



### Summer 2024

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**Welcome to the Summer Safeguarding Newsletter**

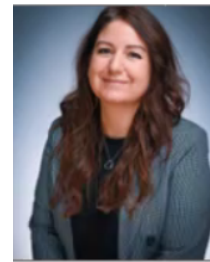
**academic year 2023 / 2024**



Mrs V Gray

Assistant Headteacher

Designated Safeguarding Lead (DSL).



Miss Z Baines

Safeguarding Officer

Deputy Safeguarding Lead (DDSL)

This newsletter will regularly be issued to update you and give you information about Safeguarding topics. If you require any further information then we are always happy to discuss this with you. There are several ways to communicate with us.

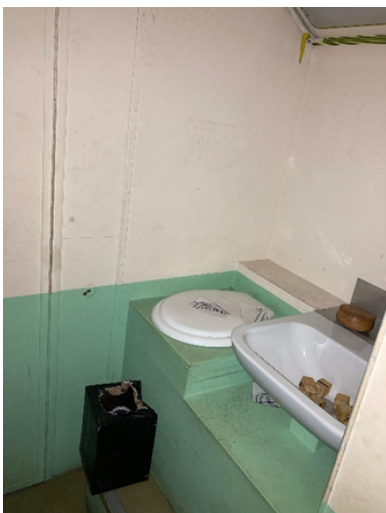
- The [Tell Us](#) button on the website
- Email us using the following address [safeguarding@mayflowerhigh.essex.sch.uk](mailto:safeguarding@mayflowerhigh.essex.sch.uk)
- Call the school on 01277 623171 and ask to speak to the safeguarding team

There is also information and resources under the Safeguarding tab on the Mayflower website.

Please note, if it is an urgent request, where there is immediate risk of serious harm to a child, please contact the police on 999 or 101 or call the Children's and Family Hub on 0345 603 7627

# SAFEGUARDING Newsletter

## Drugs Bus event Resilience Voyage



Resilience Voyage Ltd joined us on Thursday 25 April bringing with them their Drugs Bus. This was an opportunity for students in Year 9 and 10 to learn about knife crime, county lines and offending in an immersive and engaging environment. The 'Drugs Bus' is an educational workshop which takes place on a double decker bus.

Students started their journey on the top deck of the bus in 'the crack shack'. This is an area of the bus that is made to look like a stereotypical drug user's bedsit. Discussions took place around drug use, links to knife crime and county lines and possible reasons why people get involved in this. Links were made between thoughts, feelings and behaviours with regards to coping strategies for managing emotions and challenging situations. Students were then taken to the on-board prison cells where they had to solve clues and puzzles relating to their learning to get released. Students were locked in a prison cell in small groups and had 10 minutes to use their knowledge and skills to escape the cell. A discussion was had regarding offending and what a life in prison would be like.

The programme has been designed to impart knowledge and understanding in a fun and interactive way. The students who took part in this

amazing opportunity were really well behaved and enjoyed the experience.





### **Financially motivated sexual extortion**

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted. This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card. Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18. A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image. Find out more about online blackmail on [CEOP Education's parents and carers website](#).

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- **Chat regularly about their life online:** have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.
- **Talk about where to find information about relationships and sex:** organisations like [CEOP Education](#), [Childline](#) and [Brook](#) have age- appropriate advice topics such as sexual communication and image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- **Review privacy settings:** talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on [how to talk your child about their privacy settings](#).
- **Make sure they know where to go for support:** let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.
- **Make sure they know where to report:** remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:
  1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
  2. Use [Take It Down](#), a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
  3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).

To learn more about what resources are available to help you support your child, visit the [UK Safer Internet Centre](#).

We have delivered this in an assembly to all year groups and it is always completed in Lifeskills lessons.





## **Mobile Phones**

By the age of 12, 97% of children have their own mobile phone, according to Ofcom. Recently the government released [guidance](#) supporting schools in prohibiting the use of mobile phones throughout the day. The guidance was in response to concerns from parents about mobile phones, with the latest data revealing that 44% of parents are concerned about the amount of time their children spend on electronic devices, rising to 50% of parents of secondary school children.

As a parent or carer you should regularly check their phone to ensure that your child is safe and not involved in any harm. This should be done with the child so they can show you all of the folders on their phone. On an iPhone, for example, there are hidden items under albums in their pictures and recently deleted. Both of these require face recognition or a password to open. These folders should be checked regularly.

