



**Wood Green**  
**ACADEMY**

# Safeguarding Newsletter

## November 2021

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**EXCELLENCE AS STANDARD**

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**Mrs J. Wood**

**Designated Senior Person**  
Safeguarding and Welfare



**Miss B. Smith**

**Deputy Designated Senior Person**  
Safeguarding and Welfare

If you are concerned for a child's health, welfare or safety in any way, you must speak to the Designated Senior Person (DSP), Mrs J. Wood, the Deputy Designated Senior Person (DDSP), Miss B. Smith or any member of the Leadership Team before you leave the premises.

**Please ask at Reception for contact details for the above.**

**1**

If you want to report anything that is worrying you inside or outside school you can report it using the SPEAK OUT button on the website.

**2**

Go to the website and click on students.



**3**

The SPEAK OUT button will be right in front of you, click on it and follow the instructions...

**SPEAK  
OUT!**

# Wood Green Academy | Safeguarding Newsletter

## Social Media

Social media and the internet in general is an amazing way of keeping in touch with friends and letting them know what you're up to. There are plenty of positives to focus on but it's also important to consider how overuse of social media or exposure to offensive content can negatively affect your child's mental health. On the negative side social media can isolate, reduce communication and affect mental health. Things to be mindful if your son/ daughter is engaged in social media:

### **Addicted to likes**

It feels great when someone likes your post or follows you online. The downside is that we can get addicted to that feeling of acceptance. Constantly refreshing feeds for new posts, messages and likes can make us feel awful - heighten anxiety and depression. It can literally begin to take over your life and you need to address it head on by ensuring that they child; all the time.

- take a break from social media every now and again. Restrict the time that they are on it (be brave turn the internet off at night)
- If they do need to go online remind them to look at what they need to rather than checking their feed
- Make sure they have a balanced social life online and offline.

### **How to cope with online jealousy**

Scrolling through feed after feed of seemingly perfect people going about their seemingly perfect lives can be exhausting. It leads to children feeling jealous and resentful towards others and it can seriously affect their own self esteem. Remind your child

- No one is the same as how they portray themselves online as we tend to only show the best parts of ourselves.
- If they start to feel low tell them to think of all the great things they've done or are planning to do.
- Everyone has good days and bad days. Just because someone seems like they've got it all together on social media doesn't mean they do.

### **Taking responsibility for posts**

While a bit of online banter here and there might seem harmless, it could backfire on you if you post something offensive or inappropriate. Remind them before they press send, ask themselves

- Do I want to get in trouble with the law? If you send something that could be interpreted as harassment, menacing behaviour, threatening or grossly offensive, the comment may be illegal.
- Will I want people to read this in five years time? Some people have even lost their jobs because of posting something prejudiced or derogatory online. Think about what is happening in the news at the moment
- Would this hurt or upset the person I'm talking about? Online interaction can leave us numb to the feelings of the person on the other side of the screen but if you wouldn't say this to them in real life, why say it to them online?
- Does this really represent who I am? If not, ask why you're writing this
- Remember, you can always contact the individual social media platform or website to edit or delete any old posts you no longer want the world to see.

### **How to protect yourself from offensive content**

Seeing offensive or disturbing imagery or comments can harm our mental health. We wouldn't want to hear abusive language or be exposed to violence offline so why should we accept it as normal online.

Dear Parents, Carers & Guardians of secondary aged children,

Whether you're a mum, dad, carer, auntie, uncle, granny, grandpa or even an auntie-who's-not-really-an-auntie-but-you're-mum's-best-friend-so-we-call-you-auntie-anyway, it's important for you to understand what children are doing online, so you can help make them safer.

We are delighted to invite you to download our new App;  
'Safer Schools' provided by our insurance provider Zurich Municipal.

### Step 1

Download the app for free by searching for 'Safer Schools' in the Apple App Store or on Google play. (You can download it on more than one device!)

### Step 2

Enter **Wood Green Academy**

### Step 3

Enter the code **7675**



☆ **Make sure** to enable push notifications to keep up-to-date with our tips, advice and guidance on how to make your children safer. ☆

## About the App

The App is designed to support and protect children by educating and empowering them both at school and at home. Through their access, your children get access to information that is relevant to them and you will receive tips and advice on how to keep them safer online.

**Excited? Ready to make your children safer?  
Download the 'Safer Schools' app now!**



If they experience anything like this, remember:

- They don't have to engage with this behaviour. Many social media platforms allow you to block or report users who are harassing you.
- If someone from school is harassing them online, speak to someone you trust about what's been going on. You don't have to go through this alone. Use the Speak out button and let us know! It's on our website and available 24/7
- If you would prefer to speak to someone anonymously, you can call ChildLine on their free helpline on 0800 1111.

### **Focus on the positives of the internet**

We're always going to use social media so we have to learn how to manage it and use it for good. Useful sites to look at – [nationalonlinefaety.com](https://nationalonlinefaety.com) these give regular updates on what parents need to know eg. Netflix and Squid games, new apps etc.

