



# ROTHERHAM UNITED ACADEMY

**At Rotherham United we are dedicated to keeping our children safe in all aspects of their life. This following document provides links that you may find useful, courses you may wish to complete and other relevant up to date guidance.**

1. The following link will guide you to a free online safeguarding course launched for parents and carers.

[Safeguarding awareness for parents and carers \(thefa.com\)](#)

2. JAAQ (Just Ask A Question) is a fantastic Mental Health app/platform for both parents/carers and players. Ask leading experts over 50,000 questions on over 60 topics ranging from mental health, injuries, sleep, addiction and many more. Free to use anywhere, anytime.

[JAAQ: The new mental health platform](#)

3. Young Minds is a great resource tool for parents/carers. They know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone. They have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better. They also have our Parents Helpline who can provide advice and support if you're worried about a child or young person.

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

4. Also attached is a full guide on Cyberbullying. What it is, what to look for, possible signs, what do to if you suspect it is happening etc.

**If you have any questions, concerns or require any further information or support on any of the areas please do not hesitate to get in touch:**

**Head of Academy Player Care – Emma Hornsby: 07543314903 [ehornsby@rotherhamunited.net](mailto:ehornsby@rotherhamunited.net)**

**Club Safeguarding Officer – Julie Shore: 07921472271 [jshore@rotherhamunited.net](mailto:jshore@rotherhamunited.net)**