

Safeguarding Information Evening



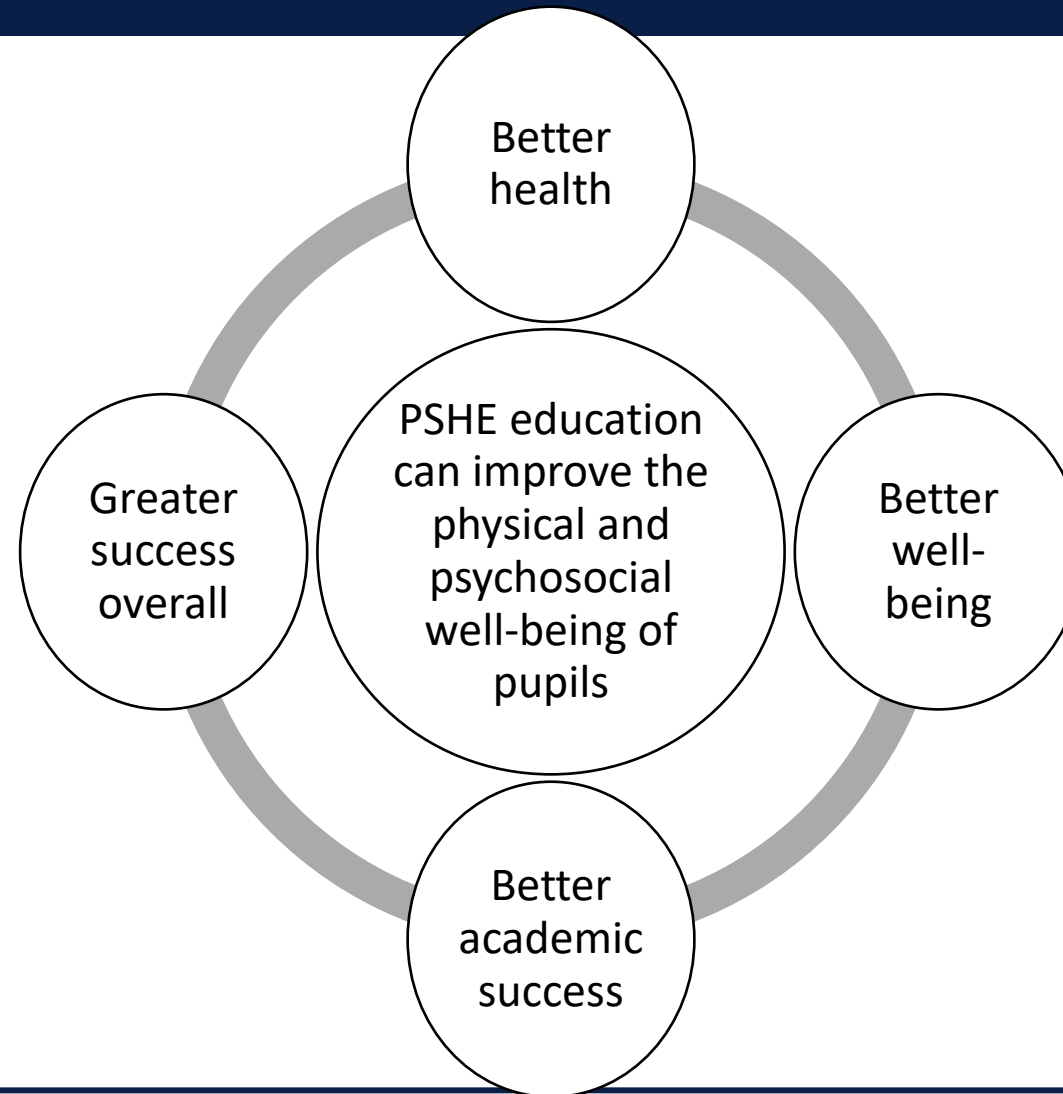
1. Introduction – Mr Addison (Deputy Headteacher/ DSL)
2. PSHE Map and what we do – Mrs Gee (Assistant Headteacher)
3. Safeguarding risks in the local area – Mr Addison
4. Martin Powell (School Liaison Officer)

Why do we teach PSHE?



- The Department for Education (DfE) considers PSHE education **‘an important and necessary part of all pupils’** education and says that the **‘All schools should teach PSHE’**.
- Under section 78 of the Education Act 2002 and the Academies Act 2010, schools must provide a **‘balanced and broadly-based curriculum’** which promotes ***‘the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life’***.

