

BAS INCLUSIVE

Safeguarding together



Spring 2023: Issue Two

Welcome to the second edition of this Academic year's newsletters from the Battle Abbey School Safeguarding and Welfare team. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

This issue will be focused on Online safety, with a focus on specific social media sites, Games, the Dark web, and the impact of influencers; Mental Health support; Body positivity and maintaining healthy lifestyles.

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD?

If you are worried about a Child's safety or welfare, please do not hesitate to contact any of the Designated Safeguarding Leads straight away via the school office or via safeguarding@battleabbey.school

The following members of staff are the DSLs for Battle Abbey School:

Whole School DSL: Rebecca Ingall
Senior School Deputy DSLs: Debbie White and Gary Wells
Prep School Deputy DSLs: Joshua Barraclough and Trudy Golding
Nursery/EYFS: Amy Lee and Jackie Richards

NOTE FROM THE DSL

I hope you all enjoyed a relaxing Easter break and enjoyed some of the (slightly) warmer weather we were lucky to have. What a term we have had over the last few months! There has been so much going on that I'm excited to reflect on in this second edition of our termly Safeguarding newsletter.

Firstly, thank you so much to those Parents who contacted in support of the Autumn issue; your feedback was hugely valuable, and I am very grateful to you for taking the time to make contact. If you have any issues you would like to see in future editions, please do let me know.

Secondly, we have had such a variety of different visiting speakers and events this term related to PSHE, Welfare and Wellbeing, and I know several of you as Parents attended some of these events. Later in this edition, I will be giving you a round-up of all the relevant visiting speakers we have had at school, and the feedback we've received.

Safeguarding is and will always be paramount to who we are at Battle Abbey School. I've been in post now for almost a year, and still want to work hard and improve practices where we can as a team. As such, accompanying this issue of the newsletter, there is a link to an online Microsoft Form for Parents to fill out that will provide you with an opportunity to give some feedback about Safeguarding at our school. It should take approximately 10 minutes to complete, and your input will be invaluable, so please do be honest and utilise the opportunity to add any further comments if you wish. Many thanks in advance for taking the time to fill this out.

[SAFEGUARDING QUESTIONNAIRE LINK](#) CLICK HERE!

OR SCAN THE QR CODE HERE!



PROMOTING BODY POSITIVITY AND HEALTHY LIFESTYLES

As parents, we all want our children to grow up feeling confident and happy in their own skin. However, with the rise of social media and the constant pressure to look a certain way, promoting body positivity can sometimes feel like an uphill battle, especially with the overall impact to children and young people's mental health. Here are some tips to help you promote body positivity for your children.

Be a positive role model.

Children learn a lot from observing their parents, so it's essential to be a positive role model when it comes to body positivity. Avoid making negative comments about your own body or criticizing others for their appearance. Instead, focus on healthy behaviours and self-care practices that promote positive body image.

Encourage healthy habits.

Promoting healthy habits like regular exercise and a balanced diet can help children develop a positive relationship with their bodies. Emphasize the importance of taking care of one's body, not just for physical health but also for mental well-being.

Celebrate diversity!

Teach your children to appreciate and celebrate diversity in all forms, including body types, shapes, and sizes. Show them that everyone is unique and beautiful in their way, and that it's essential to accept and respect others' differences.

Focus on achievements, not appearance.

Encourage your children to focus on their accomplishments rather than their appearance. Highlight their talents, skills, and abilities, and teach them to appreciate themselves for who they are, rather than how they look.

Encourage self-expression.

Encourage your children to express themselves creatively through fashion, art, music, or any other medium that they enjoy. Help them develop their sense of style and individuality, and teach them to appreciate their bodies as a canvas for self-expression.

Talk openly about body image!

Be open and honest with your children about body image and the challenges that come with it. Encourage them to talk to you about their feelings and experiences, and offer support and guidance when needed. Help them develop a positive mindset towards their bodies, and teach them to appreciate all the things that their bodies can do. By being a positive role model, encouraging healthy habits, celebrating diversity, focusing on achievements, encouraging self-expression, and talking openly about body image, you can help your children develop a positive relationship with their bodies that will last a lifetime.

