

PSHE and Safeguarding

NEWSLETTER



Autumn Term 1

Welcome to the PSHE and safeguarding WPT newsletter.

We hope you have had a wonderful summer break and are settling well into the new school year.

You will receive PSHE & Safeguarding newsletter every a half term, this is to provide you with updates, support and information for you and your child. You can also visit the Aware page on all school websites:

<https://aware.wickersleypt.org/>

Team around the child

- Within school your child can access support from their form tutor, non teaching head of year and head of year.
- Every school has a safeguarding team, a Special Educational Needs Co-ordinator (SENCO) and staff members who are trained to support with mental health, emotional well-being and anti-bullying.
- Please see your school website for all contact details.

What is PSHE Education?

PSHE is an umbrella term for a whole range of different education topics that are grouped under the headings Personal, Social, Health, and Economic Education. These topics include themes such as personal finances, drugs and alcohol awareness, mental health and wellbeing, careers, online safety, and relationships and sex education (RSE) PSHE provides children and young people with the skills and knowledge they need to live healthy lives in an ever-changing and diverse society.

How can I support my child's PSHE Education?

- Allowing your child to talk about PSHE topics at home can be a really good way for them to explore and contextualise some of the content.
- If you have time, research some of the areas you know are coming up in your child's PSHE programme, and anticipate any awkward questions.

- Be honest if you don't know the answer to a question. However, you can listen to your child and explore these areas further together.
- Sensitive conversations can be easier to have if you are not facing each other directly, so whilst driving or walking, for example.
- Ask open questions. For example, how is your friendship group at the moment?
- Listen and try not to lecture. They will ask for advice when they want it .

The PSHE programme at Wickersley Partnership Trust in years 7– 8 have weekly PSHE lessons. In Y9 this is once every two week lessons. PSHE classes are taken by a dedicated PSHE teacher to facilitate respectful and responsible discussions in an inclusive atmosphere.

Pupils in KS4 have a PSHE workshop once every four weeks delivered by a PSHE specialist and beginning this year and additional 12 lessons on physical and emotional well-being, delivered by their PE teachers. All PE staff have been trained and lessons are created by PSHE specialists.

Pupils in the sixth form have regular assemblies and tutorials that are dedicated to supporting their well-being and preparing them for adult life.

Understanding more about PSHE topics.

Before the start of every topic in KS3 you will receive an email with an overview of the topic . We will also provide you with useful websites and guidance. This is to ensure you are aware of what your child is learning, help promote conversations at home and allow you to discover more about a topic should you need to.

Please do not hesitate to contact your child's PSHE teacher if you would like to discuss any topic in more detail or make us aware of any questions you may have.

Y7	<p>Knowing myself</p> <p>This topic is all about supporting young people through transition, friendships, understanding the basics of identity, developing their self-confidence confidence and beginning to understand their own mental health and how they can support others</p>
Website for Support and Guidance	<p>www.childline.org.uk - Support and Advice for young people</p> <p>www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/</p> <p>www.kooth.com - Free Safe and Anonymous online support for young people</p> <p>https://www.childline.org.uk/</p> <p>www.youngminds.org.uk/</p>
Y8	<p>Human rights and democracy</p> <p>Young people will learn the fundamentals of laws and human rights-including in this country and in the wider world. Young people will also learn about how laws protect them and understand how and when some children are not protected. Within this topic we will cover sensitive content about child abuse and female genital mutilation.</p>

<p>Websites for Support and Guidance</p>	<p>https://actearly.uk/ - A guide which gives practical help and guidance on what to do if you think someone might be being radicalised.</p> <p>https://www.amnesty.org.uk/ - Work to protect people wherever justice, freedom, truth and dignity are denied.</p> <p>www.childline.org.uk</p> <p>https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/</p> <p>https://www.equalityhumanrights.com/en/equality-act/protected-characteristics - Understanding what are the protected characteristics in our country and the laws that are in place to protect people from discrimination</p>
<p>Y9</p>	<p>Looking after myself and others The topics begins with mental health awareness and anti-bullying. Young people will then move on to understand the impact of grief and bereavement. The topic end with understanding the impact of family conflict, homelessness and how to access support. This topic will involve the support from a local external agency called DEPAUL services. They will come into all schools to deliver an interactive assembly and provide wider support to targeted groups of Y9s over the year. You will receive further information about this nearer the time.</p>
<p>Websites for Support and Guidance</p>	<p>https://www.kooth.com/ - Free and anonymous online support</p> <p>https://www.relate.org.uk/ - services include relationship counselling, family counselling, mediation, children’s counselling, young people’s counselling.</p> <p>https://www.depaul.org.uk/ - focuses on meeting the needs of young people experiencing homelessness or at risk of becoming homeless.</p> <p>https://www.winstonswish.org/ - supporting grieving young people and families</p>