### **Utilities**

 [Imports](#)

 [Hidden](#)

 [Recently Deleted](#)

## **Sleep Hygiene**

The use of all electrical devices can prevent children from being able to settle to sleep. The light produced by the backlight is able to suppress the natural hormones in the brain which aids sleep. Having clear boundaries on this will help.

- Ensure children are off of their devices 1 hour before bedtime. Do not allow them to use these to fall asleep
- Where possible, keep all devices out of the bedroom. Messages will be received throughout the night and this will wake them up. As teenagers they will struggle to not respond to a message regardless of the time. If phones are kept out of their room then they will not know about these until the next morning. Unsupervised access to their phones during the night also creates more vulnerability from a safeguarding perspective.

## **Parent Restrictions/controls**

On all devices you are able to block and filter items that are inappropriate for the age of your child. As a parent or carer you play a vital role in keeping your child safe online.

Some of the risks regarding a mobile phone are:

- Cyberbullying and harassment from friends or strangers
- Unwanted or inappropriate contact from friends or strangers
- Over sharing personal information such as full name, location or images
- Accessing inappropriate content
- Excessive screen time

[UK Safer internet](#) has many useful tips and advice on how to keep your child safe online. As a parent you need to ensure that you:

- Talk to your child about responsible use of their phone
- Discuss what to do if something upsetting happens on their phone
- Discuss who to give their details to and how they should be safely handled
- What to do with nuisance calls or people trying to gain their information

Parental controls help in many ways. However, [Internet Matters](#) has a variety of key documents that will assist with keeping children safe

- In the same way you went through how to use roads safely, you need to ensure you have gone through [Digital Resilience](#) with your child
- Ensuring children are able to make smart, well informed decisions online will help to empower them. The online document [Critical Thinking](#) helps guide you as parents with this.



### Safer Schools Digital App

The "Safer schools" App is designed to support and protect children when going online. It has the most up to date information when it comes to online safety, gaming and mental health issues. Whether you are a parent or carer the information could help support you and your child when going online. The app has features to listen to the text, complete surveys and have notification to tips, advice and guidance on how to ensure your child is being safe.

To download the app, go to your app store and search for "Safer Schools". It is free to download. When you have logged in, enable push notifications and receive alerts to keep up to date. Each week there is a new 60 second video with information about social media in the news and current trends.

Depending on the age of the user it has a number of different pins:

- for a parent or carer is 7675.
- for KS3 students is 3447.
- for KS4 students is 4898.
- for KS5 students it is 1544.

### **Brook Sexual Health Study**

Over the past year Brook has been conducting research so they have an understanding of young people's attitudes towards condoms, contraception and sexual health. The UK has seen a surge in sexually transmitted infection (STI) rates, with over 400 daily diagnoses among young people in 2022. NHS data indicates a declining percentage of 16–24-year-olds accessing sexual and reproductive health services for contraception.

The [report](#) found that

- one fifth of young people never use condoms during penetrative sex
- one third did not use condoms the last time they had penetrative sex
- 58% felt too embarrassed to speak to someone about getting free condoms
- 47% discussed whether their sexual partner had been tested for STIs
- 24% did not feel it was necessary for them to test for STIs before having unprotected sex.

At Mayflower we ensure that our RSHE (relationships, Sexual and Health Education) tackles these issues at an age appropriate time. However, as parents and carers it is important that you are also having these conversations with your child to ensure they feel comfortable to discuss their concerns. If you have any concerns or would like more information or our assistance with discussing key topics then please contact the safeguarding team.



### Bespoke Workshops and Tailored programmes

Throughout the academic year Mayflower have been working closely with the Children's Society and Essex Youth Service to provide extra interventions for students. These have included bespoke workshops around emotional wellbeing, healthy friendships and managing emotions, an 8 week tailored programme of work around Child Exploitation and also a specialised 'Sisters in strength' group.

Students that have taken part have all provided positive feedback and have gained valuable skills and knowledge.

### Assemblies

- Essex Fire Service

Delivered assemblies around home safety for year 7 and 8 and Hate Crime for Year 9

- Basildon Mind

Two representatives from Basildon Mind discussed the importance of looking after your own mental health, strategies for managing feelings and difficult situations and also where/how to get support.

- Mental Health Awareness Week

To highlight mental health awareness week Mrs Ford, Senior Mental Health Lead, focused on dealing with negative situations, the importance of resilience, having a positive mindset and talking about feelings.

- Sexual Extortion

As discussed above, students were provided with information regarding the current notification received from the National Crime Agency, what to do if this happens and where to get support.