If you are worried about a child or young person in your life who may be facing an eating disorder, you can find support and guidance from BEAT here: <https://www.beateatingdisorders.org.uk/> or call their advice line: 0808 801 0677 or please speak to a member of the Welfare team at school.



VISITING SPEAKERS

SIMON LEIGH- DRUGS EDUCATION

Back in January, we had the privilege of welcoming Simon Leigh to speak to our pupils. Simon is an addiction counsellor accredited by the Federation of Drug and Alcohol Professionals who also gives talks in schools on drugs. He believes that education is the key to reducing the number of drugs induced mental health issues, hospital admissions and deaths caused using recreational drugs.

"I just give them the facts, but in a way that leaves them wondering why anyone would want to take drugs", he said. "One reason for talking to kids is to try to rid this country of the stigma surrounding addiction. It's an illness affecting around 10 per cent of the population and so should not have any shame attached to it. The fact that the kids are looking at a real-life addict gives me a lot of credibility. I've been in recovery for cocaine addiction for several years so I use my own experiences when I give talks."

Simon gave the same talk to parents after school, so that they too could understand the facts and myths around drugs. Again, he explained that it is a mental illness and that people can be genetically predisposed to addiction. He told parents what to look for if they suspect that their child may be taking drugs; signs include lethargy, erratic behaviour, insomnia, and a sudden loss of enthusiasm for a subject or activity they had previously enjoyed.

Several of our Staff attended the sessions, and gave their feedback:

"I thought he was knowledgeable, informative, charismatic and obviously he captured his audience. He didn't talk down to the students."

"It was an excellent presentation which hopefully will make an impact on some of the choices students make now and in the future."

"Very informative and engaging. I like that he taught the students to take drugs 'safely' whilst also reiterating that there is no safe way to take banned substances. The students were engaged, and he spoke on their level. He was not patronising, and I liked the way he was realistic about drug use. I spoke to many of the sixth form after and they also said he was really good."

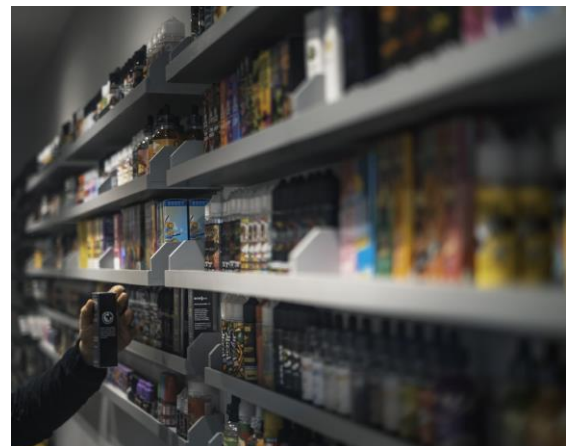
We hope that we can welcome Simon Leigh back to BAS in the future.



DR ARIC SIGMAN- VAPING

Schools have seen a significant and sharp rise in the access and use of Vapes and electronic cigarettes; it is an epidemic that all schools in the country are facing, due to the attractive nature that these E-cigarettes offer.

Teenagers are a vulnerable group when it comes to vaping. Vaping has become increasingly popular among young people, with a 2019 National Youth Tobacco Survey reporting that over 5 million secondary school students reported using e-cigarettes within the past 30 days. Unfortunately, many teens are not aware of the dangers of vaping, and they may think that vaping is a safe alternative to smoking. However, this couldn't be further from the truth.



We had the privilege of welcoming Dr Aric Sigman back into school back in February, to talk to KS3, 4 and 5 about the dangers of vaping. Dr Sigman is a renowned visiting speaker into schools and specialises in PSHE related topics, and he had previously spoken at the school in 2019, about screen time, screen addiction and staying safe in the digital world.



Dr Sigman's talk was highly useful in identifying the facts around vaping, but also dispelling some myths.

First and foremost, vaping can have negative effects on the development of the teenage brain. The brain is not fully developed until around the age of 25, and vaping can affect the parts of the brain that control attention, learning, mood, and impulse control. Nicotine, the addictive substance found in e-cigarettes, is particularly harmful to adolescent brain development, and it can increase the risk of addiction to other substances later in life. Furthermore, a study published in the journal *Paediatrics* found that teenagers who vape are more likely to develop chronic bronchitis, a condition that causes inflammation and irritation of the bronchial tubes, which can lead to breathing difficulties.

Secondly, vaping can lead to addiction. Many e-cigarettes contain high levels of nicotine, which can be highly addictive, especially for teenagers who are still developing their brains. Addiction to nicotine can lead to a host of negative health consequences, including increased heart rate, high blood pressure, and an increased risk of heart disease. Nicotine addiction can also lead to withdrawal symptoms, such as irritability, anxiety, and difficulty concentrating, which can affect a teenager's academic performance and overall well-being.

Additionally, vaping can have negative effects on lung health. The liquid used in e-cigarettes, called e-liquid or vape juice, contains a variety of chemicals, including some that are known to be harmful when inhaled. When the e-liquid is heated, it turns into a vapor that can be inhaled into the lungs. This vapor can contain harmful chemicals, such as formaldehyde, acrolein, and acetaldehyde, which can cause irritation and damage to the lungs. This can lead to a range of lung problems, including coughing, wheezing, and difficulty breathing.

Finally, vaping can lead to other risky behaviours. Many teenagers who vape also engage in other risky behaviours, such as smoking cigarettes, drinking alcohol, or using drugs. This can lead to a range of negative consequences, including poor academic performance, social problems, and an increased risk of injury or death.

We are looking at ways to promote healthy behaviours as a school, and discourage the use of Vapes. This is predominantly through the PSHE curriculum in older year groups. By doing so, we can help prevent the negative consequences of vaping and protect the health and well-being of our young people.

ALCOHOLICS ANONYMOUS- ALCOHOL

As part of key stage 4 and 5's PSHE provision, we hosted the local Hastings and Rother Alcoholics Anonymous team in to deliver a very moving and engaging talk on the dangers of alcohol. The speakers covered various aspects of alcoholism, what it is and what it is not, red flags, misconceptions as well as how to access help. Feedback from pupils was positive, with most saying they appreciated hearing from a real person recovering, and found their story very moving.



Alcoholics Anonymous
Great Britain
and English Speaking Continental Europe

PREP SCHOOL POLICE VISIT

The Prep school were visited by our local Battle Police Community Support Officers, Sam and Becky, who spoke to the children about the different jobs and roles that the Police fulfil, such as sniffer/tracker dogs, armed response, PCSOs and more. They explained how to stay safe online and what to do if they are worried about anything they see or hear when online. Role play situations were played out and the children were able to suggest ways in how to stay safe in public and what they would do if they got lost or separated from their adults. Road safety was also highlighted and the green cross code was discussed. The sessions were differentiated for the varied age groups at the Prep and we advise parents to discuss the content of these sessions with their children to follow up the key messages in staying safe.

ONLINE SAFETY WATCH

When I wrote to you in the previous edition, I outlined that we had two new online safety leads, Fiona Usher and Ildiko Torok, who have been working tirelessly behind the scenes to develop training, practice, policy and implementation to ensure that online safety is embedded across the curriculum. They have been working tirelessly throughout the term to introduce the school community to the National College Online training platform and working towards the National Online Safety accreditation as a school.

“National Online Safety is a multi-award winning digital training provider with extensive resources in online safety, developed in line with the Department of Education’s statutory requirements.

Its CPD accredited courses and educational resources support UK schools in educating the whole school community in online safety, including all senior leaders, teachers, all school staff and parents – on how to make the internet a safer place for children.”



I am delighted to share that in recent weeks, as a school we have achieved the certification that makes us an accredited school and shows that we are making great strides in developing our children and young people to be safer and more informed when online.



CYBERSMART LAUNCH

We always love welcoming past pupils into school to visit or deliver careers talks, and as part of the CyberSmart launch, we welcomed

back Brendan O’Keefe; a former pupil of Battle Abbey, currently the Director of Digital Learning and Deputy headmaster at Eaton House Belgravia.

Brendan spoke to some of our Parents about a variety of social media platforms and being aware of the potential pitfalls around them, including some of the challenges and dangers that young people can face online. He also delivered information regarding artificial intelligence programmes and the rising use of them across schools and businesses, as well as the signs and dangers of extremist and radical content and conspiracy theories. Brendan gave some excellent tips around how Parents can help their children manage their ‘digital diets’ and how to have the conversations at home.

It was great to see a handful of Parents in attendance, and we heartily encourage all Parents to get involved with discourse around Online Safety and awareness, as this continues to be an area that is vastly growing.

If anyone missed the event and would like to watch the YouTube video recording of Brendan’s talk, please see the link here: youtu.be/lkAsWVhAYo4

THE DARK WEB

As a parent, it's natural to want to protect your child from online dangers. We now live in a reality, where online and offline lives are not differentiated for young people. The dark web is a hidden part of the internet that can expose your child to illegal activities, cybercriminals, and disturbing content. Here's what you need to know about the dangers of the dark web and how to spot your child accessing it.

The dark web is a hidden part of the internet that requires specific software to access, such as Tor. It's a hub for illegal activities, such as drug trafficking, arms dealing, and human trafficking. Accessing these sites can put your child at risk of getting involved in illegal activities or being exposed to disturbing content.

Cybercriminals also use the dark web to sell stolen data, hacking tools, and malware, which can put your child's personal and financial information at risk.

To spot your child accessing the dark web, look out for unusual behaviour such as spending long hours online or being secretive about their online activities. If your child is accessing the dark web, they may also be using specific software, such as Tor, or using untraceable currencies, such as Bitcoin.

If you suspect that your child is accessing the dark web, it's important to talk to them about the dangers and encourage them to stay safe online. Set clear boundaries and rules for internet use and monitor their online activities regularly.

It's important to have open and honest conversations with your children about the dangers of the dark web and monitor their online activity closely. Encourage them to use the internet safely and responsibly and remind them that their actions online have real-world consequences.

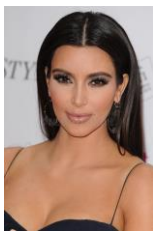
SOCIAL MEDIA INFLUENCERS AND THEIR EFFECT

With the rise of social media platforms, a new breed of influencers has emerged: online social media influencers. These influencers can reach millions of teenagers with their content and messaging, which has a profound impact on the way teenagers think, act, and perceive themselves and the world around them.

The impact of online social media influencers on teenagers can be both positive and negative. On the positive side, influencers can provide a source of inspiration and motivation for teenagers, especially when it comes to fashion, beauty, and lifestyle. They can provide valuable advice on everything from skincare routines to fitness regimes, and their positive messages can help boost teenagers' self-esteem.

However, the negative impact of online social media influencers cannot be ignored. These influencers often promote unrealistic and unattainable beauty standards, which can lead to teenagers feeling inadequate and insecure. The pressure to conform to these standards can lead to teenagers developing negative body image, eating disorders, and other mental health issues.

Moreover, online social media influencers often promote unhealthy and dangerous behaviours, such as substance abuse, self-harm, and risky sexual behaviour. These messages can be particularly harmful to vulnerable teenagers who are already struggling with mental health issues or who lack the maturity and critical thinking skills to discern what is safe and appropriate.



Kim Kardashian is one of the most famous social media influencers in the world, with over 230 million followers on Instagram alone. While she has used her platform for charitable causes and to raise awareness about important issues, she has also been criticized for promoting unrealistic beauty standards and for trivializing serious issues such as mental health and cultural appropriation.

Logan Paul is a YouTube personality with over 23 million subscribers. He has been criticized for promoting dangerous stunts and behaviour, including filming dead bodies in Japan's "suicide forest" and promoting controversial conspiracy theories.