PSHE has a positive impact on young people



Every student at St. Aidan's Church of England High school should benefit from a comprehensive and rigorous PSHE programme covering the following strands:

Relationships
and Sex
Education

Physical Health
and Wellbeing






Mental Health
and Wellbeing



























Financial
Literacy and
Careers

Citizenship and
Political
Literacy


PSHE Curriculum


St. Aidan's PSHE / RSHE Curriculum planning

Key Strands	 Mental health and wellbeing	 Physical health and wellbeing
 Relationships and Sex education	 Financial literacy & careers (Living in the wider world)	 Citizenship and Political literacy (Living in the wider world)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	 Transition and safety My New School	 Careers	 Diversity Friendship & bullying		 Healthy Living Living Well Science curriculum: puberty	 Study skills Desert Island Living CITIZENSHIP curriculum
Year 8	 Substance use Drugs, smoking & alcohol	 Careers	 Relationships Identity, consent & relationships		 Study skills E-safety & Digital citizenship Online safety inc. grooming and sexting	
Year 9	 British Society CITIZENSHIP curriculum Culture & politics (inc. British values)		 Substance use: impact County Lines & gangs		 Careers Study skills	 Relationships Consent and relationships Employability skills CITIZENSHIP curriculum
Year 10	 health and wellbeing Mental & physical health		 Relationships Managing healthy and unhealthy relationships RS curriculum: Theme B: Religion & Life		 Careers Study skills	 Extremism CITIZENSHIP curriculum Prevent & British Values HEALTH DAY
Year 11	 Addiction: Drugs, alcohol, gambling, gaming, pornography RS curriculum: Theme Relationships & families	 Study skills	 Careers	 Crime and criminality CITIZENSHIP curriculum Local safeguarding risks and the Law The Justice system (inc. British values)		


Mental health and wellbeing



<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">  The Big Picture </div> <p>In this unit of work you will be looking at what it means to be healthy physically and mentally, how to adopt a healthy lifestyle as well as what may cause a person not to be healthy. The mental health unit will discuss how to maintain general wellbeing and looking specifically at stress, anxiety and depression.</p>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;"> T Key Terminology </div> <ul style="list-style-type: none"> Body image Balance Eating disorder Mental health Society Influence Perception Positive Negative Media Support Self esteem
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Name: _____ Form: _____

Life in all its fullness





Is this true?



We all have mental health



if I want to talk about my mental health, I always have to talk to a doctor



Finding things challenging means we are failing



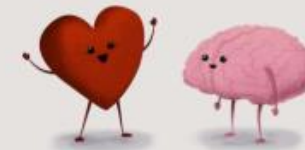
One way to manage our mental health is to talk about it with someone we trust