KS4 PSHE and PE-Providing more support for well-being and mental health

Over the next year your child will be completing six additional physical health and emotional wellbeing lessons in PE. Across the trust we want to ensure we are providing young people with a wide variety of settings within our schools where they are able to develop their knowledge of health and well-being and develop more relationships with staff who they feel can educate and support them.

These lessons have been developed by specialist PSHE teachers. The purpose of the lessons are to broaden students’ knowledge and understanding of their own well-being, know how to support themselves and others now and in their futures.

In addition to these lessons your child will still receive a specialist delivered PSHE lesson once every 4 weeks-this term will begin with lessons on financial capability and mental health awareness.

We wanted to contact you with an overview of the lessons that will be being covered and some useful website links.

Please don’t hesitate to contact your child’s usual PSHE teacher or the Director of PSHE if you have any further questions.

Lesson Title	Lesson Overview
Y10 - Teenage Cancer Awareness	Developing confidence and understanding about our personal health and well-being and understand what a young person with cancer experiences.
Y10 - Breast, Testicular, Bowel and Ovarian Cancer	Explain how cancer is formed and identify some ways it can be treated. Share details as to how people can check themselves for possible cancer symptoms.
Y10 - HIV	To develop confidence about understanding stigma and HIV and HIV treatment.
Y10 - Body Modification	Identify the potential problems getting tattoos and body piercings at a young age can cause. Explain how small decisions made in youth can have far reaching consequences in many areas of our adult lives. Evaluate what influences people to the point they feel the need to change their appearance for society.
Y10 - Body Shaming	Reflect on the impact of body shaming on an individual's physical and mental health.
Y11 - Mental Health Awareness	Understand how physical and mental health are connected. Explore ways to remain physically and mentally healthy.
Y11 - Suicide Awareness	Examine the causes and impact of suicide. Develop confidence to discuss mental health with others and know where to access support when needed.
Y11 - Alcohol, Drugs and Parties	Describe the risks associated with house parties and alcohol. Explore alcohol abuse and drink spiking and the risks associated with both. Evaluate what and who impacts our decisions about our own health and the choices we make.
Y11 - Organ Donation and Choices	What it means to donate blood, stem cells and organs and why donations are needed.
Y11 - Exam Stress Support	Be able to recognise the signs of exam stress in others and yourselves To develop strategies for supporting others to deal with stress

Useful websites to help you discuss this topic with your child:

https://www.youngminds.org.uk/for_parents

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

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

<https://www.mytutor.co.uk/blog/parents/teen-mental-health-a-guide-for-parents/>

<https://www.nhs.uk/mental-health/children-and-young-adults/>

<https://www.talktofrank.com/>

<https://www.moneysavingexpert.com/students/>

<https://barclayslifeskills.com/families/home-learning/>

<https://www.citizensadvice.org.uk/debt-and-money/>

Also, on the school website you will find a link to our AWARE site, this contains lots of links to useful websites to support you and your child. <https://aware.wickersleypt.org/>

Within each newsletter will also provide you with some support and guidance on ways to support your child with online safety. Please take some time to read our top tips, access recommended websites and don't hesitate to contact your child's non teaching head of year.

Also visit- www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/

- <https://www.thinkuknow.co.uk/parents/>

Top tips for staying safe on social media.

Review the location settings - Remind them, and explain why, they shouldn't share location on posts, or public forums and chats, videos or with people they don't know. Review the location settings on their favourite app or game and talk to them about what they're sharing online.

Sometimes it might be appropriate for your child to share their location with a trusted adult or friend. For example, if they're travelling home alone or arranging to meet a group of friends outside school, then it can be a good way to help keep them safe.

Remember: If children share their location publicly, it could be seen by someone they don't know.

