

## February 2022

Welcome to our February Newsletter, which we hope continues to contain helpful information and advice for you to share with your family. We would like to reiterate once again that our newsletters are designed to inform Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement on what you feel will be **relevant** information to share with your child.

### Don't be fool money mule!!

Criminals need money mules to launder the profits of their crimes. Young people are increasingly being targeted to become money mules. They are approached online or in person, including through social media, at school, college or sports clubs. Sometimes people they know persuade them to take part, often because they are also acting as money mules.

Mules will usually be unaware of where the money comes from and that it can go on to fund crimes such as drug dealing and people trafficking.

**Being a money mule is illegal!!!**



When someone is caught, their bank account will be closed, and they will have problems getting student loans, mobile phone contracts and credit in the future. They could even face arrest for money laundering which carries a maximum sentence of 14 years in prison.

For further understanding on Money Mules watch this short video made by the Metropolitan Police <https://www.youtube.com/watch?v=hOLiXY09OzI>



Parents & Carers, we need your help to warn children & young people about the dangers and consequences of becoming a money mule.

- Make sure your child doesn't give their bank account details to anyone unless they know and trust them.
- Encourage them to be wary of job offers where all interactions are online and to research any 'company' or person that offers them a job.
- Tell them to be cautious of unsolicited offers of easy money, because if it sounds too good to be true, it probably is.
- Look out for your child suddenly having extra cash, buying expensive new clothes or electronics with very little explanation as to how they got the money.

A young person involved in money muling may become more secretive, withdrawn or appear stressed. If you think they are involved in a money mule scheme, tell them to stop transferring money immediately, notify their bank and report it to the police. Please do not attempt to contact any individual you suspect of organising money muling.

If you are worried that someone close to you might be caught up in money muling, you can contact anonymously: Crimestoppers: 0800 555 111 [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)  
Further information can be found at [www.moneymules.co.uk](http://www.moneymules.co.uk)

## The Dangers of Vaping

Could your child be vaping? During the past couple of months there has been an increase of children and young people being seen across the county vaping while out and about with friends. It is important to understand the risk to health and the path to addiction if not openly addressed with our families. Vaping hasn't been around long enough for us to know how it affects the body over time, but vaping could cause the following health issues.



- Slow brain development in children & young people
- Affects memory, concentration, learning, self-control, attention, and mood
- Increases the risk of other types of addiction as adults e.g. Smoking
- Unknown toxins released into the body



There are many different products available however, in brief vaping can place nicotine into the body and nicotine is highly addictive. Some individuals chose to vape marijuana, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.

Parents should also be aware that it is illegal to sell e-cigarettes to anyone under the age of 18. If you discover that your child is using them, it may be worth finding out where they're purchasing or getting them from. If a child is buying the products from a shop, parents may wish to remind the shopkeeper of the law and/or report the retailer to the trading standards department of their local authority. While it may be difficult to stop or prevent your child from smoking, remind them of the health implications and that they're breaking the law.

For more information on how to educate & support your child if you suspect they are vaping or smoking please visit: <https://healthyschoolscp.org.uk/pshe/smoking-and-vaping/>

## Safer Internet Day : Safer Internet Day is on Tuesday 8th February 2022



The Day is celebrated globally each year in February to promote the safe and positive use of digital technology for children and young people. This year the theme will focus on:

**'All fun and games? Exploring respect and relationships online'**

The UK safer Internet Centre have created a range of resources for all ages. To find out more and to get involved visit: [saferinternetday.org.uk](https://saferinternetday.org.uk) and follow the links below for the relevant age related advice

[advice-for-parents-and-carers](#)



Top tips for parents and carers

[top-tips-for-under-11s](#)



Top tips for 7-11s

[top-tips-for-11-18s](#)



Top tips for 11-18s



Call: 101

Telephone: 18001 101

Visit: [cambs.police.uk](https://cambs.police.uk)

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#SaferCambs



Creating a safer  
Cambridgeshire

## Is this love ?

February brings Valentine's day and this is the time that we will be thinking about love and relationships. Therefore, we thought it would be a good opportunity to offer some guidance and advice for children and young people, to help them recognise what a **healthy relationship** looks like and to identify the danger signs of a **unhealthy relationship**. We have highlighted some key points to help your child establish some differences between a **good** or **bad** relationship.



### A Healthy Relationship

- **Listening** to each other
- **Trusting** and **respecting** each other
- Being friends and **having fun** together
- **Freedom** to do your thing, follow your own interests and see your friends
- Being able to disagree and **then talk it through** later.

### NOT a Healthy Relationship

- Your girl/boy friend gets **angry** when you talk to someone else
- Your girl/boy friend calls you **names**, **puts you down** and makes you feel bad
- Your girl/boy friend is **verbally abusive** or **physically threatening** towards you
- Your girl/boy friend **uses force** or **emotionally blackmails** you to do things you are not comfortable with.

Relationship abuse can be recognised in many different ways such as **emotional**, **physical** or **sexual abuse** and if this happens, it should be reported to the Police. **There are NO excuses for abuse.**

The following link from the NSPCC provides further advice for parents and carers on how to talk to your child about relationships, sex and consent. [keeping-children-safe/sex-relationships/healthy-relationships/](https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/)

## Half term fun and games for 8 -10's : Band Runner

As half term approaches, children and young people will spend more time online and many will play games for entertainment over the break.

Band Runner, created by CEOP (Child Exploitation and Online Protection) is an online interactive game designed to be a fun and creative way for children to learn about safer use of technology.

They will learn to:

- Identify between safe and unsafe behaviours online
- Feel more confident to seek help from a trusted adult
- Receive further supportive resources from the 8-10s website.



The game can be accessed by following this link to the website: [www.thinkuknow.co.uk/8\\_10](http://www.thinkuknow.co.uk/8_10)

You can also find a host a other useful resources from CEOP by following this link [www.ceop.police.uk](http://www.ceop.police.uk)

# Becoming a police officer

## A great career, welcoming diversity

There's never been a better time to become a police officer. It's a great career where every day is different and you get to make a difference. From neighbourhoods, to dogs, road policing and major crime, there's exceptional variety and opportunities. We're also committed to recruiting a workforce that reflects the communities we serve, so we're particularly keen to hear from you if you're female or from an ethnic minority background.

## Degree apprenticeship

Become a police officer. Earn while you learn. A fully funded degree.

Sound good?

That's what we're offering in our Police Constable Degree Apprenticeship (PCDA).

You will earn as you study for a degree in professional policing practice and receive on-the-job training.

If you do not have A-levels, then certain career experience and time as a Special can be used instead.

Scan me!



[bit.ly/3DDZ1ww](http://bit.ly/3DDZ1ww)

Visit our website on

[www.cambs.police.uk](http://www.cambs.police.uk)

## Special Constable

Special constables come from all walks of life and volunteer a minimum of 16 hours a month to their local police areas. They provide a link between the police and the community and are sworn in by a magistrate in the same manner as a regular police officer. They work alongside their regular colleagues, wear the same uniform and have the same powers in law, including the power of arrest.