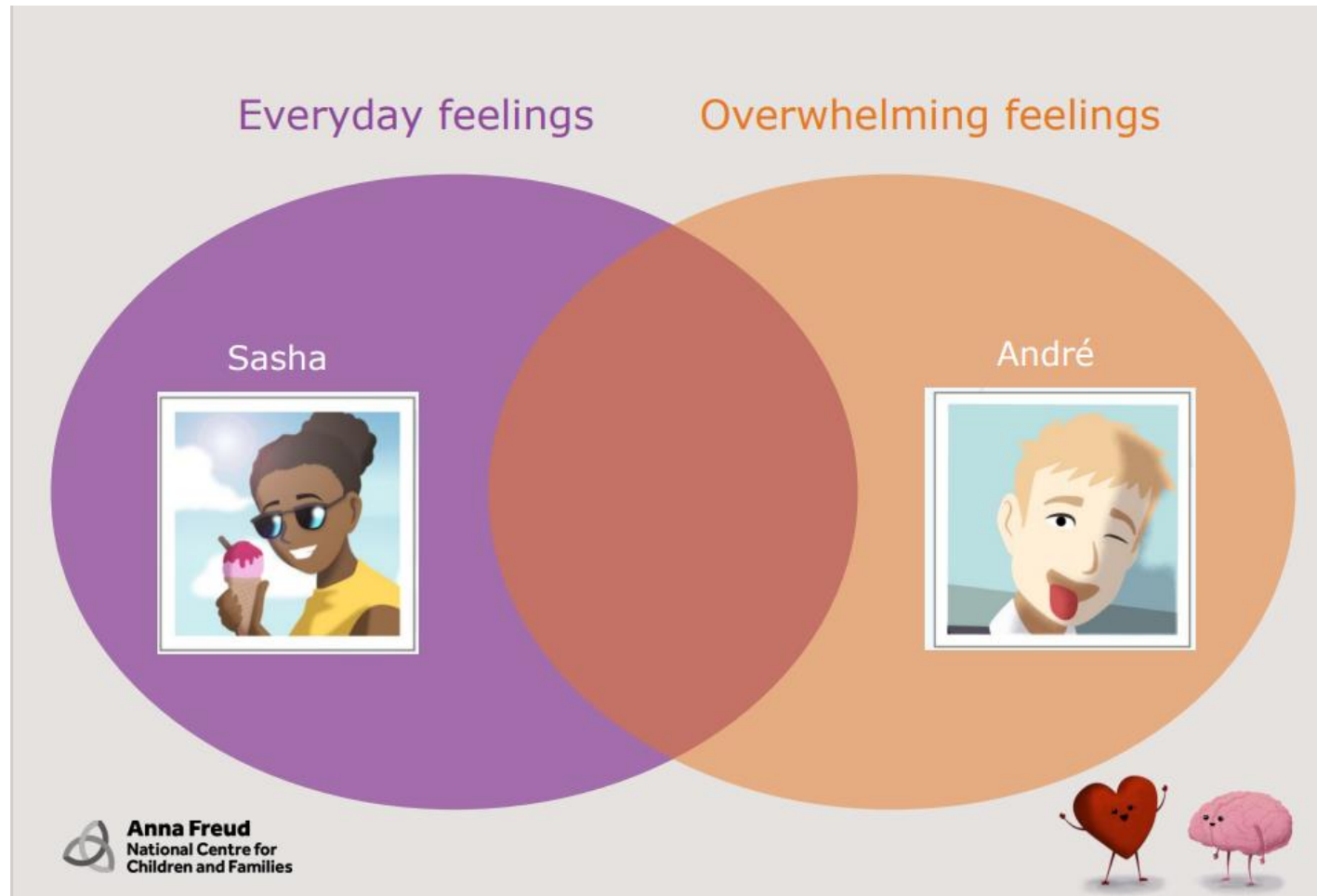
Everyday feelings and overwhelming feelings: Sasha and Andre



Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You might have heard people call them a mental health problem, mental illness or mental disorder.



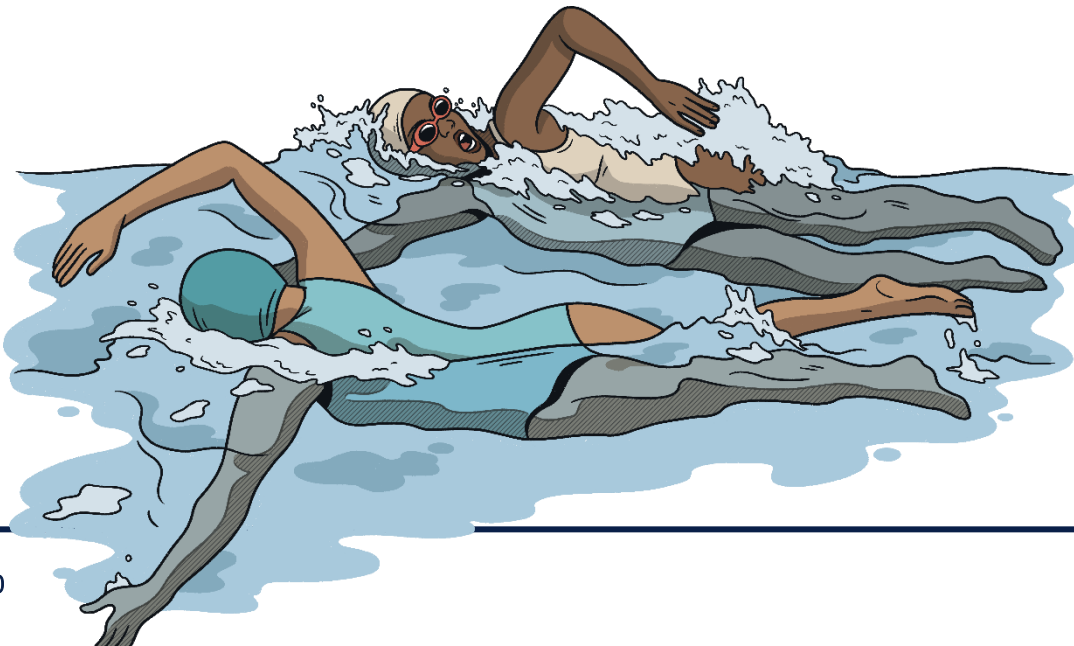


What Strategies Can Be Used to Reduce and Manage Stress and Anxiety?