This can increase the risk of cyberbullying, stalking or unwanted contact (from friends or others) or becoming a target.

Get to know the safety and privacy settings - Explore the safety and privacy settings on any app, to decide which are right to use for your child. Each app has slightly different ways to set up an account, but most have the option to set an account to private, to not allow friend requests, and to hide the user's location. Explain these settings to your child and the reasons for having them in place.

Age ratings and features - Get to know the age ratings of the apps that your child uses. Many have a minimum age of 13 years old to be able to sign up, but you should check the age rating of individual apps to make sure. Don't forget that you know your child best, and you might decide that they need to be a little bit older before it's suitable for them.

Safety settings in chat apps

A risk for children and young people using chat apps is being added to group chats where they don't know the other people in the group, which could increase the chance they come across upsetting or negative messages.

Many of the chat apps have different privacy settings to help restrict who can contact you. If your child is using a chat app, we'd recommend looking at the privacy settings to see what's most appropriate. If there aren't any options to restrict contact then we'd recommend that your child doesn't use the app.

You might have heard about end-to-end encryption, but do you know what it is, and what that means for your child?

End-to-end encryption is where only you and the person or people you're communicating with can view the messages that have been sent.

The company who runs the messaging service or app can't view end-to-end encrypted messages, messages won't be remotely accessible by police or government when preventing crime, and they can't be seen by hackers. This means that the message privacy is more secure, but also means they can't be monitored for illegal activity.

One-on-one messages (between you and one other person) or group chat messages (you and multiple people) can be end-to-end encrypted. This can include written messages, photos, videos, voice messages, audio, documents and calls.

A lot of popular apps are automatically end-to-end encrypted, and some are not. What's most important is how safe your child is on each app, site and game they use, whether it's encrypted or not. This means talking to your child about what they're sharing, who they're talking to and how to stay safe.

Randomised chat forums and apps

There are several sites and apps where the main aim is to randomly connect you to other users, this can be via text but also sharing images and videos as well as livestreaming. Many of these sites are designed for adults, however without age verification procedures in place young users can easily gain access.

There is a high risk that children could come across inappropriate or sexually explicit behaviour on this type of platform, as well as young people being contacted by adults they don't know. Monkey and Omegle are examples of this type of app.

Chat apps and gaming

These are often used whilst playing games, or to swap tips and advice with other players in game-specific chats. These chat apps are separate from the gaming platform (such as PlayStation). These chat apps are also used for more than just gaming chat, so it is important to discuss with your child about content they might see or be asked to send and what might happen to content that is shared.

Discord is very popular with gamers. They have a Parent's Guide and have three main recommendations help keep your child safe using the app.

1. Choose a secure, strong password.
2. Set who can send you direct messages and friend requests.
3. Block inappropriate content.

Whichever app your child uses, look at the settings and go through the steps together to make sure you both understand how to stay safe.

It is important for children and young people to be aware of what they are sharing online and who might see it. It can be helpful to compare it to what they would be happy to share offline.

Remind them that they shouldn't share private things, such as- personal information, photos of their body, such as sexual photos or videos.

Children and young people should also consider that what they are sharing online may be shared further, to people they don't know, and they don't have control once it has been shared.

Disappearing messages

Many chat apps now have disappearing message functions. This means that once a message has been viewed, or after a certain amount of time, it will disappear from the recipient's device. This type of message has additional risks for young people:

- This could give young people a false view that it is safe to share more risky content as it will disappear. However, the recipient can still screenshot or record the content before it disappears without the sender's knowledge or consent.
- Disappearing messages also make it harder to report inappropriate contact or content and makes it more difficult for enforcement agencies to capture evidence of child exploitation or abuse, such as grooming.
- Young people may feel that there is less risk of getting caught using disappearing messages which can encourage peer on peer abuse and bullying.
- Different names for disappearing messages include 'snaps' and 'vanishing messages'. They're available on many different apps including WhatsApp, Instagram and Snapchat. Facebook has 'secret convos' that can only be seen on the device they are sent, they will not appear if you log into the account from a different device.

Make sure to talk to your child about what they're sharing and let them they know they should come to you or another trusted adult if someone sends them something upsetting or worrying. Looking at the reporting and blocking features on the app they use can be very useful for your child too.



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For more information visit our website:
www.wickersleypt.org