### On going support

In addition to the high level of pastoral care that all students receive at Mayflower, we also have access to extra services for more specific needs. These include;

- Counselling sessions with Sue from Working for Children
- Counselling sessions with Joanne and Sindy from Soul Counselling
- Sessions with Mike, a Life Coach from the Michael Barnards' Charity
- Support to Thrive Programme with Billie from Basildon Mind



## Support to Thrive

Digital wellbeing support for  
students aged 11-16

### **This includes:**

A exciting opportunity to engage in one to one 6-8 weeks of wellbeing support.

Wellbeing sessions can be provided during school hours supported with staff or after school with the co-operation of Parents/Caregivers.

Using the 5 Ways to Wellbeing:

*Connect, Be Active, Take Notice, Learn and Give.*



### **Our aims**

Helping students understand how thoughts and feelings affect behaviour.

Building positive relationships and support networks.

Increasing self-esteem and confidence.

Learning life skills to deal with challenging events.

Improving awareness and management of wellbeing





# SAFEGUARDING

## Newsletter

### Billericay Town Soccability FC



**Billericay Town Soccability FC is an inclusive disability club who believe players of all disabilities, ages and gender should be socially accepted and be able to play football.**

**We offer a safe and friendly environment, which enables players to feel part of a team.**

**Ages range from U12's, U16's to adults.**

**We have weekly training sessions on Thursday evening and Saturday afternoon.**

**If you would like more information please do not hesitate to email us, [billericaysoccabilityfc@gmail.com](mailto:billericaysoccabilityfc@gmail.com)**

***Venue: New Lodge, Blunts Wall Rd,  
Billericay, CM12 9SA***

**Come along for a trial session,  
you won't be disappointed.**





## **SERVICES THAT PROVIDE SUPPORT**

### **The Billericay Parent Forum**

The Billericay Parents Forum is a registered charity that offers support to local families. The organisation is run solely by parents, but works in close partnership with local schools, health and other professionals and many other organisations in the area.

Tel: 01277 633910 Email: [info@billericayparents.com](mailto:info@billericayparents.com)

Website: [www.billericayparentsforum.wordpress.com](http://www.billericayparentsforum.wordpress.com)

### **Shout (in partnership with Place2Be)**

Any young person struggling to cope can text CONNECT to 85258 for free, 24 hours a day. Shout's trained volunteers are there to listen and support young people (and adults) to get to a calmer and safe place. Texts are confidential and will not show up on your phone bill

[Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 \(giveusashout.org\)](http://giveusashout.org)

### **ThinkNinja (age 10-18)**

ThinkNinja is a mental health app designed for 10-18 year-olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well

[https://play.google.com/store/apps/details?id=com.thinkninja&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.thinkninja&hl=en_GB&gl=US)

### **Child to parent abuse**

It is believed that up to 10% of parents are victims of child to parent abuse. Some parents may not recognise what is happening to them is abuse, but the behaviours they are experiencing are abuse and they are not okay. For more information and support please follow the following link:

<https://www.pegsupport.co.uk/>

### **Home start Essex**

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally. Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most.

Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our

Support includes: • Home-Visiting • Telephone Support • Family Groups • Nursery/School Readiness • Wellbeing Groups

Home-Start Essex Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3st

Tel: 01245 847410 Email: [info@homestartersex.org.uk](mailto:info@homestartersex.org.uk) Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)



### **Essex Child and Family Wellbeing Service**

<http://www.essexfamilywellbeing.co.uk/>

### **Family Lives**

Leading Charity providing a range of free services to support families including a 24/7 helpline. Contact us about all aspects of family life including all stages of a child development, issues with school, parenting and relationship support. Group and individual support available

Helpline: 0808 8002222

Essex Office: 01702 554782

<http://www.familylives.org.uk/>

### **Young Minds**

Young minds are there to support with information regarding young people. Whether it is that you are a young person, a parent or someone who works with children this site can be extremely helpful

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Young minds also offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to them over the phone or online. Their service is free and confidential.

- Over the phone, they can provide detailed information and advice about your child or young person's mental health. They can also offer you emotional support and direct you to other services that may be able to help. The phone service is confidential. You can call the Parents Helpline for free on [0808 802 5544](tel:08088025544), Monday to Friday, from 9.30am to 4pm
- To chat to them online, click on [this link](#) and then click on the chat icon in the bottom right hand corner of the screen. They are open Monday to Friday, from 9:30am to 4pm.

### **Kooth**

Kooth is an online counselling service which also has a range of coping skills and techniques

[Home - Kooth](#)