

WELCOME TO THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

We are dedicated to offering parents and carers the latest advice and guidance at the end of each half term. Our aim is to support you in assisting your child through this important phase of their life. Our focus for this newsletter is around current and topical issues that have recently been in the national news.

NETFLIX SAFETY

We recognise the popularity of the new TV drama on Netflix among students, colleagues, and parents. Following the airing of the Adolescence show on Netflix, 'Beyond Equality' is offering a free webinar addressing the issues highlighted in the programme. Please click on the following link to join:

[Free Webinar- How To Tackle The Adolescence Issue](#)



LUCY FAITHFULL FOUNDATION

We understand the Intimate Behaviour of Teens - Lucy Faithfull Foundation

Every child will develop in their own way. During their teenage years most children will go through puberty, start to have sexual feelings, form different types of relationships and look for sexual experiences. As a parent, it can feel uncomfortable to think about this and to know how to help for them. Teens get information and ideas about sex and relationships from the media, social media and friends. This is not a particularly conducive to a good knowledge transfer. Indeed, learning in this manner can expose them to unnecessary risks. The Lucy Faithfull Foundation has published an article on these issues over on their website, if you're interested please follow the link below:

[https://www.lucyfaithfull.org.uk/advice/concerned-about-a-child-or-young-persons-sexual-behaviour/helping-parents-and-carers\[1\]understand-the-sexual-behaviour-of-teenagers/](https://www.lucyfaithfull.org.uk/advice/concerned-about-a-child-or-young-persons-sexual-behaviour/helping-parents-and-carers[1]understand-the-sexual-behaviour-of-teenagers/)

WHATS APP

In April 2024 the age for WhatsApp use was lowered from sixteen to thirteen. If interested there is a more relevant article on the WhatsApp age of consent issue below:

<https://parentzone.org.uk/article/whatsapp>



Daniel Spargo Mabbs Foundation

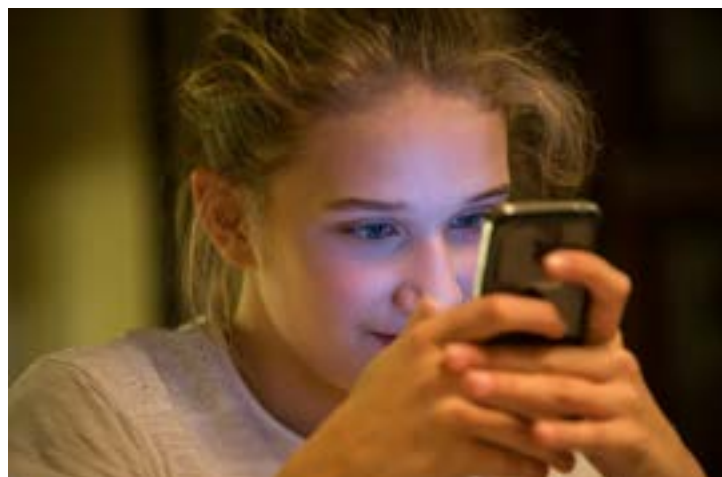
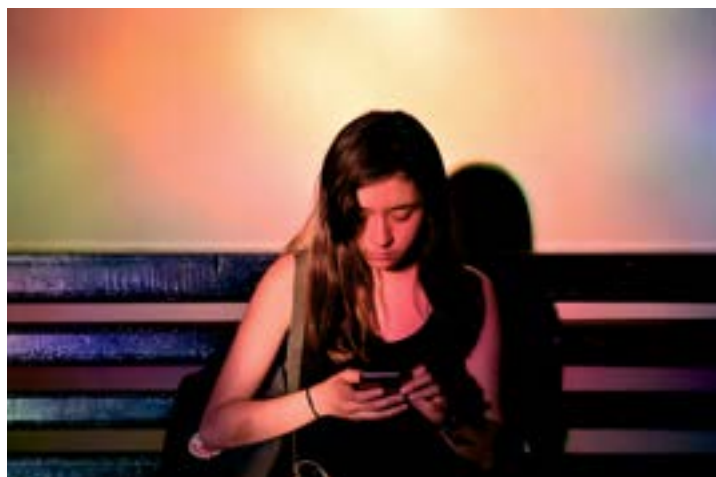
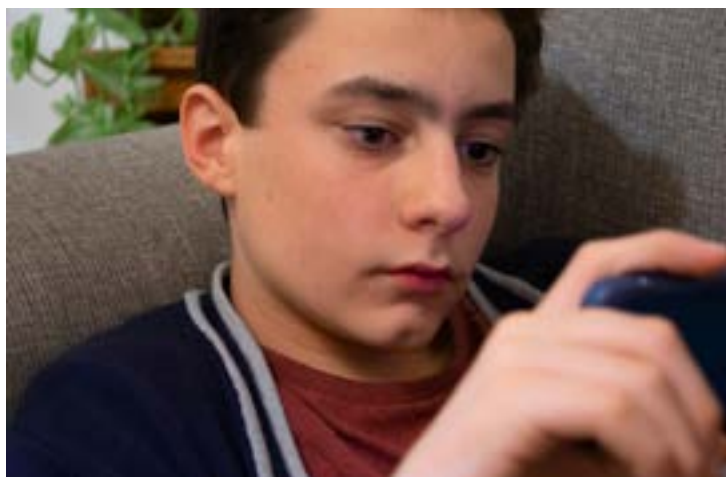
Thank you to everyone who attended the Parent Webinar hosted by Daniel Spargo Mabbs Foundation. The presentation on drug awareness was both informative and engaging.

