

# SAFEGUARDING

## NEWSLETTER



January 2023

### Safeguarding Newsletter

Welcome to our January Newsletter which in this edition has a focus on Harmful Sexual Behaviour. This is a challenging area for both schools, parents and carers in trying to keep our children safe in school, at home and in the wider community. This newsletter aims to help you in understanding what is being identified as Harmful Sexual Behaviour and how we are working with our students in developing their understanding and how to be safe.

We have also updated our Safeguarding Area on The Hart School Website - it includes information on Safeguarding, how to contact us (also on the last page of the newsletter), Mental Health and Wellbeing, Nude selfies, lots of information on Online Safety, Self Harm, Child Criminal and Sexual Exploitation and Prevent (working with the police to prevent children and young people being radicalised or exploring extremist sites and activities).

Please use the QR code to access our Safeguarding Area.



### Harmful Sexual Behaviour

Harmful Sexual Behaviour is a really important aspect of our work in Safeguarding pupils in our school and also in developing their understanding of what is acceptable and what is not acceptable. It is also really important with their access to social media, the images they may see - these can pop up when online gaming and on social media sites such as TikTok and Instagram.

#### The definition of Harmful Sexual Behaviour

Sexual behaviours expressed by children and young people under the age of 18 years old that are developmentally inappropriate, may be harmful towards self or others, or abusive towards another child, young person or adult. The term encompasses a broad range of issues, including child-on-child sexual abuse or harassment and online sexual abuse, as well as behaviours that indicate the existence of adult to minor sexual abuse and child sexual exploitation. It also includes Sexting and sharing of nude images.

#### A Brief Overview

During the Covid Lockdown that started in March 2020 and into 2021, a website called 'Everyone's Invited' invited anonymous testimonials of sexual harassment and abuse and the government asked Ofsted to conduct a rapid review in April 2021.

#### It's Not Ok...

In September, we started our 'It's Not Ok...' campaign with students. Assemblies and tutor sessions were held with students in all year groups in which we shared language and actions that students hear and they felt was inappropriate, which cause distress and can impact on a students' wellbeing. Following feedback from the work students completed in tutor we have posters in all areas of the school with examples of what they felt were inappropriate.



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### Advice on Talking to Teenagers and Young People

Many sexual behaviours children and teenagers show as they grow up are normal and healthy, so long as they're not causing harm to others or to the children themselves.

However it can be really difficult to talk openly with your child about sex, sexuality and relationships.

Here are some tips on talking to your teenager which have been adapted from the NHS advice and guidance:

#### **Do not judge your teenager:**

Start by assuming they have a good reason for doing what they do. Show them you respect their intelligence and are curious about the choices they've made. If you don't pre-judge their behaviour as 'stupid' or 'wrong' they are more likely to open up and explain why they're actions made sense to them.

#### **Try not to assume you know what's wrong:**

Do not assume that you know what's wrong, rather than asking "Are you being bullied?", try saying "I've been worried about you. You do not seem your usual self and I wondered what's going on with you at the moment. Is there anything I can help with?"

#### **Help them think critically about what they see and hear:**

"So Paul said X: is that what you think?"

#### **Information is empowering:**

Point them towards websites that can give them information on drugs, sex and smoking so they can read the facts and make them up their own minds.

### Call it out - You Said, We did

Following feedback and Student Voice discussions with our students following the launch of 'It's Not Okay..' , staff will 'Call it out' if they hear language or comments that are inappropriate.

Our staff will explain why the comments, banter or language is inappropriate.

### What we do if a Harmful Sexual Behaviour Incident is reported:

Students and their parents can report an incident of Harmful Sexual Behaviour and this can include sexting, sharing images (including nudes) and inappropriate touching.

A member of our Safeguarding Team will meet with the student, discussing the incident and then take appropriate actions. We always listen to what the student wants to happen. There are strict guidelines that we follow as to how we record what has been shared. We also discuss with parents and carers the incident and what they want to happen. It is child focused and we aim to educate our students about appropriate behaviour and actions.

Teenagers often worry that telling an adult will just make things worse. Be clear you want to help them and will not do anything they do not want you to. This may be particularly important with bullying, sexting or sharing images. Listen to their fears and build up their confidence by reassuring them you will face the problem together.

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### What is Online Safety?

Being safe online means individuals are protecting themselves and others from online harms and risks which may jeopardise their personal information, lead to unsafe communications or even effect their mental health and wellbeing.

#### Andrew Tate: Talking to your child about harmful online content

The views expressed by Andrew Tate do not align with The Hart School's value of equality. Sexism and misogynistic views have no place in the school community, and we will take robust action against any form of hate.

Our pupils have regular assemblies, PSHE lessons and tutor sessions on harmful online content. The message to our children is to question everything and seek advice if they need it.

Top tips for talking to your child about Andrew Tate and online content:

- Let your child know that if they come across content they may find upsetting or confusing they can talk to you.
- Introduce the topic by saying you have read about Andrew Tate and ask if they have heard of him.
- If yes, ask what they think and listen carefully
- If not, tell them why you are concerned about his content.
- Discuss misogyny and how it can impact relationships and behaviour
- Help them see the subject from different angles

### Who to contact if you have a safeguarding concern?

There are two ways to contact school:

Direct phone call to school and ask for a member of the Safeguarding Team or [safeguarding@hartschool.org.uk](mailto:safeguarding@hartschool.org.uk)

Useful websites and links for guidance to support with young people and sex and relationships:

**Stop It Now!**

UK & IRELAND

Helping prevent child sexual abuse

**NSPCC**

### Working with Staffordshire Police

We work closely with the Cannock Community Police Team who also cover Rugeley.

Mrs Lewis who is our Designated Safeguarding Lead accompanied officers and PCSOs on Friday 20th January as part of our joint approach to tackling Anti-Social Behaviour and building relationships with our students both in and out of school. #teachersonpatrol

#### The most recent advice from our Community

##### Policing Team includes:

- Check your child's phone settings and apps, ask to look at their profile and shared information, keep in mind online safety.
- Balaclavas: please be aware that if a young person is wearing a balaclava, it is not necessarily about keeping warm but avoiding being identified.