

Safeguarding Newsletter

Autumn Term 2 2024



This half termly newsletter has been focused around general safeguarding matters and information to support families.

The Safeguarding Leadership Team.



Mrs Wilkinson



Mrs West

You can reach the Safeguarding Leadership team at:

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Well-being support - STUDENT AMBASSADORS.

This half term we have launched our new group of Wellbeing Ambassadors. We are fortunate to have 13 ambassadors this year, many who applied for the role as they were supported by an ambassador themselves further down the school. Students can self-refer using the QR code below.



Well-being Self Referral form 2024



NATIONAL DATA. Each year NHS England publish a survey into the smoking, drinking and drug use of secondary school pupils in England in years 7 to 11. The latest edition looks at data collected during 2023 from 13,000 young people.

1. What percentage of 11 - 15 year olds told researchers that they were 'current smokers'? Answer = 3% (the same as in 2021)
2. What percentage of 11 - 15 year olds said they had ever tried e-cigarettes (vaping)? Answer 25%
3. What percentage of 11 - 15 year olds said they are currently vaping? Answer = 9% (the same as in 2021)
4. What percentage of 15 year olds said they usually drink alcohol at least once a week? Answer = 11%
5. Of the pupils who had taken drugs on more than one occasion, what percentage said the drugs they had most recently used, had obtained them at school? Answer = 11%

Source: Smoking, Drinking and Drug Use among Young People in England, 2023 – [click here](#).

Sharing the dangers of alcohol and drugs with our students is spiralled throughout our PSHE and assembly curriculum, we felt it was important for parents to see these recent statistics.

What You Should Know About... Sextortion

What is it?

Sextortion is a 'cyber-enabled crime' in which victims are lured into sharing intimate photos/videos or behaving in a sexual way in front of a camera. Unbeknown to the victims, their actions have been recorded or saved by criminals who blackmail the victim by threatening to release the image or footage.

Nearly *two-thirds* of 'gen-z' teens, said they or their friends have been the targets of sextortion.

Come on cutie, we've been flirting all week. You know you wanna

If you send one, i'll send one back

Just for you... don't show anyone

View Photo

PAY ME £500 RIGHT NOW. Or that image is being shared online and all your friends and family will see it.

How to Protect Yourself

There are steps you can take to avoid becoming a victim of sextortion:

- ✗ **DON'T** share intimate photos or videos on an online platform.
- ✗ **DON'T** agree to requests for nude photos/videos or perform intimate acts over a video call.
- ✗ **DON'T** accept friend requests/messages from people you don't know offline.
- ✗ **DON'T** include sensitive and/or personal information on your online profiles.
- ✓ **DO** remember that anyone who truly cares for you will not pressure you to do something uncomfortable.
- ✓ **DO** be mindful of who you accept as friends on social media platforms.
- ✓ **DO** strengthen your social media privacy settings.
- ✓ **DO** question who it is you are really speaking to online.

ANYONE can become a victim of sextortion.

How does it happen?

Victims are usually targeted in online spaces - such as social media platforms or dating apps.

The offender often uses a fake identity to seem more appealing to potential victims. Once a victim has been targeted, offenders quickly befriend them before the blackmail begins.

During the 'friendship', the offender will introduce the topic of sex and begin encouraging the victim to remove items of clothing while on camera or to send them a nude image.

After the victim has done so, the offender reveals they have recorded the entire interaction and threatens to publicly expose the victim if they do not either send a sum of money or more photos/videos.

It is illegal to create, possess or distribute indecent images of children. In situations where a child has taken and shared a nude image of themselves, the law does not unfairly punish that child and will handle their case sensitively.

FACT

Help and Advice

If you or someone you know has become a victim of sextortion, you are not alone. It is important to stay calm and take the following actions:

- 🚫 **IGNORE** their demands and do not pay up.
- ✗ **END** all communication on every channel.
- 📸 **CAPTURE** evidence of blackmail including usernames.
- 👤 **TALK** to a trusted friend or family member, even if it's embarrassing.
- 📞 **CONTACT** the police immediately - time is of the essence!
- 🚫 **BLOCK** the offender on all platforms and change your password.
- 🚩 **REPORT** the individual to the relevant website or app provider.
- 🧠 **CONSIDER** if you or the victim will need a suicide prevention plan.

