

PSHE and Safeguarding

# NEWSLETTER

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Spring Term 2

Welcome to the PSHE and safeguarding WPT newsletter.

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## Some of what we have covered this year in KS4

- mental health including exam stress and wellbeing, cancer awareness, body

extremism and hate crimes, relationship education including-respect, consent, unsafe relationships and abuse in relationships, misogyny and sexism, sexual harassment and rape culture.

## What is still to come

- Diversity and families, unintended pregnancy, donation and choices, substance misuse

# Its Not OK Week - 11th March 2024

growing up in today's world linked to personal, social, emotional and health issues (PSHE). We want to highlight issues that are happening nationally as well as locally. The week of the 11th March saw all our secondary schools dedicated to themes around consent which is national topic of concern. We are called the week "It's not ok". We used resources that were created by the NSPCC, a nationally recognised charity who supports professionals and families. The week looked at a number of issues to reinforce the importance of building and maintaining positive relationships and recognising and responding to behaviour relating to:

- online safety
- grooming
- sexting
- harmful sexual behaviour
- child sexual abuse
- child sexual exploitation.

Students from years 7 – 10 had form tutor time dedicated to the themes and each day

opportunities for students to learn through videos, discussions and questions during the week within their form time. Year 11/KS5 students spent one form time on the topic of misogyny and misandry. We also saw lots of promotion and awareness being raised through our social media.

Please have a look at the following websites, NSPCC and CEOP for further information:

<https://learning.nspcc.org.uk/research-resources/schools/its-not-ok>

<https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/healthy-relationships-consent/>



## Why these conversations are so important.

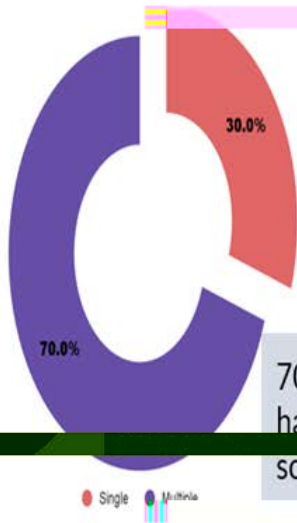
(data from End violence against women and Children's commissioner report)

- nearly 3/4 of young people say sexist behaviour makes them feel uncomfortable..
- 62% of young women say comments about their body or uniform have made them feel uncomfortable.
- 80% of girls think schools need to do more to support young people's relationship education and tackle sexual harassment in school.
- 30% of young women do not feel safe from sexual harassment in school.
- Almost a third of young people felt schools wouldn't take a report of sexual harassment seriously.
- Almost 1/4 of girls in schools say they have been the subject of unwanted sexual touching at school.
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- seen it by the age of 14
- 38% of young people who had seen pornography had accidentally stumbled across it, which demonstrates the danger posed by poor regulation of online pornography for children.
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# ONLINE SAFETY STATS

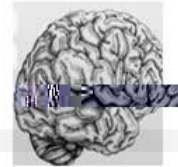
5 in 4 girls have shared a sexual image of themselves (74%) and of those, a quarter (24%) said they felt pressured to do so.

1 in 10 parents say they don't know about some of the more "risky" apps



70% of 12-15 year olds have more than one social media account

48% of parents believe that their children know more about the internet than they do. 33% agree.

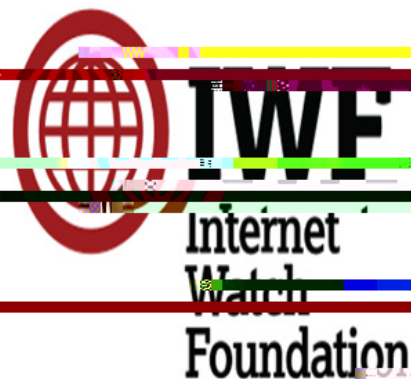
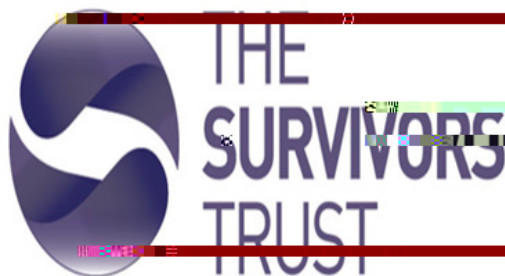


WISDOM

## Agencies that can support



NSPCC Learning





# What is Child Sexual Exploitation?

Child sexual exploitation (CSE) is a type of sexual abuse which can happen to any child.