ST. AIDAN'S
CHURCH OF ENGLAND HIGH SCHOOL

- taking deep breaths in and out slowly
- doing more exercise
- not using electronics an hour before bedtime
- breaking problems into smaller, achievable steps
- being empowered to help yourself



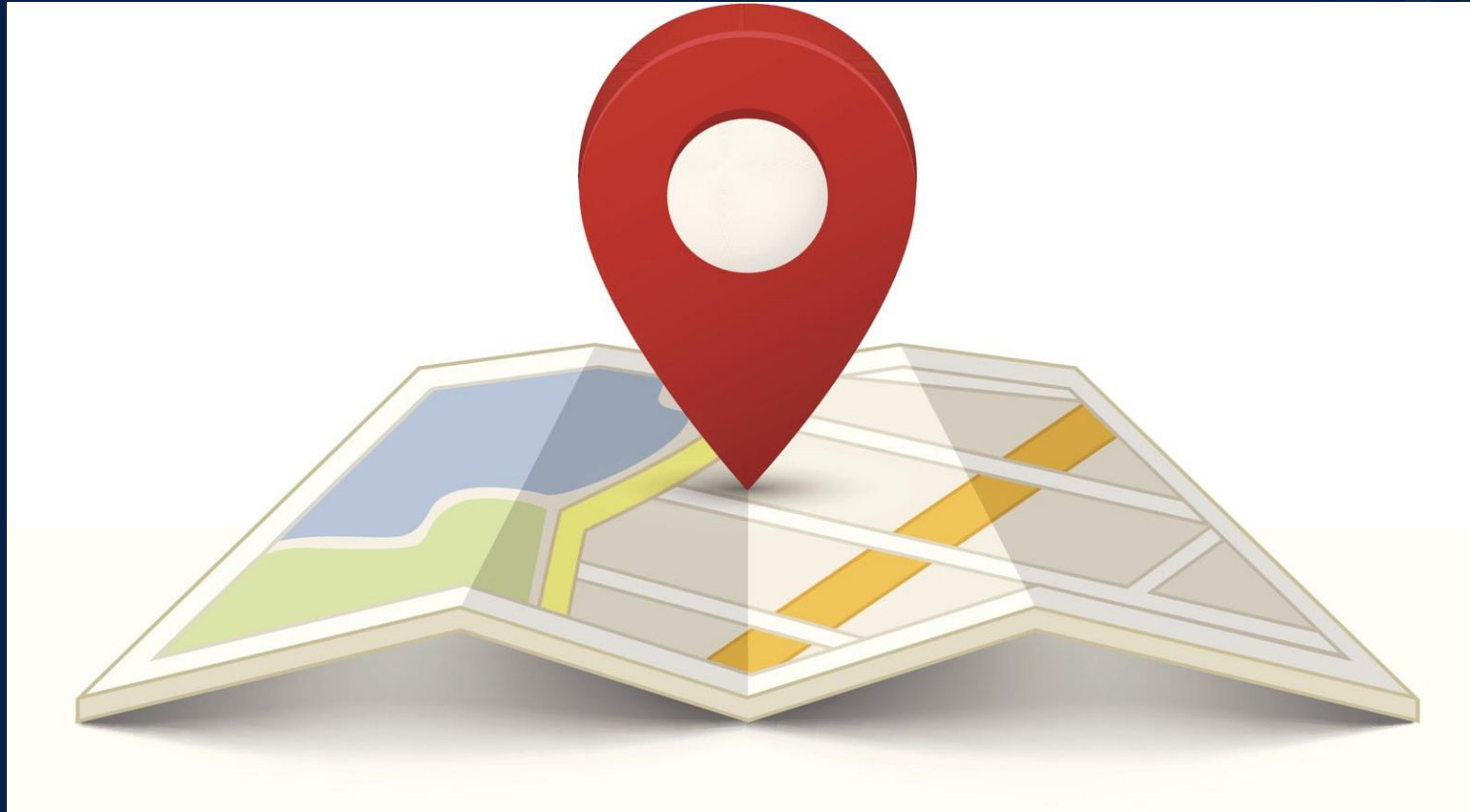
Online help and support

- www.childline.org.uk 0800 1111
- www.youthwellbeing.co.uk
- www.annafreud.org
- www.themix.org.uk
- www.thegoto.org.uk
- www.beateatingdisorders.org.uk

In school

- Form tutor / class teacher
- Head of Year
- Student Support
- Safeguarding team

Safeguarding Risks in the Local Area



Our most common safeguarding issues

- Mental Health
- Pastoral concern e.g. family relationships/ friendship issues
- Substance misuse (vaping)

And in our local area

- Mental Health
- Substance misuse
- Child exploitation: criminal/ sexual – online
- County Lines – to be aware of and alert to.

