



# Students Safeguarding Newsletter

December 2020

Welcome to the December 2020 student safeguarding newsletter. This is your regular newsletter updating you on what the school community is doing to help you all feel safe and supported both in and around school.

We would like your ideas and contributions for future safeguarding newsletters please bring them to Mrs. Wilson in the Pastoral Hub.



Confidential help and advice

It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.

Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.



Are you in a Healthy Relationship?

If it feels wrong—it probably is.

Visit <http://knowaboutcse.co.uk/youngpeople/#signs>

for more information

*A healthy relationship doesn't drag  
you down  
It inspires you to be better*



Giving hope to grieving children

Winston's Wish was the UK's first childhood bereavement charity. We have been supporting bereaved children and young people since 1992 and we continue to lead the way in providing specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them.

### Children of Addicted Parents and People (COAP)

Children of Addicted Parents and People is an online charity for young people affected by someone else's addiction to drugs, alcohol or some form of addictive behaviour such as gambling.

COAP is for young people from the ages of 7 and upwards to 30 years old who have any concerns (no matter how small or big you think they are) about another family member's addiction or problems with alcohol, drugs, and other behaviours.

Online community members register for free and then can post messages sharing their stories of what it is like living with a parent or family member's addiction.

As well as young people responding to each other's posts there is a team of online mentors who have all lived with or still live with someone else's addiction.

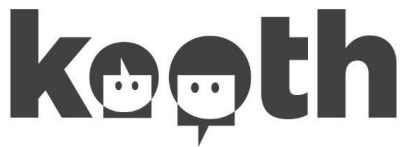
Young people can also private message and have up to 6 sessions with a professional online counsellor for free with the COAP online counselling service.

Who to contact : **Telephone** 0300 330 0659

Website [COAP](#)

Twitter @ActionAddiction

Facebook - <https://www.facebook.com/Action-on-Addiction-161274600606953/>



Your online mental  
wellbeing community  
Free, safe and anonymous support  
Kooth.com—We are online until 10pm

Fearless is our youth service aimed at 11-16 year olds.

It is tasked with increasing awareness of the dangers surrounding street crime, drugs and violence.

Armed with a belief in the power of prevention and intervention, Fearless aims to help our future generations navigate a safe path to adulthood.



Galop gives advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse.

Galop is completely independent – we are a community-led group and we are not connected to police. You can talk to us anonymously if you choose.

T: **0800 999 5428** Mon-Fri 10am-5pm; Wednesday-Thursday 10am-8 pm

E: [help@galop.org.uk](mailto:help@galop.org.uk)

[Online report form](#)

<https://www.selfharm.co.uk>



## FREE ONLINE SELF-HARM SUPPORT FOR 14-19' s

Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.

**FRANK**  
Friendly, confidential drugs advice

**0300 1236600**

Honest Information about Drugs

If you have any concerns about drug usage talk to Frank.  
They will give you impartial and confidential advice

### Useful Websites

Sexey's website has a support and advice page for Young People.

There is information on many different subjects for you and your friends.

To access—Click the Safeguarding tab on the school website—

Advice for Young People—

[Useful websites:](#)

[The Sarmatians](#)

[Childline](#)

[The Hideout](#)

[Hope Again](#)

[Kooth](#)

[The Mix](#)

[Young Somerset](#)

[Think U Know](#)

[Frank](#)

[It's Ok 2BU](#)

[Swish](#)

[School Nursing Team](#)

**If you have a worry or concern, big or small please share it with a member of staff you feel comfortable to speak to. Staff will listen and support you with whatever is on your mind.**