



HIGHSTED GRAMMAR SCHOOL

SAFEGUARDING NEWSLETTER

Issue 002: November 2016

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Safeguarding Mission Statement

In accordance with the Children's Acts of 1989 and 2004 and the Education Act 2002, and Working Together to Safeguard Children 2015 and Keeping Children Safe in Education 2016, Highsted Grammar School has a duty to assist local authority specialist children's services departments acting on behalf of children in need or enquiring into allegations of child abuse. Highsted Grammar School follows a child centred and coordinated approach to safeguarding. A 'Culture of Vigilance' has been fostered, where it is agreed by all that safeguarding is everyone's responsibility.

Highsted Grammar School firmly believes that it has a strong pastoral responsibility to promote the welfare of children and that children have a right to be protected from harm; this is consistent with our overall aims to educate the whole pupil and foster personal as well as academic development.

Safeguarding Responsibilities and Contacts

Designated Safeguarding Lead: Mr Daniel Quinn

Deputy Safeguarding Lead: Miss Anne Kelly

Telephone: 01795 424223

Email: safeguarding@highsted.kent.sch.uk

Website: www.highsted.kent.sch.uk/safeguarding

Twitter: @SafeguardingHGS

Safeguarding Events 2016-2017

- 1-31 Oct 2016: Black History Month
- 10-14 Oct 2016: Hate Crime Awareness Week
- 14-18 Nov 2016: Anti-bullying Week
- 25 Nov-10 Dec 2016: Action against Domestic Violence
- 30 Jan 2017: Safeguarding Fortnight
- 1-28 Feb 2017: LGBT History Month
- 3 Feb 2017: NSPCC Numbers Day
- 7 Feb 2017: Safer Internet Day
- 7 Feb 2017: Online Safeguarding Evening
- 22-28 Feb 2017: Eating Disorders Awareness Week
- 18 March 2017: Child Sexual Exploitation Awareness Day
- 15-19 May 2017: Mental Health Week

Anti-bullying Week 2016

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power (Anti-Bullying Alliance, 2016). Bullying can be physical, verbal or psychological. Bullying does not always have to happen face-to-face, but

can occur online or via a mobile phone - bullying can be as simple as just ignoring someone!

The theme this year's Anti-bullying week is '**Power for Good**' with the following key aims set out by the Anti-Bullying Alliance:

- To support children and young people to use their Power for Good, by understanding the ways in which they are powerful and encouraging individual and collective action to stop bullying and create the best world possible.
- To help parents and carers to use their Power for Good, through supporting children with issues relating to bullying and working together with schools to stop bullying.
- To encourage all teachers, school support staff and youth workers to use their Power for Good, by valuing the difference they can make in a child's life, and taking individual and collective action to prevent bullying and create safe environments where children can thrive.

A survey of over 11,000 secondary pupils in England and Wales reported that 11% said they had been bullied a lot and 33% sometimes. Of those bullied, 88% reported it happening in school (a 1% increase compared to 2015), also 31% out of school, 15% online, 13% on a mobile phone, and 15% on the journey to/from school. 56% were unsure of how to get help if they or someone they know experiences bullying and 48% admitted felt nervous telling someone about bullying. We should all aim to use our Power for Good to take individual and collective action to stop bullying!

Bullying is often a result of prejudice. Prejudice can take many forms, including:

- Sexual/Sexist: Sexist and sexually aggressive behaviour is a major form of bullying. This often includes unwanted physical touch, name calling and spreading rumours.
- Homophobic, biphobic and transphobic: An intolerance of a person's sexuality or perceived sexuality can lead to bullying. People are also bullied because they are not seen to conform to 'gender norms' (i.e. how society says a boy or girl should behave).
- Race and faith targeted bullying is bullying targeted at someone's actual or perceived race, or their faith as in Islamophobia, is common.
- Disability: A recent study has shown that at 7 and at 15 years, disabled children and those with special educational needs (SEN) are around twice as likely to be bullied than their non-disabled peers.

