



Biddulph High School: Safeguarding Bulletin

Issue No: 3 May 2021

Useful telephone numbers and websites:

Serious concerns about a child?

- Staffordshire First Response Safeguarding: 0800 1313 126
- Stoke On Trent Safeguarding: 01782 235100
- If a child is in immediate danger ring 999

Papyrus:

- 0800 068 4141 / 07860 039967
- pat@papyrus-uk.org

NSPCC Report Abuse in Education helpline

- 0800 136 663
- help@nspcc.org.uk

NSPCC:

- 0808 800 5000 if you are worried about a child
- email help@nspcc.org.uk
- www.nspcc.org.uk

Childline:

- 0800 1111
- www.childline.org.uk

MIND:

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

Samaritans:

- Call 116 123

New Era:

- Free and confidential support to all those affected by domestic abuse
- Call 0300 303 3778

Women's Aid

- <https://www.staffordshirewomstaffo.org>
- 0300 330 5959

NEWS

Wellbeing

We continue to promote student wellbeing during form time and students know who to talk to should they have any concerns.

In the first instance we suggest students / parents speak to, or email, their form tutor. Alternatively, each year group's pastoral team can be contacted by email or by ringing the school.

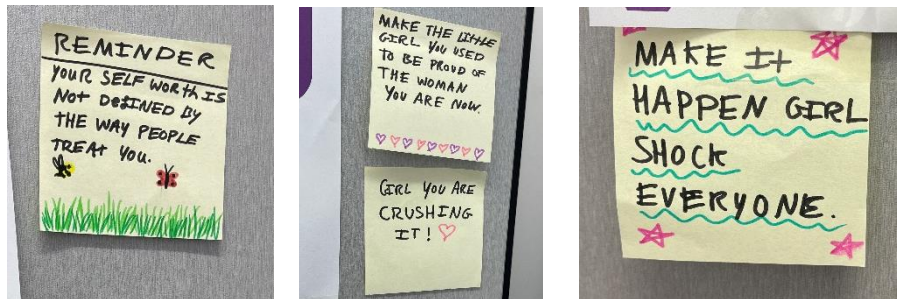
- Year 9: Miss Harte and Miss Foster
- Year 10: Miss Davies and Mr Wiggins-Thomas
- Year 11: Mrs Hatch and Mrs Brough
- Sixth Form: Mrs Taylor and Mrs Homer
- Safeguarding: Mrs Moss and Mrs Marks

Suicide prevention and awareness

Suicide is the biggest killer of young people – male and female – under 35 in the UK. Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.

During the first 2 weeks in May, students took part in sessions to raise awareness of suicide prevention but to also undertake activities to improve their mental health. Students did lots of positive activities such as writing a letter to their future self, breathing & mindfulness techniques as well as "sprinkling kindness like confetti" by performing thoughtful acts for others.

It was encouraging to see last week some optimistic messages that spontaneously appeared in the student toilets – what great students we have!



PAPYRUS is the national charity dedicated to the prevention of young suicide and we were able to use many of their resources during the awareness weeks. If you would like more information please visit <https://www.papyrus-uk.org/>

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINE UK 0800 068 4141

Text: 07860 039 967 Email: pat@papyrus-uk.org

If you are a young person having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Opening hours: 9am - 10pm weekdays, 2pm-10pm weekdays & bank holidays.

Racism

Mr Wiggins-Thomas did his first ever assembly last week and he covered the topic of casual racism as well as racist abuse that happens online though social media.

During the assemblies, Mr Wiggins-Thomas used his passion for football to exemplify the situation. Students watched two clips of footballers Ian Wright and Raheem Sterling talk about their experiences of racism.

The overall purpose of the assembly was to encourage students to think about what they say and how they say it, to consider other people's culture, race, ethnicity or faith and having empathy towards how they make others feel when they speak.

Sexual assault, harassment and consent

You may have recently seen news regarding the "Everyone's Invited" website where survivors of sexual violence, assault and harassment in educational settings, shared their stories. In response to this Mrs Moss did an assembly on "Rape culture and consent".

Rape culture exists when thoughts, behaviours, & attitudes in a society or environment have the effect of normalising and trivialising sexual violence; for example, making jokes about sexual harassment or using sexualised language in conversation. Behaviours such as misogyny, victim blaming, and sexual harassment create an environment where sexual violence and abuse can exist and thrive.

Biddulph High School is committed to educating students in this area to prevent these behaviours, as well as ensuring that any allegations involving these behaviours are always followed up. Students were reminded of who they can talk to in school as well as being made aware of the NSPCC Report Abuse in Education helpline (see contact details in the Useful Numbers section above.)

Finally, Mrs Moss talked about consent. Students were reminded that consent *matters* when we are talking about sexual harassment, assault or violence. For example; If you have not asked to kiss someone or touch someone, they have not given consent. Just because they do not say anything, does not mean they have given their consent. Sharing an intimate image with others, without asking the owner of the image, means you have not got consent.

As always, the students of Biddulph High School responded to this challenging topic with maturity and sensitivity.

eSafety

As part of our eSafety commitment we know that parents also need support with understanding emerging technologies, as well as educating students about them.

National Online Safety produce excellent guides for parents and carers at <https://nationalonlinesafety.com/> and every week on #WakeUpWednesday @natonlinesafety. This week was about email scams.

Email scams are when you receive an email from someone purporting to be a genuine person or company, but is actually an online fraudster trying to trick you into disclosing personal information. This is often referred to as 'phishing'. Normally, people click on the links in an email assuming that they will be directed to a trustworthy website – but fake sites, closely resembling the real thing, are increasingly being set up by cyber criminals specifically to capture your personal information, which could, in turn, jeopardise your financial, emotional and possibly even physical wellbeing.

In the guide, you'll find tips on a number of potential risks such as viruses, financial damage and personal safety.