We have attached the edited recording of the webinar for those who could not attend, or wish to revisit the content: <https://youtu.be/k3gFa7dph2w>

ONLINE SAFETY AND RISKS**Useful Advice**

Online, young people are communicating in ways that most adults completely misunderstand. What looks innocent could potentially have a very different meaning.

Take a look at our guide here: <https://www.beaufort.hants.sch.uk/parents/newsletters-and-events/latest-news/safeguarding-useful-information>



So, what should parents do and some advice:

1. **Get Curious, Not Combative** – Ask open-ended questions: “I saw something about emojis meaning different things. Have you heard of this?” Keep the conversation light.
2. **Create a Judgment-Free Zone** – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not just lecture.
3. **Decode Together** – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don’t assume—ask.
4. **Teach Critical Thinking** – Help them question online content. “Why do you think some groups push this idea? Who benefits?” Arm them with questions, not just rules.
5. **Monitor Without Spying** – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
6. **Be Real About Manipulation** – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’
7. **Build Their Offline Confidence** – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.



EATING DISORDER SUPPORT - SHOUT 85258

Shout 85258, is a free and confidential text messaging support line for people struggling to cope. The digital service, has issued new guidance on the issue of eating disorders. Eating disorders are recognised by the NHS as a 'mental health condition where you use the control of food to cope with feelings and other situations'. Recognising an eating disorder is the first step towards healing and regaining balance.

There are various types of eating disorders, including Anorexia Nervosa, Bulimia, and Binge Eating Disorder. However, some individuals might not fit into these categories and instead experience Other Specified Feeding or Eating Disorders (OSFED) or ARFID (Avoidant Restrictive Food Intake Disorder), which is more common among individuals with autism.

Understanding these different experiences helps us better support those going through these challenges. If interested in finding out more, please click on the link below:

<https://giveusashout.org/latest/how-to-support-a-young-person-with-an-eating-disorder/>



Get help

To start a conversation, text the word 'Shout' to 85258. If you're viewing this on your phone, tap the 'TEXT US' button below.

Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you.

If your life is at imminent risk, please call 999 for immediate help.

TEXT US



SOLENT MIND SELF-HARM SUPPORT HUB



SELF - HARM

Self-harm occurs when someone intentionally hurts themselves to cope with difficult feelings, painful memories, or overwhelming situations and experiences.

Self-injury is an expression of acute psychological distress. It is an act done to oneself, by oneself, with the intention of providing relief. Paradoxically, damage is done to the body to preserve the integrity of the mind.

WHY DO YOUNG PEOPLE SELF HARM

- Express something too hard to say
- Change emotional pain to physical pain
- Have a sense of being in control
- Escape traumatic memories
- Have something in life they can rely on
- Punish themselves for feelings
- Stop feeling numb or dissociated
- Create a reason to physically care for themselves
- Turn invisible into something visible
- Express suicidal feelings and thoughts without taking their own life

SUPPORTIVE CONVERSATIONS MATTER

Recognise how hard this conversation must be for the young person.

