



Safeguarding and Wellbeing Bulletin July 2021

We are continually working to support students in feeling well and safe at school, to enable them to "live life to the full". Within school, Mrs Hughes, Mr Anderson and Miss Lambert make up the safeguarding team and are available, alongside the Year Leaders and Student Support, to offer support and guidance when needed. We have also developed our relationship with the NHS Wellbeing in Mind Team this year, to extend our wellbeing and mental health support offer. A wide range of topics are also covered in PSHE lessons during both tutor time and timetabled RS / PSHE lesson, to keep students safe. Further details of individual topics studied can be found on the school website.

#BeWaterAware



NFCC
National Fire
Chiefs Council

#BeWaterAware

Almost every summer, we hear the tragic news that a child has lost their life through drowning. The NFCC are running a campaign in the run up to the Summer holidays to make children more aware of water safety. With a number of open water locations in the locality, this is particularly important for our students. Whilst it might appear a good idea to cool down in open water, it can be dangerous. Cold water shock can lead to drowning as people lose the ability to swim as they gasp and struggle. Currents can also drag people away.

The NFCC highlight that 44% of people who accidentally drowned in 2019 had no intention of entering the water. Here is their advice for falling into water unexpectedly:

- If you fall into cold water unexpectedly, your instinct is to try and swim - fight the water. This will tire you quickly.
- Cold water shock can also make you gasp, breathing in water and more likely to drown. If you float the initial effects of cold water shock can pass, you will regain control of your breathing. The best way to do this is to float on your back.

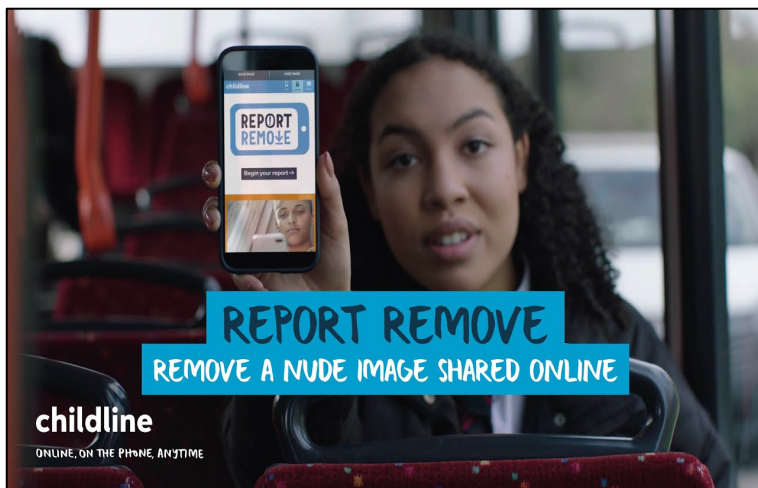
Tombstoning can be a thrill-seeking activity for young people and adults alike, but it has many risks:

- Water depth can change - so water may be shallower than expected this may be tidal at the coast but can also occur inland after dry spells
- You may not know what is beneath the water (such as submerged rocks)
- Cold water shock
- Currents and waves can sweep people away

Swimming is a great summer activity, but we hope that it is a safe summer activity for all!

Key Safeguarding Contacts:

Mrs Hughes (Designated Safeguarding Lead): z.hughes@bhs.hlt.academy
Mr Anderson (Deputy Designated Safeguarding Lead): r.anderson@bhs.hlt.academy
Miss Lambert: (Deputy Designated Safeguarding Lead): s.lambert@bhs.hlt.academy
Further information can be found on the school website.



Nude Images

Students in all year groups are taught about online safety and consent, at an age-appropriate level within PSHE. The sending of indecent images is covered within this content. This month, the NSPCC have released a new online tool through their service for young people, Childline. The **Report Remove Tool** has been created in conjunction with the Internet Watch Foundation (IWF). The tool allows those under 18 to report nude images or videos of themselves. The IWF will then work to have the image removed from the internet. More information can be found here:

<https://www.childline.org.uk/infoadvice/bullying-abusesafety/online-mobilesafety/remove-nude-imageshared-online/>

Social Media and Self-Esteem

Social media is one of those things in life that has its highs and lows. It can be great to connect with those who are far away or who we don't see regularly. However, it can have a negative impact too. The Dove Self-Esteem Project have created this powerful video highlighting retouching apps and the pressure to post the perfect selfie. It's one minute and well worth a watch, but I would say that it's not just affecting girls as the final comment in the video suggests.

<https://www.youtube.com/watch?v=z2T-Rh838GA>



Instagram

Instagram have recently announced several updates that have been released or are about to be released.

1. Option to hide like counts (available now)

Users will now have the option to hide like counts on all posts as well as the option to hide like counts on their own posts.

You can select to hide like counts on other people's posts in Settings – Privacy – Posts.

You can hide like counts on your own posts in the advanced settings for each individual post.

<https://about.instagram.com/blog/announcements/giving-people-morecontrol>

2. Restricting DMs between teens and adults they don't follow (available soon)

Adults will be prevented from sending messages to people under 18 who don't follow them. This feature will partly rely on users giving their correct age when they sign up to Instagram so make sure this is correct on your child's account. Remember you must be aged 13+ to sign up.

<https://about.instagram.com/blog/announcements/continuing-to-makeinstagram-safer-for-the-youngest-members-of-our-community>



Support Available: Barlby Wellbeing Website

The school website has a wellbeing section, found on the main menu. Support for parents / carers as well as self-help guides created with the Wellbeing in Mind Team can be found on there. There is specific support for anxiety, stress, sleep, low mood, low self-esteem, self-harm and body image (<http://www.barlbyhighschool.org/self-help/>) alongside information about our approach and contact details.