resource.

The long delayed "I am me" project has made a positive start in identifying premises which can be safe spaces for adults at risk. The project has the support of two adults with learning disabilities and it is planned to involve more service users as this begins to pick up pace.

Work of the Sub Comittees







Protection in the Community

- promoted e learning for all groups
- child protection training for sport groups
- shared learning from investigation into historic abuse in football
- · developed additional training for third sector
- supported sport clubs to have designated staff in place
- 'I am me' project begun
- assisted trusts to update Child Protection and Adult Protection policies



Financial Harm

- continued work by Trading Standards to raise awareness and share Scambuster information as widely as possible
- continued links with banks and financial institutions



Digital Safety

- #VSVS face to face event in Nov 2021 and March 2022 including 231 pupils
- Safer Internet Day 2022
- new CEOP trainers
- reviewed CSE plan to include criminal exploitation

Business Plans progressed successfully in 2021/22
Subcommittees chaired by Sports Development Officer, Executive Manager Trading Standards and Police Scotland, involved 14 representatives from the statutory services and 13 from the third sector

Publicity

Publicity and awareness raising activities has been very badly affected by the pandemic and the limitation of public events. The following has been in place.

- Activity for Adult Protection Day on 20 February 2022 included press releases, information on the www.safershetland.com website and newsletters.
- Internet Safety Day 2022 newsletter and public information involving work with the Library Service, OPEN and Schools Service
- New SPPC leaflet and information were designed in 2020/21 but due to the pandemic, had not been put into use. Those were printed and shared at the Development Day held on 20th April 2022 and will become the standard leaflets in use

Website activity

The <u>www.safershetland</u> website continues to be well used and this is particularly true of the child protection section of the website. The "Keeping Adults and Children Safe" Level 1 E learning has increased the traffic to the website with 877 sessions linking into the e learning between August 2021 and March 2022 an increase of 568.

APRIL 2021 - MARCH 2022

ONLINE LEVEL 1 AP AND CP "ITS EVERYONE'S JOB"

	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Sessions	44	38	136	41	56	98	73	102	67	79	52	91

2021 - 2022 STATISTICS - SAFERSHETLAND.COM

	Adult Protection I	Child Protection	Domestic Abuse	Comm Justice
All Sessions	974	2463	809	258
Users	793	1484	729	199
Page Views	2260	4600	1618	729
Pg per Session Average	2.32	1.87	2	2.83
Session	00:02:16	00:01:40	00:01:21	00:03:11
Bounce Rate (%)	59.34%	67.36	78.74	66.28
% New Session	74.44	56.6	86.28	69.38

Training

As noted in the 2020-21 annual report, the establishment of an Inter-partnership Training Group has set a wider framework for training development and delivery. Training has continued to be online but is gradually moving back to face to face session. Training for adult and child protection has been updated and will be rolled out later in 2022 Please see Appendix2 For information about courses and evaluations.

A new training strategy for 2022 to 2024 is in draft form and will be finalised in June 2022.

<u>Analysis of Adult and Child Protection Data</u>

CHILD PROTECTION

Child Protection Case Conferences

Between April 2021 and March 2022 the following data on Child Projection Case Conferences- now called Child Protection Planning Meetings (CPPM) in line with the 2021 National Guidance for Child Protection- was noted