They are the sole focus of your attention.

You respond calmly even if you don't feel calm.

You spend most of your time listening.

They tell their story (don't assume).

There is acceptance and support, not judgement.

The self-harm is not dismissed as attention seeking.

Unrealistic promises are not made about confidentiality.

This is recognised as the first of a difficult journey.

ONLINE SUPPORT FOR THOSE WHO SELF HARM

Solent Mind self-harm support hub - offers a peer support group and information

YoungMinds - text their crisis messenger service at any time for support

Alumina - provides free online self-harm support for 10-17 year olds

Childline - speak to a counsellor/ chat to other young people on message boards

The Mix - offers counselling, a helpline, webchat, community message boards

Self Injury Support - provides information and support for girls and young women in distress, including a text and webchat service

SANE - provides care and emotional support for people aged 16 and over affected by mental illness, including families and carers

Tellmi - app that allows them to talk about difficult things with people their age, while hiding their identity (posts and responses are moderated for safety)

Calm Harm - free app providing support and strategies to help resist or manage the urge to self-harm

distrACT - self-help tips and links to support and trusted resources for those who self-harm or feel suicidal, and those supporting them

Self-injury and self-harm are both coping mechanisms used by an individual to deal with difficult feelings, emotional pain and situations that can feel overwhelming.


Please visit Solent minds self-harm hub for help and support.

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





SUPPORT FOR PARENTS



**Hampshire Child and Adolescent
Mental Health Services**

HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

The sessions will include looking at emotional regulation. When distress and emotional responses make situations challenging, how can we think clearly & avoid becoming overwhelmed.

The afternoon will focus on
How to Feel Better as a Parent in Burnout
Exploring what burnout is, what contributes to it, the signs and avoiding repeating cycle. An immersive workshop including self-care and nervous system regulation practices you can try. Led by Courtney Freedman-Thompson - coach and wellbeing practitioner with lived experience.

For more information and to book a place go to:
<https://hampshirecamhs.nhs.uk/events/>

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

Thursday, 8 May 2025 9.30am - 3.15pm
**St Peter's Catholic Church Conference Centre,
Jewry St, Winchester SO23 8RY**

Tickets £25
Tea, coffee and lunch included



NEW
FOR 2025



Hampshire Child and Adolescent
Mental Health Services

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION

YOUNG PERSON'S
MENTAL HEALTH

10am - 2pm

The Arc, Jewry Street
Winchester, SO23 8SB

This is an opportunity for
parents/carers, professionals
or young people to come
and chat to our CAMHS
clinicians, ask questions,
get advice and resources.

Bookable slots available via
our website or just drop in.



2 April	3 September
7 May	1 October
4 June	5 November
2 July	3 December
6 August	

hampshirecamhs.nhs.uk

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

[What is child abuse?](#)[Support for parents](#)[Keeping children safe](#)[Support us](#)[About us](#)[Events](#)[Home](#)[About us](#)[News and opinion](#)[2025](#)[Artificial intelligence safety tips for parents](#)

Artificial intelligence safety tips for parents

Learn more about artificial intelligence (AI) content and tools, and discover ways to help your children stay safe. Written by Kate Edwards, Associate Head of Child Safety Online.

The NSPCC has published a news story to help parents and carers learn more about artificial intelligence (AI) content and tools. The article explains what AI-generated content is and offers six tips to support children to use AI safely.

Manipulative marketing in games

Do you and your child know how to spot persuasive digital marketing tactics in apps and games? Check out this learning module to learn how to support and protect your family.



Manipulative Marketing for Kids – Better Internet for Kids

Children are increasingly becoming major components in the online games industry. Many games are deceptively pay to play, whilst claiming to be free.



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 NAISBITT
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

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.



Call It Out

Use this QR code to share any concerns you have about;

- Prejudicial, discriminatory, racist language or behaviour you have from a student(s) to another. This can include any acts of bullying.
- Vandalism which includes graffiti or damage to persons property or belongings.
- Vandalism which includes graffiti or damage to the school property.

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



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 | familylives.org.uk

MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 | info@mind.org.uk | 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

Men's Advice Line (free) | 0808 8010 327 | mensadviceline.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

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

| 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | gamcare.org.uk

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

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

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**