

## WELCOME TO THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

We are committed to providing parents and carers with up-to-date advice and guidance at the end of every half term. Our goal is to support you in helping your child navigate this pivotal time in their lives.

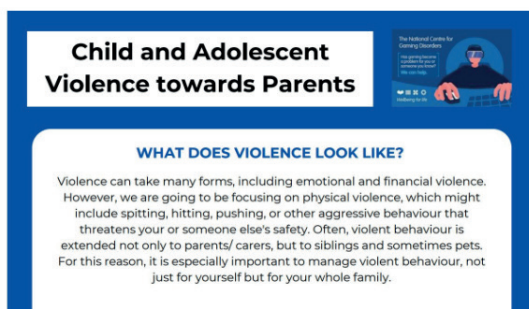
## ANGER ISSUES AS A MENTAL HEALTH CONCERN AMONG CHILDREN AND YOUNG PEOPLE

The NSPCC has published a news story on anger issues as a mental health concern among children and young people. Data from Childline shows that in 2024/25, there were 2,895 counselling sessions delivered to young people struggling with anger issues, an increase of 6% compared to 2023/24. The news story includes tips to share with children on dealing with these emotions.

[Thousands of children are turning to Childline to seek help for anger issues](#)

## CHILD AND ADOLESCENT VIOLENCE TOWARDS PARENTS

This advice comes from the NHS site linked to addiction to gaming but the advice given is useful in terms of child and adolescent violence towards parents for any reason.



[Child and Adolescent Violence towards Parents Resource](#)

## GENERATIVE ARTIFICIAL INTELLIGENCE IN EDUCATION

[Gen AI: The Harms Landscape \(for parents, teachers, safeguarders\)](#)



## LOOKSMAXXING

### Understanding "Looksmaxxing" and Its Impact on Teen Boys

#### What is Looksmaxxing?

**Definition:** Looksmaxxing is the pursuit of improving one's physical appearance, often influenced by social media.

**Methods:** It ranges from basic grooming and fitness to extreme measures like cosmetic surgery.

#### Types of Looksmaxxing

##### **Softmaxxing:**

- **Definition:** Non-invasive, lifestyle-based methods.
- **Examples:** Grooming, skincare routines, healthy eating, regular exercise, posture improvement, and updating personal style.
- **Risks:** Can become obsessive, driven by social comparison and the constant pursuit of perfection.

##### **Hardmaxxing:**

- **Definition:** More extreme, invasive, and often expensive measures.
- **Examples:** Cosmetic surgeries (e.g., rhinoplasty, jaw reshaping), non-surgical procedures (e.g., Botox, fillers), DIY procedures, and steroid use.
- **Risks:** Medical and psychological risks, including body dysmorphia, low self-esteem, depression, and harmful behavior.

#### Dangers of Social Media Platforms

- **TikTok, Instagram, and YouTube:**
  - **Unrealistic Standards:** Promote unattainable beauty ideals.
  - **Algorithm Influence:** Favor conventionally attractive users, amplifying perfectionism.
  - **Echo Chambers:** Online communities that reinforce toxic ideas and behaviors.

#### How It Affects Teen Boys

- **Pressure:** Boys feel pressured to meet these beauty standards to be accepted and respected.
- **Online Influence:** They may be drawn into harmful online communities that promote toxic ideas.

#### The Deeper Impact

- **Cultural Shift:** Young men are being told they are inherently deficient unless they conform to hyper-specific, unattainable beauty standards.
- **Amplification:** These messages are amplified by algorithms, monetized by self-proclaimed "experts," and weaponized in manosphere forums where misogyny, nihilism, and black-and-white thinking flourish.
- **Disguised Harm:** What looksmaxxing often disguises as "self-improvement" is, in many cases, a conduit to deeper psychological and physical harm and radical ideologies.

#### What Can Parents Do?

**Open Conversations:** Talk to your sons about their online activities and feelings about their appearance.

**Critical Thinking:** Encourage them to question the content they see online.

**Support:** Watch for signs of distress and seek professional help if needed.

#### Key Takeaway

**Self-Worth:** Emphasize that true self-worth comes from character and kindness, not just physical appearance.

Please visit the link for further information:

<https://www.thewhitehatter.ca/post/the-rise-of-looksmaxxing-and-how-teen-boys-see-themselves>



## SUPPORT FOR PARENTS

Please see below the support that parents can access in the local area.

As a school we have a parent support page set up on our website please visit it by [clicking here](#).

**Parent Support Programme**

6 - 7.30pm

First Tuesday of every month

Quakers meeting house, 16 Colebrook St, Winchester

Continuing with different mental health topics each month

**WYC** Winchester Youth Counselling

**mind** for better mental health

Winchester Youth Counselling, in partnership with Solent Mind, will be delivering monthly information sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential. £5 to secure your place (please contact us if you require support).

**To book please click on the 'Events' section on our website;**  
[www.winchesteryouthcounselling.org](http://www.winchesteryouthcounselling.org)  
**or for more information please contact [psp@winchyc.org](mailto:psp@winchyc.org)**

[@WinchesterYouthCounselling](#) [@WinchYC](#) 01962 820444

**P.A.C.E. (Parent, Carer and Professionals Events)**

A free event to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

**P.A.C.E. 2024**

MARCH 11<sup>TH</sup>

11TH MAR 2024

TESTBOURNE SCHOOL, MICHELDEVER RD., WHITCHURCH, RG28 7JF

PACE events are ran by CAMHS across Hampshire. Typically once a month but are designed to provide support of families to understand the needs of young people.

