

Hele's School Parent and Carer Safeguarding Newsletter



Welcome to our termly Safeguarding Newsletter which, over the academic year, will share with you the latest safeguarding information, PSHE details and helpful resources for you and your children.

Keeping safe in the community

The clocks have now gone forward which means lighter evenings, longer days and a step towards the warmer months! We hope to see children spending more time outdoors together, however it is important our children are reminded about staying safe in the community - Being aware of their surroundings, sticking with friends, respecting others and local spaces and following road safety rules when walking or cycling.

It is crucial that children are aware of the dangers and criminal implications of exploring derelict buildings. Floors can collapse without warning, there may be exposed wiring, sharp debris, broken glass or harmful substances. You may already be aware of an incident in February where a young person was injured in the abandoned Debenhams building in the City Centre. These places are often unstable and unsafe and children must stay away.

We have also had reports this year about young people playing near train tracks and throwing items onto the tracks. This is extremely dangerous for all involved and will be taken seriously by the Police.

School Wars

The Plymouth Safeguarding Partnership have recently informed schools of a current online trend called "school wars", whereby young people are being urged to fight members of other schools. Students are encouraged to use weapons and film fights to gain points. We have not been made aware of any incidents in Plymouth/Devon, however it is sensible to be aware of trends so that you can stay vigilant. If you are interested in reading more, please click on the picture which will take you to an article written by the Independent.



If you become aware of any concerns, please contact the Police and inform our Hele's School Safeguarding Team - safeguarding@heles.plymouth.sch.uk.

Keeping safe online

NSPCC weekly update - Internet Matters has published its annual 'Digital wellbeing index' report for children in the UK. The report evaluates and tracks the impact of digital technology on children's physical, social, emotional, and developmental wellbeing. Results are based on a survey of 1,270 children aged 9- to 16-years-old, and their parents.

Key findings include: time spent online continues to rise, with children spending on average 23 hours a week online; children are finding it hard to disconnect and regulate their time online; children are increasingly turning down real-world social opportunities to stay online; and positive and negative online experiences are rising in parallel. Click the Internet Matters icon to find out more.



Please select the Internet Matters link below for step-by-step guides to strengthen parental controls across networks, devices and apps.

[Parental controls and privacy settings guides | Internet Matters](#)

Manosphere – What this means and how it effects children.

You may have watched or seen advertised Louix Theroux's latest Netflix documentary – Inside the Manosphere. The Manosphere refers to a loose online community and network of influencers that focus on masculinity, relationships and success, however material can include harmful content about woman, relationships and what it means to be a man. The documentary explores a growing online trend that is increasingly influencing teenagers, particularly boys.

- Promotes unrealistic or unhealthy ideas about relationships.
- Encourages negative views towards girls and woman.
- Promotes a distorted version of masculinity and encourages extreme ideas about success, power and identity.
- Controversial content gets pushed by algorithm therefore appearing on social media feeds without children searching for it.
- Pressures boys and men to be 'alpha' and dominant, this can lead to comparisons and fear of failure or being weak.

Please click The Children's Society icon for more information about protecting children from misogyny and the manosphere.



PHSE – Term 5 overview

Y7 – Community safety, sun safety and water safety including beaches, rivers and lakes.

Y8 – Artificial intelligence: How it is used, how information and data is generated, collected, shared and used online and reliable information.

Y9 – Discrimination including racism, religion, disability, sexism, homophobia, biphobia and transphobia.

Y10 – Making money online: Rights, risks, cryptocurrencies, controlled and uncontrolled online spending and financial exploitation online, strategies and support.

Y11 – Maths and English exam preparation.

Y12 – Diversity and inclusion: Living in a diverse society, challenging prejudice and discrimination, recognising and dealing with individual misogyny, homophobia and racism. Planning for the future and Post 18 options.

Y13 –Preparing for the end of year 13 and exam preparation.

We wish our school community and families a safe, restful and enjoyable Easter holidays.