

Dear parents/carers,

Welcome to our second monthly *Safeguarding and Wellbeing bulletin* and thank you to the parents who contacted me following our first bulletin with feedback and requests for information about specific areas. As a result of these in this bulletin we will be including information about LGBTQ, Online Safety and Cost of Living in this month's edition.

October at Wollaston

Online Safety

Online safety continues to be a regular issue within our safeguarding concerns reported by young people.

It is important to be aware of the wide-ranging risks that our young people face in order to support them effectively and to make sure they are educated to be able to keep themselves safe online.

Within school we address issues of internet safety in the PSHE curriculum including cyber-bullying, grooming, harassment, online wellbeing. In addition to this each year group has a safeguarding assembly at the start of the year where we remind young people of the importance of keeping safe online along with some practical tips. We also regularly invite Simon Aston to speak with our pupils on the personal development days.



Simon is Online Safety Officer for Northamptonshire County Council and also has a YouTube channel with helpful videos <https://www.youtube.com/channel/UCSfVoQah71iYeTS2fp0gZuw>.

Unfortunately, there are times where situations out of the control of our young people may occur, particularly accessing content which may be detrimental to their mental health and wellbeing, or they may be victims of online bullying or harassment. When this happens often young people feel that it is not something that we as a school can help with as it is 'outside of school'. While our powers to remove content are limited, we do want to support where we can and will use the tools we have to request removal of harmful content.

If you have concerns that your child is a victim of online bullying or harassment please do contact their head of year. You may also wish to consider reporting to the police.

The NSPCC has useful information with regard to online safety which can be accessed using this link <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>.

LGBTQ

For both young people and their parents, there can be challenges when a young person begins to question and explore their sexuality or gender identity. As parents we can often feel ill-equipped to support with questions and difficulties that may arise, and knowing where to go to for support may also feel like a challenge in itself.

In the PSHE programme there are opportunities for young people to build their knowledge around LGBTQ.

In Keeping Children Safe in Education (KCSIE)2022, our statutory guidance for safeguarding, there is a recognition that young people who are struggling with either gender, sexuality or both, can find it difficult to know who to talk to, may become isolated and their mental health can suffer significantly. The guidance recommends that young people have an identified support person in school who they can speak to. To help facilitate this, if you are a parent with a child who would benefit from this support, please either contact me or encourage your child to see either myself or their head of year. We will discuss with them who they would like to speak to so that they are comfortable with the person supporting them.

The websites below offer advice and guidance to both young people and parents.

<https://www.asknormen.co.uk/lgbtq-support/>

<https://www.justlikeus.org/>

<https://stem4.org.uk/gender-sexuality-mental-health>

<https://thebeyouproject.co.uk/for-parents-carers-and-friends/>

Cost of Living

Many of us are already feeling the squeeze of the rise in cost of living and it can be difficult to know where to access the support and help we need. We have been sent a fact sheet this week which we are sharing with you and hope it is of some help.

Finally, if you have any comments or anything you would like to see included in future bulletins, please do not hesitate to get in touch.

Best wishes,



Ms A Walker

Assistant Headteacher (DSL/Personal Development)