Belle Delphine is a social media influencer known for her provocative content and controversial stunts. She has been criticized for promoting unhealthy sexual behaviour and for normalizing the sexualization of young girls.

David Avocado Wolfe is a health and wellness influencer who has been criticized for promoting pseudoscientific and dangerous health practices. He has been known to spread misinformation about vaccines, cancer, and other serious health issues.



Some influencers are more concerning than others, and across all Safeguarding professionals that work in schools at the moment, Andrew Tate has been raised as a significant concern for his ideology and views.

Andrew Tate

You may have seen this name pop up in the news, or you may have heard about him from your children. Find out who he is, why he's in the news, the risks he poses and how to talk about him at home.



Who is Andrew Tate?

Tate is a social media influencer with over 5 million followers on Twitter. He is a former professional kickboxer and a previous *Big Brother* contestant.

Why is he in the news?

In 2022, Andrew Tate was banned from YouTube, Facebook, Instagram and TikTok due to his controversial and misogynistic posts, though videos depicting him are shared by a number of his followers or others. **Concerningly, pro-Tate videos have been shared over 11.3 billion times... That is 21,499 times a minute in the space of a year.**

In December 2022, he was arrested in Romania along with his brother on suspicion of human trafficking, organised crime and rape.

How does this affect our children?

Andrew Tate, sometimes referred to as the 'king of misogyny', is a famous and influential figure on social media, even after being banned. He draws a lot of attention to his extreme wealth, luxury lifestyle and possessions, such as his expensive cars. Children may still see his content (as other people can still share his posts) and may believe that acting and thinking like he does will lead to fame, fortune and success.

He promotes ideas such as:

- o Men are more important and more powerful than women
- o Violence against woman is okay
- o Men shouldn't show emotion



Every single girl will sleep with you for money. They just have different prices.



Andrew Tate
@Cobratate



When a girls entire night is in her snapchat story, rest assured her life long quest for attention had undoubtedly turned her into a hoe.

He has said things like:

- o "I think the women belong to the man"
- o "[Women are] intrinsically lazy"
- o "[There is] no such thing as an independent female"
- o "Depression isn't real"
- o "The hallmark of a real man is controlling himself, controlling his emotions, and acting appropriately regardless of how he feels"

We know children are talking about Andrew Tate, and all genders are influenced and affected. However, the data shows that boys in particular are being influenced and 'groomed' by his views, with concerns that his power and influence could lead to radicalisation and violence, as well as low self-image or esteem. Girls are also in danger of accepting that what he says about women is true (i.e. that they're worth less than men) or indeed holding unhealthy views about male roles or behaviours.

What are we doing at school?

- We are talking about topics raised by Andrew Tate in school, for example:
- We are talking misogyny/misandry/toxic masculinity in school. We are raising the profile through staff INSET training earlier in the year and our staff are more attuned to recognising sexist language and how to address this with children and young people than ever before.
- We are also developing understanding and awareness through our PSHE/RSE curriculum and challenging perceptions through discussion and representation.
- For some pupils who need further support, we are developing interventions, either one on one or as a small group, and these have been very successful in recent weeks.
- We are also always analysing and tracking trends in order to audit and review policies and procedures too, such as in our behaviour policy.
- However, children are less likely to listen to influencers such as Andrew Tate if they are having similar conversations reinforced at home.

We recommend at home you:

1. **Read recent news articles** about Andrew Tate, if you're not already familiar with him (you can find some in the 'Sources' box below).
2. **Ask your child what they're getting up to online** – show genuine interest, don't judge them or tell them what they should and shouldn't be doing. Children are more likely to share if they feel you're interested, rather than trying to check up on them.
3. **Have open discussions about Andrew Tate** – don't tell your child how to think, but question their thinking and understanding. Ask if they believe what Andrew Tate says, for example his comments that women "belong" to men, and how that might make the women in their lives feel, or they themselves feel. The charity Bold Voices have a great toolkit to help with this, which you can find in the 'Sources' box below.
4. **Be role models** – encourage your child to be open with their emotions. Teach them that it's okay to cry if you're sad. Show respect for everyone: women and men and non-binary people, and encourage your child to model this behaviour.

