



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-health 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

Mindfulness March 2022

March is the month of mindfulness so let's pause, breathe and notice so that we can respond more mindfully. Action for Happiness have put together a mindfulness calendar for the month. Each day will be a quick exercise that you can do to be more mindful. You can find the calendar here:

<https://actionforhappiness.org/calendar#download-block-anchor>

There is also a whole range of resources that can help to increase happiness and general wellbeing. Click on the link to find out more:

<https://actionforhappiness.org/resources>



What is 'Harmful behaviour?'

Harmful Sexual Behaviour (HSB) can be defined as: 'Sexual behaviours expressed by children and young people under the age of 18 that are developmentally inappropriate, may be harmful towards self or others, or be abusive towards another child, young person or adult.' (Hackett, 2014)

School staff are trained to spot and respond to signs of HSB, fully subscribing to the local authority's view that adults should challenge, educate and sanction (where appropriate) behaviour without dismissing it as 'banter'. However, some behaviours are developmentally normal and it is important young people are not criminalised by age-appropriate and expected behaviours.

Parents can use the following website to tell if a child's sexual behaviour is age appropriate:

https://www.stopitnow.org.uk/concerned-about-a-child-or-young-persons-sexual-behaviour/how-to-tell-if-a-childs-sexual-behaviour-is-age-appropriate/?utm_source=bing&utm_medium=ad&utm_campaign=stop-trafficlight

The following link gives helpful advice from Barnardos on how to respond if your child exhibits inappropriate behaviour:

<https://www.barnardos.org.uk/sites/default/files/2021-06/Harmful%20Sexual%20Behaviour%20-%20Parent%20s%20guide.pdf>

More generally, parents and carers can help by being aware of language used at home, staying away from unhelpful gender stereotypes ('tough boys, emotional girls, etc.') and allowing children to express their feelings. Adults showing respect to each other at home and in the community will also have a positive impact on children.



Mrs S Sprouting
Designated
Safeguarding
Lead



Ms S Gordon
Deputy
Safeguarding
Lead



Mr K Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead