



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

**\*\*Mr Randle, our new Deputy Head of Pastoral is now part of the Safeguarding Team\*\***

### Eating Disorders in Young People



Most cases of eating disorders start in adolescence but more often than not it will not be picked up until adulthood. It is not known what the exact cause of eating disorders is but young people with an eating disorder will have negative beliefs about themselves, their eating, body shape and weight. This will have an impact on a number of aspects of their lives. Current research supports the use of several types of psychotherapies and the sooner treatment starts, the better the long-term outcomes are. For more information please follow the below link:

<https://www.acamh.org/topic/eating-disorders/>

### Supporting Bereaved Children and Young People

Children and young people will understand death and grief in different ways depending on their age and it can be difficult to know how to best approach it. Winstons wish, a charity that supports grieving children and families, supported an estimated 18,036 children last year after the death of a parent or sibling. There is loads of advice and resources for you on their website which you can find on the following link:



Giving hope to grieving children

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

### Violence against Women and Girls

In the UK, a violent man kills a woman every three days. Changing this starts with men reflecting on their own behaviour and the way they see, treat and talk about women.

The Mayor of London and the London Assembly has launched a campaign called 'Have A Word With Yourself, Then With Your Mates'. There are number of videos and other resources to encourage behavioural change from men and boys towards women.

Find the resources here: <https://www.london.gov.uk//content/have-a-word>