Wood Green Academy recommends that all parents and carers sign up for the free app, Safer Schools, which provides notifications, information and weekly 60 second round-ups of current online dangers and issues. Please see the attached document for instructions on how to access this exclusive app.

### **Worried about drugs?**

If you are concerned about your son/ daughter being exposed to drugs and your knowledge of this area is limited please take a moment to look at Frank's glossary of drugs. This website gives you information on drugs, the dangers and side effects and slang words being used by young people regarding the types of drugs available. Please feel free to contact Mrs Bailey or Mrs Smith if you have added concerns.

### **Sexual harassment and violence**

We all need to be aware of how sexual harassment is defined as we have seen in the press for the last couple of years numerous people being charged with this offence when all they thought they were doing was being involved in "banter".

Sexual harassment is 'unwanted conduct of a sexual nature' that can occur online and offline. It is likely to: violate a child's dignity, and/or make them feel intimidated, degraded or humiliated and/or create a hostile, offensive or sexualised environment.

Sexual harassment can include:

- sexual comments, such as: telling sexual stories, making lewd comments, making sexual remarks about clothes and appearance and calling someone sexualised names;
- sexual "jokes" or taunting; physical behaviour, such as: deliberately brushing against someone, interfering with someone's clothes (schools and colleges should be considering when any of this crosses a line into sexual violence - it is important to talk to and consider the experience of the victim) and displaying pictures, photos or drawings of a sexual nature; and
- online sexual harassment.

This may be standalone, or part of a wider pattern of sexual harassment and/or sexual violence.

It may include:

- non-consensual sharing of sexual images and videos;
- sexualised online bullying;
- unwanted sexual comments and messages, including, on social media; and
- sexual exploitation; coercion and threats.

**Sexual violence refers to sexual offences under the Sexual Offences Act 2003 as described below:**

**Rape:** A person (A) commits an offence of rape if: he intentionally penetrates the vagina, anus or mouth of another person (B) with his penis, B does not consent to the penetration and A does not reasonably believe that B consents.

**Assault by Penetration:** A person (A) commits an offence if: s/he intentionally penetrates the vagina or anus of another person (B) with a part of her/his body or anything else, the penetration is sexual, B does not consent to the penetration and A does not reasonably believe that B consents.

**Sexual Assault:** A person (A) commits an offence of sexual assault if: s/he intentionally touches another person (B), the touching is sexual, B does not consent to the touching and A does not reasonably believe that B consents.

### **What is consent?**

Consent is about having the freedom and capacity to choose. Consent to sexual activity may be given to one sort of sexual activity but not another, e.g. to vaginal but not anal sex or penetration with conditions, such as wearing a condom. Consent can be withdrawn at any time during sexual activity and each time activity occurs. Someone consents to vaginal, anal or oral penetration only if s/he agrees by choice to that penetration and has the freedom and capacity to make that choice.

- a child under the age of 13 can never consent to any sexual activity;
- the age of consent is 16;
- sexual intercourse without consent is rape.

**Our Behaviour policy clearly states that both sexual harassment and sexual violence will not be tolerated at Wood Green Academy. Students are encouraged to speak out if they or anyone they know is a victim of either of these offences. We all must be aware that children can and sometimes do abuse other children. Peer on peer abuse has not part in Wood Green Academy, and no part in society as a whole.**



### **Independent domestic violence advice services for men: Ask marc**

Domestic abuse can happen to anyone. It does not only happen to women and does not always include violence. It can be control, psychological or emotional abuse, physical abuse, sexual abuse, economic abuse, harassment, stalking, online or digital abuse or forced marriage and so called honour based crimes.

If you feel as a male this is happening or has happened to you this new service may help.

## Terrorism

Many of you will be aware that the UK's terrorist attack threat level was increased, after the incident on Sunday 11th November, from SUBSTANTIAL to SEVERE. This is not based on information of a planned attack but it is a precautionary measure as there have been two terrorism incidents in a month in the UK. Please do not feel alarmed about this, but remain vigilant as always and report any suspicious activity here <https://act.campaign.gov.uk/>

We would like to remind you and your children of the measures advised if ever near a terrorist attack - Run/ Hide/ Tell and ask that you spend a moment looking at the short video <https://www.middlesbrough.gov.uk/community-support-and-safety/protect/act-youth>



**COUNTER  
TERRORISM  
POLICING**

**ACT**

**ACTION  
COUNTERS  
TERRORISM**

**IN THE RARE EVENT OF**  
a firearms or weapons attack

**RUN**



**HIDE**



**TELL**



**RUN** to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

**HIDE** It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

**TELL** the police by calling 999.

# Sexual abuse can leave you feeling isolated

Don't deal with it alone: Ask Marc.

If you want to talk  
about male domestic  
or sexual abuse call:

**0121 289 6402**

Support available for men  
in the Black Country.

