



## 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.

Following Safer Internet Day on 6<sup>th</sup> February, students have completed a tutor session and attended an assembly based on being safe online.

## CYBER-FLASHING

We have explained the risks of the new terminology '*cyber-flashing*' and we thought it was important for parents to be made aware as well

### What is it?

Cyber-flashing happens when a stranger sends an explicit picture, uninvited, to a device (such as a phone or tablet) via Wi-Fi or Bluetooth. It's sexual harassment.

It's most likely to happen on public transport or in crowded places.

The file-sharing app AirDrop for iPhone and iPads is most commonly associated with cyber-flashing, but there are lots of different file-sharing apps out there.

With AirDrop, it can be easy for anyone to send unsolicited images. The automatic preview feature means you also see images without actually opening them.

The Online Safety Act 2023 will make cyber-flashing a new criminal offence. It will be illegal for anyone to send or show a photo or film of any person's genitals to cause alarm, distress or humiliation, or for the purpose of their own sexual gratification. This offence will come into force once secondary legislation has been written.

## 3 STEPS TO KEEP YOUR CHILD SAFE

### 1. RESTRICT WHO CAN SEND FILES TO YOUR CHILD'S PHONE

Most file-sharing apps allow users to restrict who can send files to them by Wi-Fi or Bluetooth. Find out which apps your child uses, then make sure your child knows how to use these settings.

For AirDrop on iPhones:

- Open '*Control Centre*' (swipe down from the upper-right corner or up from the bottom of the screen, depending on the model)
- Press firmly on the *network settings card* (this is in the shape of a square) in the upper-left corner. This will open more connectivity controls
- Tap and hold the *AirDrop* icon
- Select '*Contacts Only*', or '*Receiving Off*' (to not receive AirDrop requests)



## 3 STEPS TO KEEP YOUR CHILD SAFE CONTINUED

Or, do this by going to Settings > General > AirDrop

Some of the other most popular file-transfer apps include:

- Google Drive
- Dropbox
- Microsoft OneDrive
- AirDroid
- Zappy

Make sure your child knows to only accept files from people they know.

### 2. TURN OFF BLUETOOTH WHEN NOT USING IT

Otherwise, it can be easy for strangers nearby to send images to your child's phone.

To do this on *iPhone*, open 'Control Centre' (see above), then tap the Bluetooth icon (it looks like a 'B'). The icon dims when it's off.

On *Android*, swipe down from the top (you might need to do this twice or scroll across). Then tap the Bluetooth 'B' icon to turn it off. It'll be grey when Bluetooth is off.

### 3. MAKE SURE YOUR CHILD KNOWS WHAT TO DO IF IT HAPPENS TO THEM

If your child doesn't feel in immediate danger, they should take a screenshot and report the incident to the police using the non-emergency numbers:

- If it happens on public transport, text 61016 or call 0800 40 50 40
- If it happens anywhere else, call 101

If your child feels scared or in immediate danger, they should call 999. They should also move to a safe place – and find someone in authority to talk to, such as platform staff, a security guard or a shop manager.

If it happens in school, your child should talk to a trusted adult immediately. If it has happened outside of school, you or your child can still ask the school for support.

### IT CAN BE DIFFICULT FOR CHILDREN TO TELL SOMEONE ABOUT SEXUAL HARASSMENT

If your child tells you about being a victim of an incident of cyber-flashing, make sure you:

- Listen to them carefully
- Reassure them you'll support them
- Remain non-judgmental

## HERE4YOU - MENTAL HEALTH SUPPORT

Young people need help. Parents and teachers need guidance. We're here to make sure everyone feels seen, heard, and understood.

For the first time ever, six of the UK's leading mental health charities are uniting to support young people's mental health, and to help parents and teachers care for the young people in their lives.

We want to create a future where no young person feels alone with their mental health.

The website can be found here:

[Here4You - No young person should ever feel alone](https://www.here4you.org.uk/)

**HERE4YOU**



## 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 website 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](http://www.winchesteryouthcounselling.org)  
**or for more information please contact [psp@winchyc.org](mailto:psp@winchyc.org)**

[f](#) @WinchesterYouthCounselling [t](#) @WinchYC [v](#) 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.



11TH MAR  
2024

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 \(hampshirecamhs.nhs.uk\)](https://hampshirecamhs.nhs.uk)

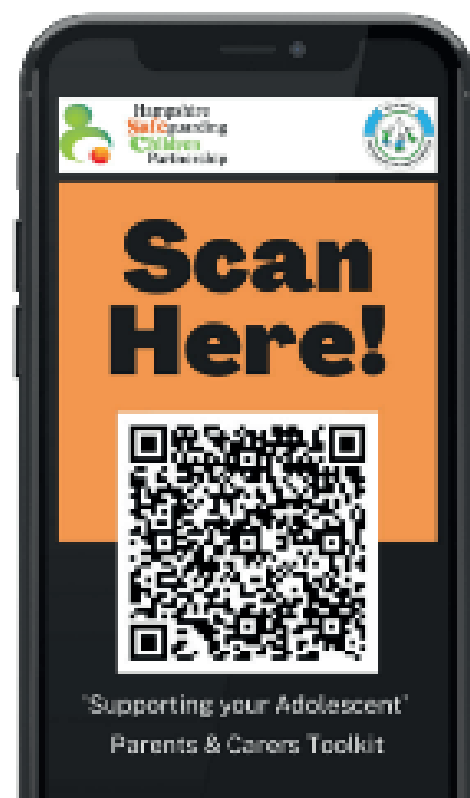
### SUPPORTING YOUR ADOLESCENT PARENTS & CARERS TOOLKIT

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





## 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





## SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at:  
[Safeguarding@beaufort.hants.sch.uk](mailto:Safeguarding@beaufort.hants.sch.uk)

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is in immediate danger, please contact the police using 999.

## 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!





## SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

### FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | [familylives.org.uk](https://familylives.org.uk)

### MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) | [samaritans.org](https://samaritans.org)

Mind (calls charged at local and network rates) | 0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [mind.org.uk](https://mind.org.uk)

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

### DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | [nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)

Men's Advice Line (free) | 0808 8010 327 | [mensadviceline.org.uk](https://mensadviceline.org.uk)

Galop (free, LGBT+) | 0800 999 5428 | [galop.org.uk](https://galop.org.uk)

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | [bit.ly/2NoQx7T](https://bit.ly/2NoQx7T)

| 0300 123 6600 | [talktofrank.com](https://talktofrank.com)

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | [gamcare.org.uk](https://gamcare.org.uk)

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: [adfam.org.uk](https://adfam.org.uk)

### FOOD BANK

Website : [WinchesterBasicsBank.co.uk](https://WinchesterBasicsBank.co.uk)

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm \*\*Please note that we are not open on Bank Holidays\*\*