Never screenshot or capture a copy of material that involves an indecent image of a child.



The Impact of Sextortion

Once the victim realises what has happened, panic sets in and they are left feeling violated, afraid, embarrassed, ashamed, alone, or even suicidal.

Support

If you are feeling overwhelmed, there are people who can support you through this. **There is always hope and help available.**



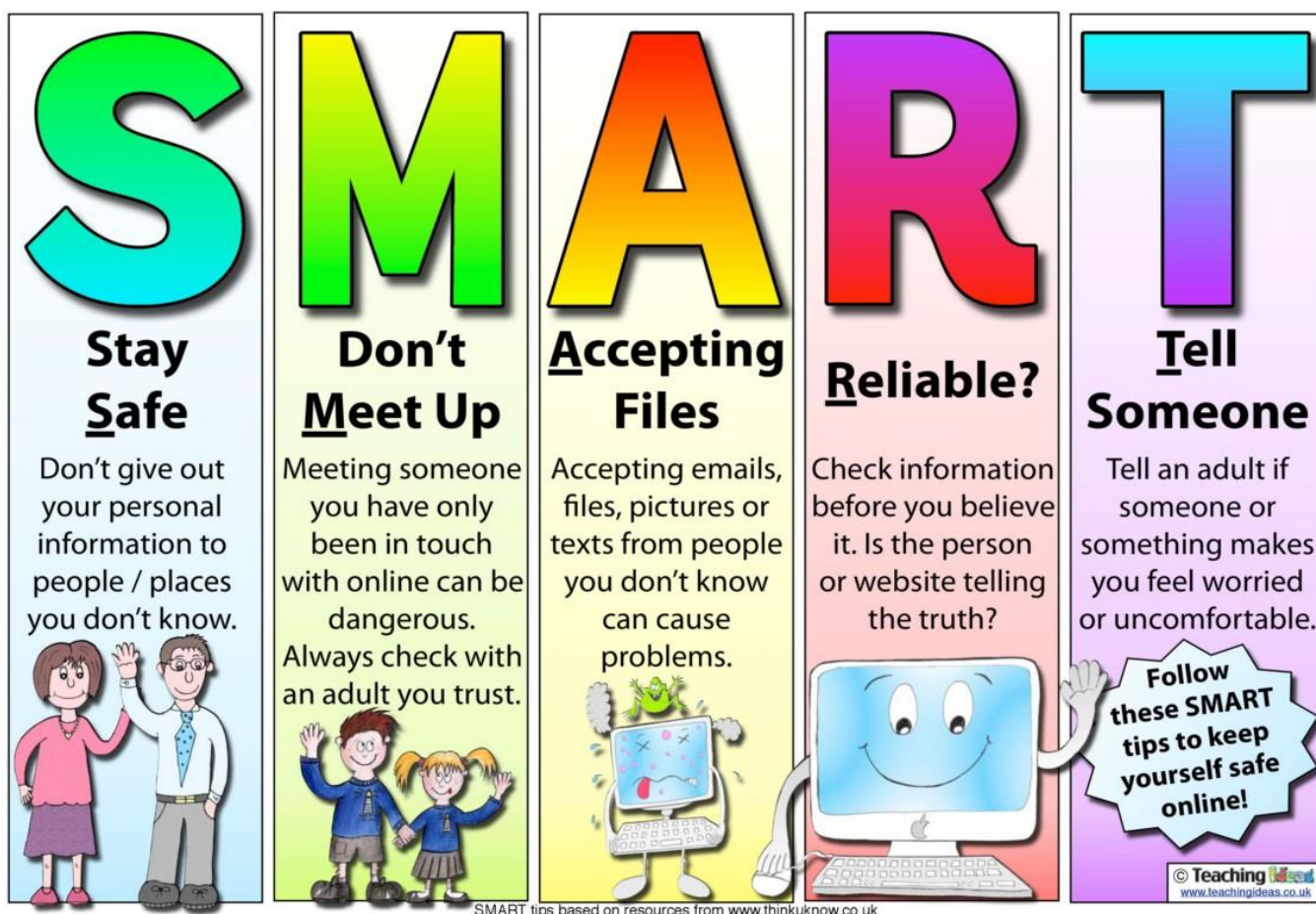
We recently created this list of support, out of school, for students. We are proud to signpost our students to all agencies that may benefit them and enable them to access assistance. Please see below:

SUPPORT SERVICES

ONLINE AND IN THE COMMUNITY

Please see the list below
and follow the links for 24hr help and support

	Childline -	Call for free on 0800 1111 Website: https://www.childline.org.uk	
	Samaritans -	24hr free helpline on 116123 email: jo@samaritans.org Website: https://samaritans.org	
	Kooth -	Sign up for free: https://kooth.com	
	NHS 111 -	Select Option 4 for mental health support	
	BEAT -	Help with eating disorders call: 0808 8010677 email: help@beateatingdisorders.org.uk Website: https://beateatingdisorders.org.uk	
	CAMHS -	Self-refer through your GP or NHS111	
	Mind -	Call free on: 0300 123 3393 Website: https://mind.org.uk	
	Papyrus -	Hopeline247: call free on 0800 0684141 Website: https://papyrus-uk.org Email: pat@papyrus-uk.org	
	Report Harmful Content -	Website: https://reportharmfulcontent.com	
	Devon SARC - Service -	Website: https://sarchelp.co.uk Helpline: 0300 3034626	
	Torbay Domestic Abuse Service -	Helpline: 0800 916 1474 (9.00-5.00 M-F)	



Please encourage your children to be **SMART online**. If you have any concerns with any content your child has received, you can report this through the following sites:

www.ceop.police.uk/Safety-Centre

<https://reportharmfulcontent.com/>

It is highly recommended that you do not allow your child to have access to their mobile phone overnight in their bedrooms.

Online Safety - We constantly remind our students of their digital footprint. The average teenager spends up to 3 hours a day on their phone accessing social media. It is so important that parents use the advice in this newsletter to take an active role in ensuring children access the internet safely. We continue to publish advice through our website for our whole community. There is advice on our parent specific online safety page through our website [Online Safety - Parents | Torquay Girls' Grammar School \(tggsacademy.org\)](#). We have uploaded more recent information on Snapchat.

If your family celebrations this holiday has led to the purchasing of a new device, please ensure you check all settings on the new devices to make sure your profiles and personal information is private. If you are selling old devices, be sure to reset them to their factory settings before you pass them on. This will ensure your data is safe!

Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



Twitter



Facebook



Instagram



Pinterest



Messenger



Tik Tok



Discord



Snapchat



Twitch



Yubo



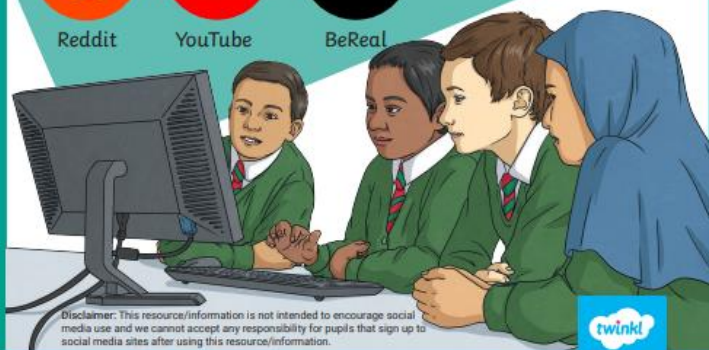
Reddit



YouTube



BeReal



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information.

Contacts if you are concerned about a child.

If you are worried about a child, or if you are a child worried about your own safety, or your query is of a safeguarding nature, please call the MASH (Multi Agency Safeguarding Hub):

For Torbay residents call **01803 08100** or email mash@torbay.gov.uk

For out of office hours please call 0300 4564876

For Devon residents call 0345 155 1071 or email mashsecure@devon.gov.uk

If you or a child is at immediate risk, please call **999**.

If you need support, there is lots of helpful information such as websites available [here](#).

Is your child eligible for Free School Meals?

If your personal circumstances have changed recently and you think your child may benefit from having Free School Meals, please follow the link below which takes you to the application pages.

[Free school meals - Torbay Council](#)