



Hurstmere School
19th December 2025
Autumn Term,
Issue 13

Safeguarding at Hurstmere Newsletter

Waythrough

[Waythrough](#) offers free, friendly and confidential support for young people under 18 and their family, friends and/or carers in Bexley who are using or are affected by drugs and alcohol.

Young people that access the service will receive personalised support from a dedicated key worker. A key worker will work with young people on any issues that will enable them to move forward with their life in a positive way.

Counselling Matters Bexley

[Counselling Matters Bexley](#) is an independent charitable organisation run by a dedicated team of counsellors. Each year, they support over 700 people, helping them find the care and guidance they need.

Counselling has the power to transform lives. Yet we know that for many, access to support can feel out of reach, whether because of the cost of private counselling or the reduction of free services.

They are committed to providing professional, high-quality counselling at a low cost, with concessions available for those who need them most.

Discord Family Center

Discord, the app, is still very popular particularly with gamers and like many apps it has safety features, including features for parents/guardians. The Discord Family Center is a tool built to help parents and guardians stay informed and involved in your teen's Discord experience while respecting their privacy and autonomy.

To find out more about these features and more, and how to set up Family Center you can view the Discord Family Center [here](#). There is also a parent hub which has lots of information and resources for parents such as user controls, moderation, reporting and more. You can find the parent hub [here](#).

Anger Management in Children

Anger management in children is one of the top mental health concerns in childcare. Anger and the ability to control it are key skills of adulthood. Violent thoughts frequently bubble underneath human interactions. Anger is the quickest way for those thoughts to become reality. For this reason, it is tightly regulated in our society. Children must learn to overcome anger so that they do not fall a foul of strict controls on violent conduct. However, this is difficult for children to learn to manage since anger is remarkably powerful. Yet as parents and teachers there is no choice but to teach them to reign these emotions in. This can be hard knowledge to impart, but the NSPCC has produced helpful [resources](#) to aid you in that vital mission.

Bexley Teen Health

Bexley Teen Health was created by Bromley Healthcare, a local healthcare provider that runs young people's public health services in Bexley and Bromley.

They support school-aged children and young people in schools and those who are home-educated within the borough of Bexley.

Their website is a signposting tool designed to connect young people with trusted local and national resources. Whether young people are looking for health advice, support groups, or activities in the local area, [Bexley Teen Health](#) can help them find what they need.

Location Sharing

We all know that location sharing can be a good thing, but only when that sharing is managed appropriately and only with very specific known persons, not to everyone. Thankfully, gone are the days when you uploaded a post onto social media your location was automatically included, but there are still location sharing features in some apps. As a timely reminder for parents to check their child's device, the Canadian Cyber Tip Line has put together a very informative [article](#) which is useful for everyone, regardless of where you are in the world.

This terms topics...

Managing In-Game Spending

In-game spending can be problematic with some children and young people. The urgency to level up, to look unique, to be better than your friends, and to top all this off the persuasive techniques that games companies use. Internet Matters have an excellent [guide](#) for parents.

App Safety Settings

With the Online Safety Act now in force it's no surprise to see a lot of focus and scrutiny on tech companies, their features and safety settings being so prominent in the media, particularly safety settings failures. However, that shouldn't detract from the fact that safety settings are important; they're not perfect and never will be, but they are there for a reason. Parents can take a look at the links of the more popular social apps which are [Discord](#), [TikTok](#), [Snapchat](#), [Instagram](#), [FaceTime](#) and [WhatsApp](#).

Instagram AI Content PG13

Instagram have come out with their latest 'we prioritise teen safety' feature. This time they have introduced a new way for parents to manage their teens' access to one-on-one chats with AI characters. Teen accounts are now to be guided by PG13 movie ratings, which means that users should only see content that's similar to what they would see in a PG13 movie by default.

AI characters (chatbots) are a significant concern. They were introduced into many apps around 3 years ago and there continues to be reports of multiple failures of so-called safety guardrails with children being exposed to chats, advice and guidance which is entirely age inappropriate.

The new features:

- Allow parents to turn off their child's access to one-on-one chats with AI characters entirely.
- Allow parents to block specific AI characters.
- Parents will get insights into the topics their children are chatting about with AI characters.

You can find a more in-depth explanation [here](#) for the AI chatbots and [here](#) for the teen/PG13 accounts.

Support for students during the Christmas break:

As we move towards the Christmas break, please remind your children of the services available to support them whilst school is shut. Information and links can also be found on the Safeguarding page of the school website:

Kooth can help with anything, including bullying, family, loneliness, social media, stress, relationships, body image. Young people can use the chat and messaging service to contact a counsellor from midday to 10pm on Mondays to Fridays and 6pm to 10pm on a Saturdays and Sundays. The website has lots of information and advice and can be accessed 24/7. Contact them at [Kooth](#).

Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK. They can access the text-message based service by texting YM to 85258.

Childline -Young people can speak to a counsellor at Childline on 0800 1111 or via 1-2-1 chat between 7.30 am and 3.30am every day. Their website also has lots of information and advice.

SHOUT - free confidential support in a crisis text SHOUT to 85258

Useful Information

CHILDLINE – www.childline.org.uk

NSPCC – www.nspcc.org.uk

CHILD EXPLOITATION & ONLINE PROTECTION (CEOP) – www.thinkuknow.co.uk

KOOTH – www.kooth.com

Remove a nude image shared online. It can be scary finding out a that a nude image or video has been shared online. Report Remove from Childline can help. Follow this [link](#) (also available on the school website) to get your image or video removed from the Internet.

For more information about safeguarding please visit our [website](#).

Please remind your son that if they have any worries or concerns, during term time they can email hereforyou@hurstmere.org.uk and a member of our safeguarding team will be able to help! **THIS IS NOT MONITORED DURING THE SCHOOL HOLIDAYS.**