Sources

This factsheet was produced by The Key Safeguarding: www.thekeysupport.com/safeguarding

- o [Andrew Tate's appeal to Birmingham schoolboys 'looking for direction'](#), BBC News
- o [Andrew Tate toolkit](#), Bold Voices
- o [How to talk to your children about Andrew Tate and online misogyny](#), Evening Standard
- o [How to talk to children about Andrew Tate and other toxic views online](#), The British Psychological Society
- o ['We see misogyny every day': how Andrew Tate's twisted ideology infiltrated British schools](#), The Guardian

FAKE NEWS AND SPOTTING DISINFORMATION ONLINE

What's the problem?

Fake news is false or misleading information presented as genuine news.



Your child might have seen fake news online about the Russian invasion of Ukraine. There have been examples of old footage being shared as if it's new, or images being manipulated to present a misleading picture about what's happening. There's been lots of misinformation on TikTok in particular.

Fake news and disinformation have also been linked to radicalisation by extremists and attempts to skew people's world views. For example, extremist narratives relating to coronavirus include:

- Antisemitic conspiracy theories blaming Jewish people for the spread of the virus or suggesting it's a 'Jewish plot'.

- Claims that British Muslims have flouted social distancing rules.
- Anti-Chinese hatred
- Isis-inspired narratives about how coronavirus is a divine punishment for the 'sinful behaviours' of the west.
- Extreme right-wing conspiracies that society is collapsing, and far-right groups can accelerate its end

Reading information like this can upset or worry your child unnecessarily. Fake news also helps create a culture of fear and uncertainty, with children trusting reputable news outlets less because of fake news.

How can I help my child spot fake news online?

Tell them to ask themselves:

- **What's the source?** Is it a reputable news source, and are mainstream news outlets reporting it too?
- **When was it published?** Check the date an article was published, as sometimes old stories are shared on social media. This could be an accident, or it might be to make it look like something happened recently.
- **Have you seen anything similar elsewhere?** What happens if you search for it on Google or check it using a fact-checking website like Full Fact?
- **Do the pictures look real?** Images might have been edited. They might also be unrelated images that have been used with the story.

- **Why might this have been created?** Could someone be trying to provoke a specific reaction, change your beliefs, or get you to click a link?

Encourage them to **read beyond the headline** too. Many people share stories having just read the headline, then discover the actual story is quite different.

Point them to the government's SHARE checklist (<https://sharechecklist.gov.uk/>) and advice from Childline (<https://bit.ly/3oYfsgd>) too.



What signs of radicalisation should I be alert to?

It's worth knowing what signs to be alert to, just in case. If you do see these signs, it doesn't necessarily mean your child is being radicalised – it could be nothing at all, or it could be a sign that something else is wrong.

- Becoming more isolated from friends and family
- Not being willing or able to talk about their views
- Becoming more angry
- Talking as if from a script
- A sudden disrespectful attitude towards others
- Being more secretive, especially about their internet use



Don't forget, the following sites have some brilliant resources to support Parents with talking to your children about a variety of concerns. Click on the icons to see more.

NSPCC



**educate.against.
hate**

If you're worried about your child and you need further advice, please contact the Designated Safeguarding Lead: Rebecca Ingall on ingallr@battleabbeyschool.com or safeguarding@battleabbeyschool.com

SOURCES OF SUPPORT FOR PARENTS

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.

Supporting 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:

According to the Office of National Statistics (ONS) about 4.2% of men and 7.9 % of women suffer domestic abuse in the UK during 2018. This equates to about 685,000 male victims and 1,300,000 women. If you find yourself suffering in an abusive relationship. Please note, we are an Operation Encompass school and work in close liaison with Sussex Police to support the children and young people in our setting who may have witnessed domestic violence in the home.

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

Safe in Sussex – phone 0330 333 7416

Alcohol, drugs and gambling:

Drinkline (free) | 0300 123 1110

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

Frank (for support around drugs and alcohol. Calls charged at local and network rates)

| 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