CSE can happen both on and offline and is often combined with other forms of abuse including physical, psychological, and financial manipulation. It may have occurred even if the sexual activity appears to take place with consent.

Anyone can be a perpetrator of child sexual exploitation regardless of their age, gender, class, or ethnicity.



## CSE Warning Signs

\* Not engaging with usual friends or hobbies.

\* Associating with older people or being in a relationship with someone older.



\* Missing classes or not attending school.

\* Leaving home/sneaking out late at night/early morning

being defensive about location and activities.



\* Receiving excessive phone calls and text messages.



\* New belongings which may be unaffordable such as mobile phones, clothes, or jewellery.

\* Mood swings or personality changes.



\* Physical signs of abuse, like bruises or burns.



\* Being under the influence of drugs or alcohol.

\* Not sleeping, eating, or taking care of personal hygiene.

\* Engaging in a form of self-harm.

It should be noted that child sexual exploitation can take place with any of these behaviours/signs being present.

## Top Tips for Protecting the Child in Your Care



\* Be aware of the behavioural signs to look out for.

\* Talk to the children in your care about the importance of healthy relationships. Use tools like 'Talk PANTS'.



\* Remind the children to stay safe both offline and online when interacting with others.



\* Create a stable and nurturing environment where children feel safe to talk to you.

\* Use our Trusted Adult resources to ensure children know who they can talk to.

\* Access support services such as Barnardo's, PACE, or Childline.

## REMEMBER:

If a child discloses to you, it is important to listen carefully, reassure them that they are doing the right thing, & remind them that it's not their fault.



Report this disclosure to the appropriate authorities as soon as possible. This could cause further harm.

By supporting a young person who discloses, they may feel able to talk about what has happened...

By supporting them, you will help build their resilience, confidence, and self-esteem.

## Responding to our students voice.

Since September we have asked our students to take part in a variety of student well-being surveys. These surveys are carried out in form time and PSHE lessons and provide an invaluable insight into our students lives and experiences.

The results from these surveys allow our schools to develop the personal development curriculum-including form tutor activities and assemblies. The surveys also allow for schools to meet students in small groups and on a one to

Over this year we have asked students about their attitudes to school, their general views towards their own well-being, friendships and relationships and social media/ internet safety.

sleep, including the use of devices, the importance of telling the truth and strategies on how to cope in times of stress.

We have also developed tutor time and assemblies to ensure our students feel

if needed.

In addition to tutor and assembly sessions we have developed bespoke interventions led by our PSHE teachers to support some young people with anxiety, stress, anger management and also friendship issues.

Here are some useful websites to help talk to your child about some of the topics covered in our surveys.

<https://www.youngminds.org.uk/parent/>

<https://www.mind.org.uk/information-support/>

<https://www.mentalhealth.org.uk/>

<https://teensleephub.org.uk/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships/>

## Respectful and healthy relationships education.

Throughout your child's time at secondary school we will deliver a curriculum that supports young people to make healthy, respectful and safe relationships-both now and in the future.

consent, bullying and discrimination and personal health and well-being. At the core of all PSHE topics is support and education to guide young people to make safe choices for themselves and know where to access support if needed.

Our PSHE curriculum works alongside who school education-including assemblies, tutor activities, external agency education and targeted intervention for students who need additional support.





For more information, visit our website:  
[www.wickersleypt.org](http://www.wickersleypt.org)