

Safeguarding Bulletin 2022-2023

AUTUMN TERM EDITION 2

Welcome and introduction

Thank you to all parents/carers that continue to work tirelessly with us to keep our students and wider community safe. We understand that sometimes as parents/carers you may become aware of something that is safeguarding related (for example: something that your child tells you about someone else; something that you see/hear yourself; something that you see online and/or something that another parent/carer brings to your attention etc.). We request that all parents/carers err on the side of caution with safeguarding and contact the College safeguarding team so we can further investigate concerns about our students. All information shared is treated with the utmost confidentiality and sensitivity furthermore allowing parents/carers to remain anonymous. Sometimes this information allows the College to further gather intelligence on themes, topics, groups of and individual students that we are already concerned about. It also allows us to educate students so they can make the correct choices to keep themselves safe.

To contact us, please email: thinkpink@lintonvc.org
Mrs Matarazzo, Deputy Principal and Designated Safeguarding Lead

Features and Updates

This edition of the Safeguarding Bulletin features: information about **emerging online patterns and trends** and how to keep safe online. It also includes some signposting for **mental health and wellbeing support** as well as providing an update on our in-school provision.

Online Safety

Unfortunately, this half term the College safeguarding team has seen an increase in the number of safeguarding concerns raised about online safety, all of which have taken place outside of school and then, in some instances, has had an impact in school. In particular this behaviour has included:

- asking others for inappropriate images of a sexualised nature;
- sharing inappropriate images of a sexualised nature;
- doing the above for someone that they do not know;
- group chats in which some individuals have targeted others using inappropriate and/or prejudice-based language and
- group chats in which some individuals have been generally unpleasant about others.

The College safeguarding team would really appreciate parents/carers talking to their child/children about how they behave online. The 4Cs (opposite) are excellent conversation starters about online risks followed by some reflective questions such as:

1. What do you think you need to do more of/less of?
2. What do you think you need to start/stop doing?

Mental Health/Wellbeing Support Update

Throughout the Autumn term the College has further developed our mental health and well-being provision to include: lunch-time drop-ins; additional information on our [College website](#); and new referral systems for staff and students. Furthermore, the College has two student mental health panels that meet regularly to review our provision. Next term, the College is going to focus on how we can better engage males with our mental and health and wellbeing services. This piece of work will commence with some student panels.

Making a referral to social care

Anyone can make a referral to social care. Ideally, this should be done via the county that the referee lives in. If this is unknown, the county of the referrer should be used.

For **Cambridgeshire**, [click here](#)

For **Essex**, [click here](#)

For **Suffolk**, [click here](#)

In an emergency, please dial 999 or to speak to the localised police, dial 101.

Online safety

The four areas of risk are referred to as the 4Cs.

Content	being exposed to illegal, inappropriate or harmful material
Contact	being subjected to harmful online interaction with other users
Conduct	personal online behaviour that increases the likelihood of, or causes harm
Commerce	risks such as online gambling, inappropriate advertising, phishing and/or financial scams

Welcome to the Team

We are pleased to welcome Mrs Garner, Director of Inclusion to the College safeguarding team this half term.

Mental Health/Wellbeing Support Over the Festive Season

Please see next page for some signposting for mental health/wellbeing support.



You're not alone this **CHRISTMAS**

AnxietyUK



03444 775 774

www.anxietyuk.org.uk

SAMARITANS

116 123

www.samaritans.org



0300 123 3393

www.mind.org.uk

PAPYRUS



0800 068 41 41

www.papyrus-uk.org

ChildLine

0800 1111



0800 1111

www.childline.org.uk

Refuge



0808 2000 247

www.refuge.org.uk

YOUNG
MiNDS

TEXT YM to 85258

www.youngminds.org.uk

Switchboard
LGBT+ helpline

0300 330 0630

www.switchboard.lgbt

shout
85258

here for you 24/7

TEXT SHOUT to 85258

www.giveusashout.org

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

0800 58 58 58

www.thecalmzone.net



0808 801 0677

www.beateatingdisorders.org.uk



0800 9177 650

www.alcoholics-anonymous.org.uk

Other support organisations are available
Please don't suffer in silence