- 20% of students had nothing to eat or drink before lessons
- 5% of students had taken some form of illegal drug in the month before the survey
- 23% had at least one alcoholic drink in the week before the survey (most in the company of their parents).
- 34% had tried vaping (9% regularly)
- Most common worries:

Boys	Girls
Exams and Tests (30%)	Exams and Tests (56%)
School work (20%)	The way you look (62%)
The way you look (24%)	School work (47%)

- 11% reported that they were a victim of violence or aggression in the area where they live, in the year before the survey.

- 30% of boys and 27% of girls responded that they communicate with people they have met online and don't know in real life.
- 22% of students said they have experienced online someone writing or showing things to hurt or upset them.
- 9% said they have sent personal information or images to someone and afterwards wished they hadn't done.
- Students presenting with high resilience have decreased from 53% to 11% over the last 10 years (Yr8)
- Students presenting with low resilience has increased from 24% to 40% over the last 10 years (Yr8)

Social Media



1. YouTube: What is being watched?
2. Snapchat: Disappearing messages. “Snap Maps” – FOMO.
3. Instagram: Privacy settings.
4. TikTok: The Black Hole.
5. BeReal: Selfies and wherever you are facing. Turn off location feature.
6. Roblox: Parental controls.
7. Spotify: Explicit content filter.
8. Twitch: Watching gamers, interact, chat. Parental controls.
9. Twitter/ X: Privacy settings.
10. Gas: Complimenting or hyping up friends – no age verification.

Pastoral Care @ St. Aidan's



Things you can do:

- Look for patterns of unusual behaviour.
- Monitor and limit screen time.
- Be aware of social media access and use.
- Monitor how much money is available.
- Talk to school about any concerns

Martin Powell (School Liaison Officer)





Op Bobcat

Knife Crime Intervention



The video you are about to watch contains Snapchat and CCTV footage used to prosecute five young men from Scarborough for the murder of 26 year old Solomon Robinson in October 2019



www.youtube.com

What are your thoughts and feelings after watching the video?



- A young man lost his life
- Five young men are now in prison serving life sentences for murder (it will be around 2036 before the first one will be considered for release)
- Impact on victim's family
- Impact on the offenders' families
- Impact on the community



The Danger of Carrying Knives

- Solomon Robinson sadly died of a single stab wound
- Stefan Selvage (aged 17 at the time) pleaded guilty to murder the day before the trial
- Yet still the remaining four young men were all found guilty of **murder**

“Just because you are not the one holding the weapon, it doesn’t make you any less responsible if damage is done because of it”

Detective Superintendent Fran Naughton

Snapchat



- Thoughts on Snapchat?
- What did we see on Snapchat in the video?
- A lot of people think that they can put what they want on Snapchat and because it “disappears” it won't ever be traced or get them into trouble
- This is NOT the case as seen in the video
- Other people could record you on a separate device and then circulate – once something has been sent to other people it is extremely difficult, if not impossible to stop

A Single Stab Wound



- Emergency services were on scene within two minutes, yet despite their best efforts, Solomon dies hours later in hospital
- One stab wound is all it takes to kill someone

Some Facebook comments from the general public



Gareth Chesters Such a ridiculous way to live your life. The false bravado of, from what seems to be just kids. So many lives just wasted.....and for what 😞

2w · Edited



Victoria Murray-Walker I can't actually watch it. How many lives ruined and for what? I hope this brings some kind of peace to the family of the victim, if that's even possible 😞

2w



Sally Ayva They look like children who think they are men , what a waste , my thoughts with all the families but especially that of the victim

2w



Kim Whitehead I think I share the consensus; heartbreaking to watch and so many lives and families ruined. Condolences to the victims family.

2w



Sasha Hayley Armstrong This footage needs to be played to kids in secondary school and college on what not to be like or do!!!

RIP

2w



Carrying a knife is not worth the risk



To get help or advice you could talk to a trusted adult such as a parent, teacher, family friend, police, youth worker etc

The logo for Childline, consisting of the word "childline" in white lowercase letters on a blue rectangular background.

childline

For help and advice

0800 1111

www.childline.org.uk



To report crime anonymously

www.fearless.org