More information can be found here:  
**Events – CAMHS ([hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk))**

## SUPPORTING YOUR ADOLESCENT PARENTS & CARERS TOOLKIT

The toolkit has been designed in collaboration between Hampshire Safeguarding Children Partnership with parents/carers, to provide information and help on a range of topics that can affect pre-teens and teenagers as they journey into adulthood.

The subjects featured in the toolkit were chosen specially by parents/carers, and the contents carefully compiled by a range of services across both Hampshire and the Isle of Wight. The toolkit comprises of 10 themes, which are further broken further down into subthemes.

The main themes cover:

- physical health
- mental health
- sexual health
- online safety
- keeping adolescents safe outside the home
- relationships
- bullying
- identity
- substance use
- SEND





## 2025 PACE Events

Free health & wellbeing events for all parents & carers  
who support or work with young people

DATE	LOCATION
Thursday, 23 <sup>rd</sup> January 2025	<b>Alton</b> Alton Maltings, Maltings Close, Alton, Hampshire, GU34 1DT
Thursday, 27 <sup>th</sup> February 2025	<b>Basingstoke</b> Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 26 <sup>th</sup> June 2025	<b>Andover</b> Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Friday, 7 <sup>th</sup> November 2025	<b>Lyndhurst</b> Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY

BOOK YOUR SESSION SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)





**P.A.C.E** ITINERARY

TIME	SESSION 1	SESSION 2
9:30 - 10:30	<b>Supporting a child with eating difficulties including AFRID</b> This session solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder, which is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	<b>Supporting trauma recovery</b> Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	<b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	<b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Introduction to autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	<b>Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This session aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	<b>Looking after yourself to support your child</b> This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	<b>New Connecting with your child</b> Understanding what true connection, co-regulation and compassion are, why we need them as humans (adults and children), and how they influence our nervous system states. Including ways to build them into your everyday life to support your child's wellbeing and your own.	<b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>New Tics and Tourette's</b> An introduction to what are Tics and what is Tourette's. This presentation will cover what can make tics wax and wane and explore ideas and interventions that can help young people, their carers and other people who may support them.
17:15 - 19:30	<b>New Understanding ADHD</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.	<b>Supporting your autistic child to thrive</b> This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.

## ONLINE PARENTING COURSES



Our free online parenting courses are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of our courses are filled with helpful techniques and ideas that we are sure will help you become a confident and happy parent. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace. Our range of courses are below.

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

## SAFEGUARDING TEAM

### The Henry Beaufort Safeguarding Team



MR COE  
Designated  
Safeguarding Lead



MRS BRIGGS  
Deputy Designated  
Safeguarding Lead  
Assistant Headteacher



MR APPLIN  
Deputy Headteacher



MISS MCMAHON  
Head of Year 7



MRS BURBIDGE  
Head of Year 8



MISS BEAN  
Head of Year 9



MR NAIBITT  
Head of Year 10



MR JANES  
Head of Year 11



MRS HODGE  
SENDCO



MISS BORWICK  
Support and Guidance  
Manager



MRS CALLEN-ORGAN  
Support and Seclusion  
Manager



MISS MOURANT  
Learning Manager OLC



MRS PETER - SIMMONDS  
Family Support Worker



MRS CAVELL-WELLS  
Safeguarding Governor



MR LIONEL JONES  
Safeguarding Governor



## SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at: [Safeguarding@beaufort.hants.sch.uk](mailto:Safeguarding@beaufort.hants.sch.uk)

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is in immediate danger, please contact the police using 999.



The HENRY  
BEAUFORT School

# CALL IT OUT

Use this **QR code** to sign in and share any concerns you have about;

Any behaviour that you have seen or experienced that worries you.

This could be



AT HOME



TO AND  
FROM  
SCHOOL



AT SCHOOL



We have a zero tolerance to negative behaviour and together we must **CALL IT OUT!**

This can include: Discriminatory or prejudicial language, bullying, vandalism or any form of abuse

[www.beaufort.hants.sch.uk](http://www.beaufort.hants.sch.uk)



## SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

### FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | [familylives.org.uk](https://familylives.org.uk)

### MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) | [samaritans.org](https://samaritans.org)

Mind (calls charged at local and network rates) | 0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [mind.org.uk](https://mind.org.uk)

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

### DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | [nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)

Men's Advice Line (free) | 0808 8010 327 | [mensadviceline.org.uk](https://mensadviceline.org.uk)

Galop (free, LGBT+) | 0800 999 5428 | [galop.org.uk](https://galop.org.uk)

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | [bit.ly/2NoQx7T](https://bit.ly/2NoQx7T)

| 0300 123 6600 | [talktofrank.com](https://talktofrank.com)

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | [gamcare.org.uk](https://gamcare.org.uk)

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website:

[adfam.org.uk](https://adfam.org.uk)

Stop Domestic Abuse Now. This organisation run a group course called The Freedom Programme.

<https://stopdomesticabuse.uk/>

### FOOD BANK

Website : [WinchesterBasicsBank.co.uk](https://WinchesterBasicsBank.co.uk)

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm \*\*Please note that we are not open on Bank Holidays\*\*