



SAFE AT SUMMERHILL

At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.

This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of Safeguarding and mental well-being issues, giving you useful links and resources to use if you have concerns. Please do not hesitate to contact us on the main school number (01384 816165) or via email on studentsupport@summerhill.dudley.sch.uk

Fearless

Did you know? The Met Police are running a campaign to reduce street robberies

The Met Police are trying to reduce street robberies involving school aged children by raising awareness of Fearless.

Fearless is the youth brand of the independent charity Crimestoppers, which enables young people to give information about crime 100% anonymously.

Mobile phone use, including the use of earphones on the go, can unfortunately make young people more at risk of street robbery.

Fearless provides young people access to non-judgemental information and advice about crime and criminality. They provide a safe place to give information about crime confidentially and access to youth support services.

More information can be found by clicking the link below.



Ask Marc

Did you know? There is a new service for male victims of domestic abuse

Ask Marc is a new service for male victims of domestic abuse and sexual violence. Their website can be found here: askmarc.org.uk

The service is offered by Black Country Women's Aid (BCWA), an independent charity which has supported survivors of abuse and exploitation in the West Midlands for 30 years.

BCWA helps over 9000 victims of abuse each year to escape from violence, cope with trauma and rebuild their lives. No-one should have to live in fear of violence and abuse. For more information visit their website: blackcountrywomensaid.co.uk

Christmas and Mental Health

Whether or not Christmas is part of your life, your mental health might be affected by it happening around you. It's a time of year that often puts extra pressure on us, and can affect our mental health in lots of different ways.

For example, if you:

- Feel alone or left out because everyone else seems happy when you're not
- Wish you didn't have to deal with Christmas or find it stressful because of other events in your life
- Feel frustrated by other people's views of a 'perfect' Christmas if these feel different to your experiences
- Want to celebrate with someone who is struggling

If Christmas is a hard time for you, it's important to remember that you are not alone. Click the image below to find some tips for coping from Mind.



What Parents Need to Know About Age-Inappropriate Content

“Inappropriate” means different things to different people. What is acceptable for one age group, for example, may be unsuitable for a slightly younger audience.

Online people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Adults need to be able to help children be aware of what to do if they’re exposed to age-inappropriate content.

Click the image below to find a guide with tips on a number of potential risks such as social media, gaming and adverts.



WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Vaping

Did You Know? The dangers of vaping

Some students have been learning about the consequences and dangers of vaping in Global Learning lessons. To support you with conversations about vaping please see [this article](#) and the info graphic below.



BEFORE THE TALK: GET THE FACTS


Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

Risks of nicotine

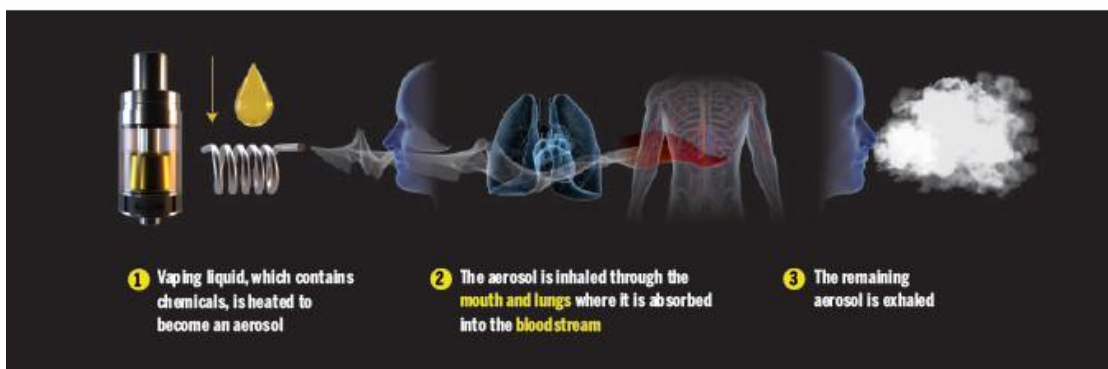
Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.



Vaping nicotine can alter teen brain development.

Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.



We hope you have found this newsletter useful. If you have any feedback about the issues raised, or would like to suggest topics for a future edition, please email studentsupport@summerhill.dudley.sch.uk



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