It is clear that a significant amount of bullying behaviour is targeted at real or perceived difference. What makes this so disappointing is that these differences are what make us unique as individuals - they should be respected and celebrated!



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Over half (57%) of the young people who said they were bullied reported that this changed their behaviour and the way they felt, such as feeling angry or withdrawn; and just under half (43%) said they experienced body image anxieties. A third (34%) avoided school as a way of coping with bullying, with an estimated 16,000 11-16 year olds being absent from school at any one time due to bullying. Nearly half (46%) said that being bullied has had a long lasting effect on their self-esteem and confidence since leaving school and almost 37% of those bullied said it had had a negative effect on their ability to form relationships. According to a recent survey, nearly half (44%) of young people who were bullied at school say it impacted on their mental health and that they experienced issues such as anxiety, depression, self-harm and suicidal thoughts.

How can you spot the signs that your child is being bullied?

You know your child best so will be aware if something seems wrong. The type of behaviour that might be an indication of bullying includes a reluctance to go to school; unexplained tummy upsets or headaches; showing signs of distress on a Sunday night or at the end of school holidays; becoming either quiet or withdrawn, or playing up; torn clothes and missing belongings; seeming upset after using their phone, tablets, computers etc. and wanting to leave for school much earlier than necessary or returning home late.

Bullying can have an impact on a child's mental health so if your child is showing signs of serious distress - such as depression, anxiety and self-harm always see a GP.

How can you help your child if they are being bullied?

- If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken.
- Listen and reassure them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to keep a diary of events to share with the school
- Assure them that the bullying is not their fault and that they have family that will support them. Reassure them that you will not take any action without discussing it with them first.
- Don't encourage retaliation to bullying - such as violent actions. It's important for children to avoid hitting or punching an abusive peer. Reacting that way has negative and unpredictable results, as they may be hurt even further and find that they are labelled as the problem. Rather suggest that they walk away and seek help.
- Find out what your child wants to happen next. Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.
- Discuss the situation with school or the lead adult wherever the bullying is taking place. Every child has a right to a safe environment in which to learn and play.

Further information and advice for Parents / Carers can be found at:

www.anti-bullyingalliance.org.uk/media/22012/ABA_BULLYING_PACK.pdf

[Links for further information, guidance and support](#)

If you think a child is at immediate risk call 999

NSPCC:

Call: 0808 800 5000 (24-hour free helpline)

Text: 88858

Email: help@nspcc.org.uk

Web: www.nspcc.org.uk

Childline:

Call: 0800 1111

Online: www.childline.org.uk/registration

Web: www.childline.org

Samaritans:

Call: 116 123

Email: jo@samaritans.org

Web: www.samaritans.org

National Self-harm Network:

Call: 0800 622 600 (7pm-11pm)

Web: www.selfharm.co.uk

Stop Hate Crime:

Call: 0800 138 1625 (24-hour helpline)

Web: www.stophateuk.org

Stop LGBTQ Hate Crime:

Call: 0808 801 0661 (24-hour helpline)

Web: www.stophateuk.org

National Domestic Violence Helpline/ Women's Aid:

Call: 0808 2000 247 (24-hour free helpline)

Email: helpline@womensaid.org.uk

Web: www.nationaldomesticviolencehelpline.org.uk

Web: www.womensaid.org.uk

NWG Network (Stop CSE):

Call: 01332 585371

Email: jointhefight@stop-cse.org

Web: www.nwgnetwork.org

FGM/HBV Helpline:

Call: 0800 028 3550 (24-hour free helpline)

Email: fgmhelp@nspcc.org.uk

Web: www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm

EACH:

EACH has a freephone Actionline for children experiencing homophobic bullying

Call: 0808 1000 143 (Monday to Friday 10am-5.00pm)

Web: <http://www.eachaction.org.uk/>