



Safeguarding at Hurstmere Newsletter

Shore

[Shore](#) was launched in 2023 to provide a safe and anonymous place for young people to get help and support. The aim of this website is to prevent harmful sexual behaviours among young people.

As part of this, [The Parents Protect](#) website was created by Stop It Now! UK and Ireland and The Lucy Faithfull Foundation to help raise awareness for parents and guardians to protect children from sexual abuse and exploitation.

Open for Parents

Parenting teenagers can be challenging, and many parents find it hard to adapt to changes in their child's behaviour as they grow up. Some parents see changes in their teenager almost overnight whereas others see gradual change. Here you will find lots of [links](#) to practical advice on how to deal with common teen issues.

Family lives

[Family Lives](#) provides targeted early intervention and crisis support to families. As well as their core family support services offered through their helpline, live chat, and email support, they also work in many different areas and offer tailored support around issues such as bullying, special educational needs, and support for specific communities. If you need to talk, they are there to listen.

Internet Matters

Internet Matters have put together some great interactive stories/lessons covering a range of issues from self-image and identity, online bullying, relationships and more. The interactive stories can be useful for parents to go through with their children. More information can be found [here](#)

TALK (Internet Watch Foundation)

1 in 4 teenagers receive unwanted sexual messages online.

Increasingly, young people are being contacted in their own homes on online platforms and apps and asked for sexual pictures and videos, while their parents and guardians are totally unaware.

There is a significant rise in children being groomed and coerced online by abusers into sexual activities often in their own bedrooms and bathrooms. Those abusers record this content via webcams or livestreaming services and share it across their networks online. This type of child sexual abuse is now the predominant type of sexual abuse imagery found on the internet.

This is happening now, and it can happen to anyone's child. But you can do something about it; you can help prevent it happening to your child.

For more information click [here](#).

Netflix

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. There has been a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it is important for parents to recognise the potential risks of children using the service and the measures they can take to help their child enjoy a safe streaming experience.

In this [guide](#), you will find tips on a number of potential risks such as screen addiction, inappropriate content and hacking attempts.



This terms topics...

Bullying

The latest bullying research from the DfE makes for upsetting reading. Almost half (40%) of school children in the UK have been bullied within the past 12 months – with 21% of them experiencing negative changes to their behaviour, including avoiding going to school. In 15% of those cases, the victim's behaviour suffers to the extent that they are ultimately excluded themselves.

Understanding and honest conversation can be an immense benefit to children who have become the target of bullying – but it is such a delicate subject that it can often be hard for trusted adults to know where (or how) to start. Check out this [guide](#) which contains ten practical tips for supporting a child who is experiencing bullying.

We take bullying seriously at Hurstmere and if you believe that your son is being bullied then you should contact their Form Tutor and Raising Standards Leader in the first instance.

Influencers

The concept of influencers is hardly a new one. Through newspaper columns and TV, we have long been accustomed to hearing informed opinion from, say, Martin Lewis on money, Nigella Lawson on food or Mark Kermode on cinema. How the digital revolution has changed the game, however, is by providing a plethora of platforms from which literally anyone can have their say.

Online, you will find hordes of people holding forth on any number of topics: gaming, beauty, travel, fashion, fitness ... virtually anything you can think of. What qualifies them as 'experts', however? Is it safe for young people to consume the oceans of content that they generate? Here you will find the essential information on the [influencer](#) phenomenon.

New NSPCC videos

The NSPCC have been uploading some new videos onto their YouTube channel over the last week. Although not strictly online safety related, we thought it may be useful to share. There are topics such as dealing with bullying, understanding healthy relationships and consent amongst others. To see their latest videos, you can follow this [link](#).

This term's news...

Year 11 Exams

Exam season can be a challenging time for young people. Many feel stressed in the lead-up to their exams and worried in anticipation of their results.

As adults, it can be difficult to know what we can do to support children and young people during this time. Place2Be have created tip [sheets](#) full of practical advice to help young people, schools and families manage stress during exam season.

Kooth

As we approach the Easter holidays, we would like to remind you that Kooth will be available for your son to access throughout the Easter period.

To remind you, Kooth is a free online mental health and wellbeing service available to all young people in Bexley aged 10-25.

[Kooth](#) offers free support with no waiting lists. Kooth is a safe and anonymous space for young people to talk about their wellbeing without the fear of judgement. They have clinical practitioners on hand to offer one-to-one support through text-based counselling, operating after school hours, on weekends, and during school holidays. Your son can access the immediate help they need without a formal referral.

Useful Information

CHILDLINE – www.childline.org.uk

NSPCC – www.nspcc.org.uk

CHILD EXPLOITATION & ONLINE

PROTECTION (CEOP) – www.thinkuknow.co.uk

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

Please remind your son that if they have any worries or concerns, they can email hereforyou@hurstmere.org.uk and a member of our safeguarding team will be able to help! Please note this will NOT be monitored over the Easter holidays.

Remember, it's good to talk!