



# 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](mailto:studentsupport@summerhill.dudley.sch.uk)

## Relationship and Sex Education (RSE)

Did you know? All schools must now have an updated policy on Relationship and Sex Education.

Relationships and Sex Education will build on the teaching at primary school. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. At Summerhill we will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to considering intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

You can find our policy at [Summerhill RSE Policy](#)

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## Reaction Videos

Did you know? Online challenges and reaction videos are becoming more frequent.

This trend involves users on TikTok filming a before and after video of themselves as they search on Google. Without detailing what the results are, they proceed to react with a mixture of shock, horror and disgust. This then prompts viewers to participate in the trend as well, or at the very least to search for the term themselves. The search terms are, inevitably, designed to shock, and therefore can include links to very inappropriate material.

Click the logo below to find out more information and guidance on this topic.



## Worried About Your Child's Eating Habits?

Everyone has different eating habits. But if you are worried about your child's relationship with food or their body, it might be worth looking for some support.

If your child's eating habits affect their everyday life, they may have an eating disorder. This is when someone uses food to cope with certain situations or feelings.

- Teenagers between 13 and 17 are most at risk but anyone can have an eating disorder
- Signs include making themselves sick, binge eating, eating in secret or exercising in a way that seems excessive.

It can be helpful to know the signs and what to do if you are worried about your child.

[Click here for more information](#)

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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](mailto:studentsupport@summerhill.dudley.sch.uk)



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