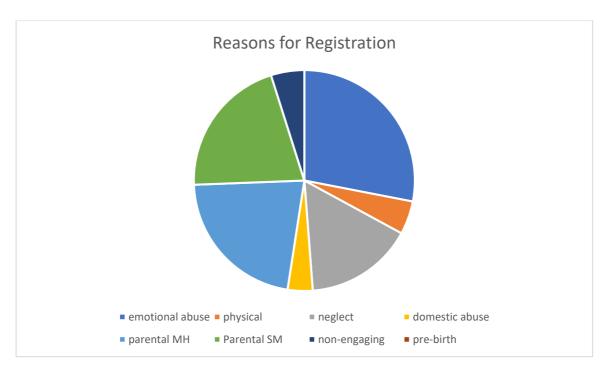
- 44 initial and review CPPMs with the names of 26 children being on the child protection register over the year. This is a rise from 19 in 2020-21.
- 15 children were under the age of 5 (including unborn babies) and 11 were over the age of 5
- Parental attendance was high, but the attendance of young people was very low
- Although children and young people ,were not present their views were represented at all CPPMs
- The length of time that a child's name is on the register is monitored closely and on average is 6 to 8 months. Occasionally children's names are on the register for longer, but that is monitored and often due to longer processes such as Children Hearing Grounds applications to the Sheriff court when a child may become Looked After.
- In the main professional attendance was high with individual issues being addressed by the Chair of the CPPM when required/ Police Scotland due to staffing issues struggled to attend, but this has improved significantly recently.

There are areas for improvement for CPPMS

- Better child and family friendly venues may encourage and support young people to attend
- There are concerns that professional staff do not fully understand their role at conferences, find making recommendations about registration very difficult,

can be focussed on parental need rather than risk of significant harm and all this would benefit from some better training and information

Reasons for Registration



Key to chart: Parental MH=Parental mental Health problems, Parental SM=parental substance misuse

More than one reason can be recorded for each child and a different reason may recorded for the same child at Initial Child Protection Planning Meetings and subsequent Reviews. Nationally registrations for 2020-21 (the most recent national Scottish Child protection Data) show that the most frequently recorded reason for registration was domestic abuse followed by neglect and parental mental health problems. Whilst not a direct comparison it is useful to note this and further discuss where local and national information varies.

ADULT PROTECTION

Adult Protection Data

Type of Harm	2021/2022	2020/2021	
Physical Abuse	13	18	Physical Abuse
Financial Abuse	14	24	Financial Abuse
Neglect	13	2	Neglect
Self-Neglect	11	18	Self-Neglect
Sexual Abuse	4	5	Sexual Abuse
Self-harm	88	98	Self-harm
Psychological / Emotional Abuse	29	46	Psychological / Emotional Abuse
Substance Misuse	27	17	Substance Misuse
Discrimination	0	0	Discrimination
Not known	3	13	Not known
Other	73	26	Other
	275	267	Some cases may be referred for more than 1 cause

The adult Protection Quality Assurance sub-committee has been analysing quality statistics and facilitating further discussion at SPPC meetings, the following has been noted.

- It is noted that self-harm, emotional and psychological distress have continued to show high numbers in the data. A recent discussion at the QA group identified that a helpful piece of work could be to take a selection of these referrals and look in more detail at the cause and outcomes.
- The above table gives a comparison with 2020-21 and shows an increase in referrals related to financial harm which is positive given the concerns about online scams that have grown during the pandemic. The reporting of neglect-which is the most common cause for concern nationally- has reduced and that may need some further discussion and reminders about this issue. There are no reported concerns about discriminatory harm and yet stories are often shared about people with disabilities having these experiences- it may be important for an understanding that this sort of issue can fall under ASP needs to be improved.
- Adult Protection case conferences continue to be well supported by all
 agencies and run effectively chaired by the Independent Reviewing Officer or
 Lead Officer As there are small numbers of ASP conferences (11 initial and
 reviews) it is not possible to comment in detail on them or the outcomes for
 adults. However they were well attended, there was good evidence of adults
 being supported to attend and give their views. There have been some delays
 in finalising minutes after conferences but this should improve through 2022.
- In 2021-22 it was noted that the number of formal council officer led investigations rose from under 5 to 16. This is due to a change in practice and a more appropriate use of council officer investigation.

Conclusion

In 2021-22 the continued priority has been the sustainability of services to protect children, young people and adults at risk of harm. All agencies have worked hard through many challenges to deliver this and file reading exercises have shown real strength in ensuring the safety of adults, young people and children in Shetland.

