



Safeguarding at Hurstmere Newsletter

Teen Boys and Body Image Challenges

In light of the new content recommendation changes by YouTube, which is going to restrict content to teen boys in particular, it is good to see platforms finally start to acknowledge that their algorithms can have a negative effect. A lot of research has been undertaken in relation to algorithmically driven content force-fed to girls but not so much to boys who can be just as susceptible, particularly when a simple 'like' on one post can create a feedback loop of similar and more extreme content.

Darren Laur, aka The White Hatter, has written an article about this, specifically in relation to body dissatisfaction, causing boys to feel they fall short of societal expectations. A good read for parents which you can find [here](#).

Trauma

Trauma is an emotional response to a stressful or dangerous event that can cause lasting effects on your child's mental health. It can impact them in lots of ways. Going through tough experiences is part of life, and it's normal to struggle afterwards. Most of the time, we bounce back but trauma is when something scary or overwhelming has a lasting impact on your mental health.

Young Minds have a [guide](#) that can help you learn more about trauma, how it can impact your child and where to get support.

Cyber Security

Cyber security is an important part of daily life, whether you are connecting to public WiFi hotspots or scrolling through social media at home. As such, it is important to learn all that you can.

Learn how to keep your family secure with expert [articles](#) and guidance on cyber security topics.

School Safety

As part of our ongoing efforts to ensure the safety and wellbeing of all students and staff, we have arranged for a visit from local police officers who will be bringing a knife arch to school at some point next term.

The knife arch will be set up to conduct a search of students as they enter the school premises. This initiative is a proactive measure aimed at promoting safety and preventing the presence of dangerous items on school grounds. The visit is not in response to any specific incident but rather part of a wider effort between police and Bexley secondary schools to create a safe environment for everyone. We are delighted to be able to participate in this initiative.

Please be assured that the search will be carried out respectfully, with due consideration for the privacy and dignity of all students. The police will be supported by members of our safeguarding team who will ensure that the process is managed in a sensitive and appropriate manner. We will also be reminding students about the importance of maintaining a safe and respectful school community.

Healthy Relationships

It is natural for young people to be curious about sex and relationships but for some parents and carers, it can feel awkward talking about these things. You may feel embarrassed, so might they, but it is natural for them to have questions.

Young people have many different types of relationships at different stages of their life including online. They may use tools like social media or video apps to stay in touch with friends or a partner.

You may feel anxious or worry about your child's safety as they start to develop new relationships. The [NSPCC](#) have advice to help you understand the difference between healthy and unhealthy relationships and tips on what you can do to support your child.

This terms topics...

Navigating exam session

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

Fake Online Profiles

We have been made aware of a significant increase locally of young people setting up fake online social media accounts targeting school staff. This is extremely distressing for the person who has been targeted and is classed as online harassment. Schools and the Police take online harassment very seriously and this type of behaviour could lead to sanctions including exclusion from school, police investigation and in extreme cases, a criminal record which will impact on future life opportunities for the young person. The Cyber Advice [helpline](#) has information and advice regarding fake profiles

Place2Be – Year 7 Transition workshop

This term, a selected group of Year 7 students took part in a 'transition to secondary school' workshop that was delivered by our Place2Be practitioner, Shannon Harvey.

This aimed to support them in the change to secondary school and helped them manage any worries or difficulties that came with it. The boys took part in a range of activities that were designed to help normalise their worries and help them learn ways to find support and solutions. At the end, all boys were provided with resource pack, including extra activities to try and tips to help them.



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

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.

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](#).

Enjoy your Christmas holidays.