WELCOME

Welcome to the second Henry Beaufort Safeguarding Newsletter. We continue to distribute every half term to give parents and carers up to date advice and guidance on how you can support your child as they go through a pivotal time of their lives.

This edition will focus on bullying following the national Anti-Bullying week and Social Media use.

ANTI-BULLYING WEEK

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This edition will focus on bullying following the national Anti-Bullying week and Social Media use.

The annual Anti-bullying week took place 13-17th November. During this time, our students were delivered assemblies across all year groups to promote the importance of speaking up against bullying, with a focus on students being able to support one another.

As part of the process, we continued to encourage students to let teachers know immediately if they witness or experience any bullying. Students were explained how they can report any issues by speaking to a teacher, their tutor, their Head of Year or use the "Call it Out" system in school.

PRIDE, HAPPINESS, AMBITION

Call It Out

Use this QR code to share any concerns you have about;

- Prejudicial, discriminatory, racist language or behaviour you have from a student(s) to another. This can include any acts of bullying.
- Vandalism which includes graffiti or damage to persons property or belongings.
- Vandalism which includes graffiti or damage to the school property.

We have a zero tolerance to this behaviour and together we must CALL IT OUT!

The HENRY BEAUFORT School

ANTI-BULLYING WEEK CONTINUED

Hampshire County Council have also provided us with some valuable resources to help you support your child if they are experiencing bullying.

Tips for Parents Leaflet - bullying-2.pdf (hants.gov.uk)

Tips for Children Leaflet - bullying-yp-cropped2.pdf (hants.gov.uk)

Here are some practical tips advised and elaborated by Dr Emily Lovegrove in her book "Help! I'm being bullied" to help support your child and talk them through.
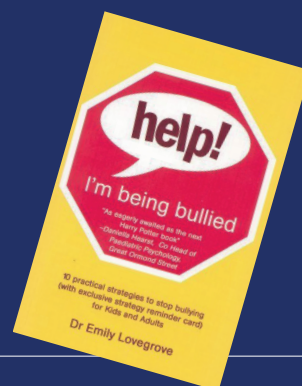
10 PRACTICAL STRATEGIES TO STOP BULLYING

1. **Bullying?**	**Is it teasing or bullying?** It doesn't matter – if it distresses someone, it needs sorting out.
2. **Stop and think**	**What do you want to be the outcome of this sorting out?** Scoring points or something positive?
3. **Self-motto**	Changing a negative to a positive self-motto raises self esteem and affects how others respond.
4. **Other-motto**	Including positive feelings about others also raises self-esteem. It reminds you that you have the power to change your feelings and it affects how others respond.
5. **Distraction**	In a no-win situation try to ignore what has been said or done by someone, but not ignore them. Talk about something different.
6. **Humour**	Being able to laugh at yourself now and again can help the situation. Sarcasm is not helpful.
7. **Friends**	We all need them. We are less likely to be picked on when with friends and they support us when we are down. Making friends takes practice.
8. **Appearance**	How we look matters to us. We need to feel we fit in. We need to look as if we treat ourselves with respect.
9. **Flattery**	People usually like a sincere compliment. People who bully often feel insecure in some way, so saying something nice to them gives them positive attention and makes them feel better.
10. **Reward**	It can be tiring using the positive personal power required to address the negative power of bullying, so reward yourself for all your positive effort. Give yourself treats which give you energy e.g. good food, exercise and sleep.

SOCIAL MEDIA AND ONLINE USE

We are aware that young people often are often part of groups on social media apps which are commonly used outside of school hours to communicate with each other. We are aware of several issues where students have used abusive and threatening language on social media towards each other as well as making comments which have upset both students and their parents. Although this activity is not happening on the school site, it then affects behaviour, anxiety and subsequently lesson time and the learning of students in school.

We cannot regulate the online access that student have outside school, but if an issue of cyberbullying is reported to us, we have a duty of care to inform the parents of the children involved.

