

PSHE and Safeguarding

NEWSLETTER



Autumn Term 1

Welcome to the PSHE and safeguarding WPT newsletter.

We hope you have had a wonderful summer break and are settling well into the new school year.

You will receive PSHE & Safeguarding newsletter every a half term, this is to provide you with updates, support and information for you and your child. You can also visit the Aware page on all school websites:

- Be honest if you don't know the answer to a question. However, you can listen to your child and explore these areas further together.
- Sensitive conversations can be easier to have if you are not facing each other directly, so whilst driving or walking, for example.
- Ask open questions. For example, how is your friendship group at the moment?
- Listen and try not to lecture. They will ask for advice when they want it .

The PSHE programme at Wickersley Partnership Trust in years 7– 8 have weekly PSHE lessons. In Y9 this is once every two week lessons. PSHE classes are taken by



Lesson Title	Lesson Overview
Y10 - Teenage Cancer Awareness	about our personal health and well-being and understand what a young person with cancer experiences.
Y10 - Breast, Testicular, Bowel and Ovarian Cancer	Explain how cancer is formed and identify some ways it can be treated. Share details as to how people can check themselves for possible cancer symptoms.
Y10 - HIV	stigma and HIV and HIV treatment.
	Identify the potential problems getting tattoos and body piercings at a young age can cause. Explain how small decisions made in youth can have far reaching consequences in many areas of our adult lives. point they feel the need to change their appearance for society.
Y10 - Body Shaming	an individual's physical and mental health.
Y11 - Mental Health Awareness	Understand how physical and mental health are connected.

Useful websites to help you discuss this topic with your child:

https://www.youngminds.org.uk/for_parents

<https://www.mind.org.uk/>

<https://www.rethink.org/>

<https://www.mytutor.co.uk/blog/parents/teen-mental-health-a-guide-for-parents/>

<https://www.nhs.uk/mental-health/children-and-young-adults/>

<https://www.talktofrank.com/>

<https://www.moneysavingexpert.com/students/>

<https://barclayslifeskills.com/families/home-learning/>

<https://www.citizensadvice.org.uk/debt-and-money/>

links to useful websites to support you and your child. <https://aware.wickersleypt.org/>

Within each newsletter will also provide you with some support and guidance on ways to support your child with online safety. Please take some time to read our top tips,

head of year.

Also visit-

- <https://www.thinkuknow.co.uk/parents/>

Top tips for staying safe on social media.

view the location settings on their favourite app or game and talk to them about what they're sharing online.

Sometimes it might be appropriate for your child to share their location with a trusted adult or friend. For example, if they're travelling home alone or arranging to meet a group of friends outside school, then it can be a good way to help keep them safe.

Safety settings in chat apps

A risk for children and young people using chat apps is being added to group chats where they don't know the other people in the group, which could increase the chance they come across upsetting or negative messages.

contact you. If your child is using a chat app, we'd recommend looking at the privacy settings to see what's most appropriate. If there aren't any options to restrict contact then we'd recommend that your child doesn't use the app.

You might have heard about end-to-end encryption, but do you know what it is, and what that means for your child?

End-to-end encryption is where only you and the person or people you're communicating with can view the messages that have been sent.

The company who runs the messaging service or app can't view end-to-end encrypted messages, messages won't be remotely accessible by police or government when preventing crime, and they can't be seen by hackers. This means that the message privacy is more secure, but also means they can't be monitored for illegal activity.

One-on-one messages (between you and one other person) or group chat messages (you and multiple people) can be end-to-end encrypted. This can include written messages, photos, videos, voice messages, audio, documents and calls.

A lot of popular apps are automatically end-to-end encrypted, and some are not.

What's most important is how safe your child is on each app, site and game they use, whether it's encrypted or not. This means talking to your child about what they're sharing, who they're talking to and how to stay safe.

Randomised chat forums and apps

There are several sites and apps where the main aim is to randomly connect you to other users, this can be via text but also sharing images and videos as well as livestreaming. Many of these sites are designed for adults, however without age

There is a high risk that children could come across inappropriate or sexually explicit behaviour on this type of platform, as well as young people being contacted by adults they don't know. Monkey and Omegle are examples of this type of app.

Chat apps and gaming

These are often used whilst playing games, or to swap tips and advice with other

platform (such as PlayStation). These chat apps are also used for more than just gaming chat, so it is important to discuss with your child about content they might see or be asked to send and what might happen to content that is shared.

main recommendations help keep your child safe using the app.

1. Choose a secure, strong password.
2. Set who can send you direct messages and friend requests.
3. Block inappropriate content.

Whichever app your child uses, look at the settings and go through the steps together to make sure you both understand how to stay safe.

It is important for children and young people to be aware of what they.1 o ca /Lan(0 thr)22 (ou)



For more information visit our website:
www.wickersleypt.org