In 2022-23 SPPC needs to focus on

- Building on the work established by SDAP to improve training, publicity and awareness of gender-based violence and achieving the outcomes of the Delivering Equally Safe funding.
- Preparing for an Adult Protection Inspection and ensuring any follow up work is completed successfully
- Ensuring that by 2023, some progress on including adults in the work of SPPC can be practically demonstrated
- Ensuring action plan and learning from case file reading and the Learning Review are put into place
- To consider the impact of poverty and rising prices on adult and child protection and the wider community and for SPPC to be linked into efforts led by the Shetland Community Planning Partnership to ameliorate the effect on the Shetland Community.

<u>Appendix 1 – Adult Support and Protection Data</u>

SHETLAND ADULT AND PROTECTION COMMITTEE ADULT SUPPORT AND PROTECTION STATISTICS

Referrals, case conferences and categories of abuse registered

Reporting Period Financial Year 1st April 2021 - 31 March 2022

Number of Referrals	Number of repeat referrals		
275	35 people had 1 repeat referral, 5 people had 2 repeat referrals, 2 people had 3 repeat referrals and 3 people had 7 repeat referrals		
	Total 72		
Adult Concern Referrals			
245			
ASP Referrals (3pt test)	Source of referral meeting 3 point test		
30	Member of Public x 1, Police x 17, Health-GP x 1, Health - Primary x 1, Carer x 3, Social Work x 2, Family x 3, Self x 1, LA Care Home x 1		
Source of Referral	Referring Agency		
170	Police		
5	SIC Housing		
19	Health - Primary		
6	Health - Acute		
<5	NHS 24/GP		
11	Scottish Ambulance Service		
<5	Scottish Fire and Rescue Service		
9	SIC Social Work Colleague		
<5	Carer		
9	Member of Public		
5	Local Authority Care Home		
<5	Other Care Home		
<5	Family Member		
Number of referrals that <u>did not meet</u> 3pt test	245		
	Type of Harm caused (some cases may be referred for more than 1 cause)		
13	Physical Abuse		
14	Financial Abuse		
13	Neglect		
11	Self-Neglect		
<5	Sexual Abuse		
88	Self-harm		
29	Psychological / Emotional Abuse		

27	Substance Misuse
0	Discrimination
<5	Not known
73	Other
Number of Council Officer investigations	Number of adults involved
18	15
Number of joint police/social work investigations	<5
Number of adult protection case conferences	Number of adults involved
5	5
Number of protection plans established	Number of adults involved
<5	<5
Total number of adults subject to protection plan	<5
Any Legal Orders	<5
Assessment Order	0
Removal Order	0
Banning Order	<5
Welfare Guardianship Order	0
Any Legal Orders as at 31st March 2022	<5

Referrals that met the 3 point test

30 referrals met the 3 point test and were supported as follows:-

- 1. AS&P Protection Plan, Banning order, SW
- 2. SW support x 3
- 3. Risk management plan in place, SW x 4
- 4. OT, Sheltered Housing, VSH
- 5. Support in place x

4

- 6. Psychiatrist, MHA
- 7. MHO/SW
- 8. Social Work Support and NFA
- 9. Protection Plan in place x 4
- 10. Care Home Support and Allocated Social Worker
- 11. Protection Plan in place, Banning Order being considered
- 12. Transfer to Royal Cornhill Hospital, more appropriate under Mental Health Act x 2
- 13. Screening and Debrief Meetings held, risk management plans in place x 2

- 14. Adult with Incapacity Act route
- 15. Care Home Support respite care
- 16. Social Work Support / Police / Health Professionals / Family and POA
- 17. Awaiting outcome from SW

Of the 30 referrals 18 were investigated with 12 not investigated but the above safeguarding measures were put in place.