There is clear guidance on the appropriate age ranges for certain online apps which we would like to draw your attention to:
- WhatsApp users in Europe users need to be 16.
- Nearly all other social media services require users to be at least 13 years of age to access and use their services. This includes Facebook, Snapchat, Twitter, Instagram and Tik Tok.
- Whilst there is no age restriction for watching videos on YouTube, users need to be 13 or older to have their own YouTube account (enabling them to subscribe to other channels, like videos, post comments, share their own content and flag inappropriate content).

The online world is a minefield for children and the situation has changed significantly, as a whole range of unlimited content, both good and bad is a few clicks away. Once something has been posted on social media, it is very hard to get rid of. I would ask parents to be vigilant and monitor what your child might be posting online. Threatening and abusive content could result in police involvement if a child is over the age of 10. We would also like to signpost an excellent resource that is available to parents on the school website The Henry Beaufort School - Keeping Children Safe Online and in the Community.

One of the websites highlight on this page is thinkuknow.co.uk which comes from the CEOP Education team who are part of the National Crime Agency and run an education programme which provides training, resources and information for children and young people aged 4 - 18, their families and professionals who work with them. They have produced an informative document for parents here: PowerPoint Presentation (thinkuknow.co.uk). We would also recommend exploring their website: Get advice (thinkuknow.co.uk).

We would also recommend the NSPCC Report and Remove service which was detailed in the last Safeguarding Newsletter and can be found here:

https://www.beaufort.hants.sch.uk/parent-support/safeguarding-newsletter

Helpsheet

parents and carers: secondary

CEOP — Education from the National Crime Agency

8 steps to support your child to be safer online

1. **Explore together.** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.

2. **Chat about online safety little and often.** Talk to them about how to stay safe on new services, and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

3. **Help your child identify trusted adults who can help them if they are worried.** This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to write a list of their trusted adults.

4. **Be non-judgemental.** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

5. **Talk about how their online actions can affect others.** As your child engages with others online, remind them to consider how someone else might feel before they post or share. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

6. **Parental controls.** Make use of the parental controls available on your home broadband and any internet enabled device in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

7. **Direct your child to age appropriate information about relationships and sex**. It's natural for young people to look for info on relationships and sex online. It's important to understand this and talk to your child in a positive way. *CEOP Education*, *Brook* and *The Mix* provide age appropriate information you can signpost your child to.

8. **Make sure they know about CEOP.** Young people can report a concern about grooming or sexual abuse to CEOP at **www.ceop.police.uk/safety-centre/**

www.thinkuknow.co.uk/parents

Helpsheet
parents and carers: secondary

CEOP — Education from the National Crime Agency

Support your child with CEOP Education resources

The CEOP Education 11-18s website. www.thinkuknow.co.uk/11_18/ is a great resource for children and young people to explore a range of online safety topics. Our 11-18s website offers advice articles and signposts clear ways to access help and support across 7 key categories:

- Relationships
- Socialising online
- Nudes
- Sex and sexual content online
- Sexual abuse
- Support
- Online safety

#AskTheAwkward. As young people form and maintain relationships online, they need regular conversations with you to support them to have positive experiences and be safer. #AskTheAwkward provides three films, an introduction to asking the awkward and help sheets to get the conversation started. Find the resource here: **www.thinkuknow.co.uk/parents/ask-the-awkward/**

Other recommended resources

Brook. Information and advice for young people on sexual health and wellbeing, including staying safe online. www.brook.org.uk

The Mix. Support service for young people with information and advice on sex and relationships. www.themix.org.uk

Internet Matters. A useful tool showing how to set parental controls across a range of devices and websites. www.internetmatters.org/parental-controls/interactive-guide/

Follow us on social media

For up to date information and advice:
@CEOPUK on Twitter
ClickCEOP on Facebook

www.thinkuknow.co.uk/parents

SUPPORT FOR PARENTS

Please see below the support that parents can access in the local area.

As a school we have a parent support page set up on our webiste please visit it by **clicking here**.

