



Hurstmere School  
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## Safeguarding at Hurstmere Newsletter

### What parents need to know about Sexting

Sexting involves sending, receiving or forwarding explicit messages, images, or video of a sexual nature. Although mobile phones are the most common vehicle for sexting, the term can also apply to sending sexually explicit messages through any digital media such as email, instant messaging, and/or social media sites. They can be set to or from a friend, boyfriend, girlfriend, or someone your child has met online. Sexting is often described as the new flirting for children, but it is illegal for anyone under the age of 18. Some of the main platforms it occurs on are Snapchat, Tinder, WhatsApp, Facebook Messenger, Instagram and Kik.

In the guide, you'll find tips on a number of potential risks such as online blackmail, bullying and breaking the law.

[Sexting Guide.pdf](#)

### Vaping

Vaping among secondary-school children is rising, with nearly one in five 15-year-olds using e-cigarettes in 2021, a survey by NHS Digital suggests.

For more information on the impact this has on children please go [here](#)



### Duty to Prevent Terrorism

In response to the Prevent duty on schools set out in the Counter Terrorism and Security Act 2015, the DfE have published guidance to help schools implement the duty.

**Here are some definitions you should be aware of:**

**Extremism** is the vocal or active opposition to our fundamental values, including democracy, the rule of law, individual liberty and the mutual respect and tolerance of different faiths and beliefs. This also includes calling for the death of members of the armed forces.

**Radicalisation** refers to the process by which a person comes to support terrorism and extremist ideologies associated with terrorist groups.

**Terrorism** is an action that endangers or causes serious violence to a person/people: causes damage to property; or seriously interferes or disrupts an electronic system. The use or threat must be designed to influence the government or to intimidate the public and is made for the purpose of advancing a political, religious or ideological cause.

If you are worried about a child, even if you're unsure, you can contact the NSPCC help line to speak to one of their counsellors – 0808 800 5000 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>

### This terms topics...

#### Year 11 Exam Season

Exam season is well and truly in full swing, so we wanted to take this opportunity to share a super helpful guide that MyTutor recently published.

#### 4 Signs of Burnout in Your Teen

<https://www.mytutor.co.uk/blog/parents/4-signs-of-burnout-in-your-teen-and-how-to-help-them-through-it/>

Here are a few of the topics that are addressed to give you a sense of what it offers:

Dr Louise Egan, a child psychologist, says it's important to **find out why your teen is working so hard** - not just treat the symptom.

Educational experts champion the Pomodoro technique, where **students study for short 25-minute bursts** and then have 5-10 minute breaks.

Encourage your child to have a break from screens **at least 1-2 hours before bed**, especially if they spend a lot of time studying on a laptop.

#### Young Independent Advisory Group

Would your son be interested in participating in the Police Young Independent Advisory Group. See here for more information

[YIAG joiner poster.pdf](#)

#### Stress Awareness Month

To mark the start of Stress Awareness Month, the Stress Management Society's 30-day challenge gives you 30 tips to get you started: each day, simply pick a stress-busting action to complete from the categories and give your physical, mental and emotional wellbeing a lift.

[Stress Awareness Month.pdf](#)

### This terms news...

#### Year 9 County Lines workshop

As part of our PSHE programme, we recognise the importance of keeping pupils safe and their understanding of the law. County Lines and the wider consequences of gangs and violent crime are important to deliver, as these are issues that we face locally and nationally.

On the 5<sup>th</sup> and 12<sup>th</sup> October our Year 9 pupils participated in a County Lines Workshop delivered by Charlton Athletic Football Trust. The County lines workshop was both educational and informative. It helped young people understand the risks around county lines/exploitation which gave them the tools to be more resilient and aware. The workshop helped to build confidence and knowledge of pupils around a very serious topic in a controlled environment. The workshops were interactive and gave young people and professionals the opportunity to participate in discussions and feedback their understanding.

#### Safer Schools Officers

During this term, a group of our Safer Schools Officers came in and delivered sessions to our Year 7 pupils on online safety and personal safety in the community. The pupils were fully engaged and educated and it helped improve their understanding and knowledge in these areas. .

### Useful Information

CHILDLINE – [www.childline.org.uk](http://www.childline.org.uk)

NSPCC – [www.nspcc.org.uk](http://www.nspcc.org.uk)

CHILD EXPLOITATION & ONLINE

PROTECTION (CEOP) – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

For more information about safeguarding please visit our website: <http://www.hurstmere.org.uk/169/key-information/category/4/safeguarding-student-welfare>

Please remind your son that if they have any worries or concerns, they can email [hereforeyou@hurstmere.org.uk](mailto:hereforeyou@hurstmere.org.uk) and a member of our safeguarding team will be able to help!

**Remember, it's good to talk!**