Of the 245 referrals of those that did not meet the 3 point test 52 were for No further Action, there were 25 who had Social Work Support and all other adults received services from the following:-

Local Authority Care Homes, Mental Health, Psychologist, Community Psychiatric Nurse, GP, Care at Home, Direct Payments Scheme, Human Resources, Substance Misuse Recovery Service, Community Mental Health Team, Annsbrae, Mind Your Head, Psychiatrist, Children and Families Social Work, Housing, Criminal Justice Social Work, Police, Midwifery, Through Care and After Care Service, Bridges Support Service, Occupational Therapy, Family members, Adults with Incapacity Act, Health Visitor, Learning Disabilities Nurse, Fire Service, appropriate services already in place, Environmental Health, Women's Aid, Shetland Rape Crisis, Health, CID, Employment Pathways.

Glossary

LDN Learning Disability Nurse SSCW Senior Social Care Worker

SW Social Work

TCAC Throughcare and After Care
C&FT Children and Families Team
CMHT Community Mental Health Team

RCH Royal Cornhill Hospital

CJSW Criminal Justice Social Work

MARAC Multi Agency Risk Assessment Conference

CPN Community Psychiatric Nurse

CADSS Community Alcohol and Drugs Services Shetland

NFA No Further Action
DSW Duty Social Work

C@H / S@H Care At Home / Support At Home

SMS Substance Misuse Service

CJ Criminal Justice

SMSW Substance Misuse Social Worker
MSS Montfield Support Services
RVS Royal Voluntary Service

SCAS Shetland Care Attendance Scheme

Appendix 2 -Adult and Child Protection Training Statistics

ADULT AND CHILD PROTECTION TRAINING

Training undertaken by agency and levels

Reporting Period 1 April 2021 - 31st March 2022

No. of people trained	Number of training sessions held
501	35 Sessions
Number of people by agency	Agency Trained
363	Shetland Islands Council
46	Voluntary Sector
18	NHS Shetland
0	Police
0	Shetland Recreational Trust
0	Private Sector
Adult Support and Protection Level 2	100
Child Protection Level 2	163
Child Protection Level 3 – Blended Learning	155
Child Protection refresher for Level 3 – Blended Learning	9
E-Learning SIC – Child Protection Refresher for Level 3	58
E-learning SIC – Child and Adult Protection - It's	
Everyone's Job	359
E-Learning NHS – Child and Adult Protection – It's	
Everyone's Job	463

Evaluations are completed electronically through the Councils on line training booking system - VOR. Workforce Development provide exemption reports on any negative or concerning feedback. It is confirmed that all feedback received for this period was positive and the courses deemed beneficial by participants.'

Appendix 3 - Safer Internet Day Infographic

A press release went out on Monday 7 February on Shetland Islands Council's website.

"The theme for Safer Internet Day 2022 tomorrow (Tuesday 8th February) is "All fun and games? Exploring respect and relationships online".

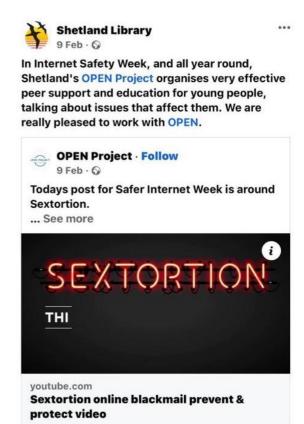
The campaign is led by the UK Safer Internet Centre and this year celebrates young people's role in creating a safer internet, whether that's whilst gaming and creating content, or interacting with their friends and peers"

Safer Internet Day 2022 - Shetland Islands Council



8 shares

07





HAPPY SAFER INTERNET DAY

Today's post is around online grooming.

Grooming is where a person, or group of people, actively seek out vulnerable young people to build a relationship with them, and tricks or pressures them to do something sexual. This could be through using gifts or blackmail to achieve their goals.

If you or someone you know are worried they might be being groomed please go to this website and report it.

https://www.ceop.police.uk/Safety-Centre/