Parent Support Programme

6 - 7.30pm

First Tuesday of every month

Quakers meeting house, 16 Colebrook St, Winchester

Continuing with different mental health topics each month

WYC Winchester Youth Counselling

mind for better mental health

Winchester Youth Counselling, in partnership with Solent Mind, will be delivering monthly information sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential. £5 to secure your place (please contact us if you require support).

To book please click on the 'Events' section on our website;
www.winchesteryouthcounselling.org
or for more information please contact psp@winchyc.org

@WinchesterYouthCounselling   @WinchYC   01962 820444

P.A.C.E. (Parent, Carer and Professionals Events)

A free event to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

P.A.C.E 2024

11TH MAR 2024

MARCH 11TH
TESTBOURNE SCHOOL, MICHELDEVER RD, WHITCHURCH, RG28 7JF

PACE events are ran by CAMHS across Hampshire. Typically once a month but are designed to provide support of families to understand the needs of young people.

More information can be found here:
**Events – CAMHS (hampshirecamhs.nhs.uk)**

SUPPORTING YOUR ADOLESCENT PARENTS & CARERS TOOLKIT
The toolkit has been designed in collaboration between Hampshire Safeguarding Children Partnership with parents/carers, to provide information and help on a range of topics that can affect pre-teens and teenagers as they journey into adulthood.

The subjects featured in the toolkit were chosen specially by parents/carers, and the contents carefully compiled by a range of services across both Hampshire and the Isle of Wight. The toolkit comprises of 10 themes, which are further broken further down into subthemes.

The main themes cover:

- physical health
- mental health
- sexual health
- online safety
- keeping adolescents safe outside the home
- relationships
- bullying
- identity
- substance use
- SEND

Hampshire Safeguarding Children Partnership

Scan Here!

"Supporting your Adolescent"
Parents & Carers Toolkit

The **HENRY BEAUFORT** *School*
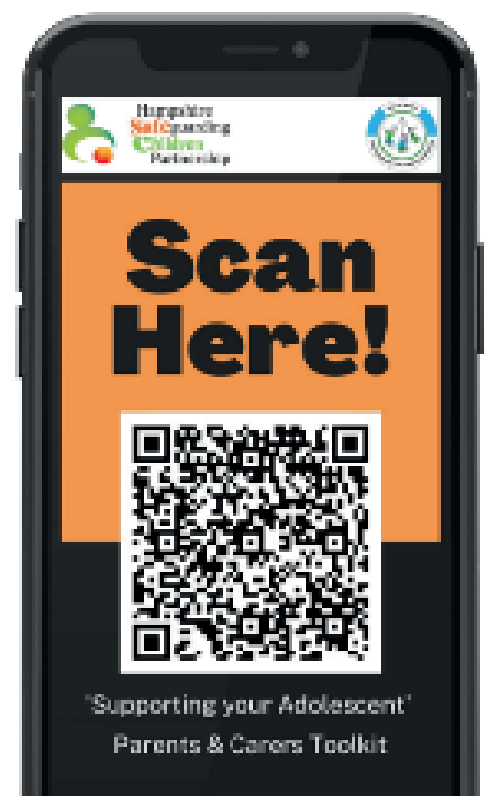
SAFEGUARDING TEAM

Mr Coe
Designated
Safeguarding Lead
Head of Year 9

Mrs Briggs
Deputy Designated
Safeguarding Lead
Assistant Headteacher

Mr Applin
Deputy Headteacher

Mrs Taggart
Head of Year 7

Miss Bean
Head of Year 8

Mr Janes
Head of Year 10

Mr Naisbitt
Head of Year 11

Miss Borwick
Support and Guidance
Manager

Mrs Callen-Organ
Support and Seclusion
Manager

Miss Mourant
Learning Manager OLC

Mrs Peter - Simmonds
Family Support Worker

Mrs Hodge
SENDCO

Miss Price Harper
Assistant SENDCO

Mrs Cavell-Wells
Safeguarding Governor

Mr Lionel Jones
Safeguarding Governor