# **BAS INCLUSIVE**

"Children are not a distraction from more important work. They are the most important work." ~ C.S. Lewis

# 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 or nursery office or via

safeguarding@battleabbeyschool.com

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

#### Whole School DSL:

Rebecca Ingall (ingallr@battleabbeyschool.com)

### Senior School Deputy DSL:

Emma Maxwell

### **Prep School Deputy DSLs:**

Joshua Barraclough and Trudy Golding

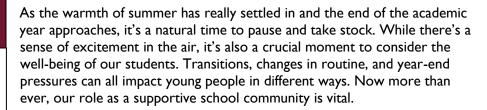
#### Nursery/EYFS:

Amy Brown and Jackie Richards

# Safeguarding together

Summer 2025- Issue three

### NOTE FROM THE DSL



The last twelve months have seen such a shift in many aspects of both national and global spheres, so much so that the Safeguarding and Child Protection landscape continues to be ever growing. At the time of writing, the annual Department for Education 'Keeping Children Safe in Education' guidance draft has still not been released (my usual Summer holiday reading!) and so DSLs, like myself, across the country are wondering when we might get the updated information to apply to our policies and procedures in time for September. Watch this space…!

In the meantime, I have put together some features around key topics that have been at the forefront of themes in my training and networking over this term, and across the wider societal picture. At the end of the newsletter, there is the Action for Happiness 'Jump back up July' calendar designed to help kickstart some actions to improve well-being across the start of the summer break!

As always, Safeguarding is a partnership, and we encourage you to stay engaged with these topics, have open conversations at home, and reach out if you need support. If you have any concerns, please don't hesitate to contact a member of the Safeguarding or Welfare team. A reminder that our Whole School Safeguarding and Child Protection Policy\* is available on our main website via the policies page. \*Please note that this is subject to change over the summer and will be updated for Sept 25.

Thank you for working with us to keep our young people safe.

Best wishes,

Rebecca Ingall

Deputy Head pastoral and Safeguarding/DSL







# AI- GENERATED CONTENT AND DEEPFAKES

# From the DSL, Rebecca Ingall

When I was in Sixth Form, Photoshop had just begun to flourish. As tech-curious teenagers, we delighted in editing images—often of ourselves, sometimes of others—with what we thought was harmless humour. One time, I was part of a group that superimposed our English teacher's face onto Gollum's body. At the time, we found it hilarious: a cheeky visual metaphor for his teaching style, perhaps. Unsurprisingly, the joke didn't land well with adults, and rightly so. I earned myself a serious talking-to, a sanction at school, and a long period of being grounded at home.

Looking back, I cringe. What felt like digital mischief was, in truth, mean-spirited and unfair. In those days, it was relatively easy to share that kind of content without it going viral or living online forever. There was little sense of a "digital footprint" or the long-term consequences of manipulated media. We could, for a while, "get away with it".

Fast forward to today, and the landscape has changed completely. With the rise of artificial intelligence (AI), tools like deepfake videos and synthetic voice messages have taken digital manipulation to a whole new (and far more concerning) level. Unlike our teenage image edits, today's AI-generated content is often indistinguishable from reality. It's not just about bad jokes anymore; it's about misinformation, scams, and serious emotional harm. Young people are increasingly vulnerable to being fooled, targeted, or even imitated by these convincing fakes. I am under no illusion also from the level of training I have taken in recent years, that the Child Protection dangers around AI and Deepfakes are significant. We hear more and more reports of incidents of 'Revenge Porn', indecent images of Children and the manipulation, misuse, and mass distribution of such content with devastating consequences.

So how do we protect our children, without panicking, overreacting, or making technology the villain? The answer lies in understanding the tools, staying informed, and teaching our children to navigate the online world with curiosity, caution, and confidence.

Here's what every parent needs to know.

# What Are Deepfakes, and How Do They Work?



**Deepfakes** are videos, images, or audio clips that have been altered or completely created using artificial intelligence. They often make it appear as if someone said or did something they never actually did.

"The first time I saw one of the images, I felt physically sick. ... And while I knew logically they were fakes, I also knew the truth didn't matter. Not online ... And not even, I feared, in the minds of people who know me." Narinder Kaur

### In simple terms:

- Al "learns" a person's voice, face, or movements by analysing photos, videos, and recordings.
- It then generates fake content that looks or sounds like that person.
- The end result? A video or audio clip that can seem incredibly real but is entirely false.

These technologies are getting better all the time, which makes it harder to tell what's real and what's not.

# Why Deepfakes Are a Concern for Children and Teens

While Deepfakes may seem like science fiction, they have real-world implications for young people. Here's why:

- 1. **Online Scams and Grooming**: Deepfakes can be used to impersonate trusted adults, friends, or even other young people, making it easier for scammers or predators to manipulate children online.
- 2. **Reputation Damage**: Fake images or videos can be used to bully, humiliate, or blackmail someone. In a school setting, this could result in serious emotional harm.
- 3. **Misinformation**: Young people often see and share content quickly without verifying it. A convincing fake video could easily spread and shape opinions or actions based on lies.
- 4. **Erosion of Trust**: When it's hard to know what's real, children may become overly skeptical or anxious—leading to confusion about who and what to believe online.

# 5. Body Image Pressure:

Deepfakes and digitally altered content can show unrealistic or "perfect" bodies that aren't real at all. This can lead young people to feel insecure or pressured to look a certain way, affecting their self-esteem, mental health, and how they view their own bodies. It's important to remember that what you see online isn't always the truth—even if it *looks* convincing.

# How to Spot Fake or Al-Generated Content

Helping your child develop **critical thinking** and **media literacy** is one of the best defences. Here are a few practical tips to share:

Look closely at the details: Deepfakes often get small things wrong—like blinking, lighting, shadows, or lip-syncing. Watch the whole video carefully.

Check the source: Where is the content coming from? Is it a reputable news outlet or an unknown social media account?

Ask "Could this really happen?": If something seems shocking, out of character, or too strange to be true—it might not be.

Cross-check with other sources: If a video or claim is real, it will likely be covered by multiple trusted sources.

■ Use tools and platforms: Reverse image searches and fact-checking sites like Full Fact or Snopes can help verify whether content is genuine.

Teenage girls aged 13–18 (survey by Girlguiding, referenced by the Children's Commissioner): The survey found 26% of teen girls had seen sexually explicit deepfake images of themselves or peers, causing widespread fear and avoidance of posting photos online (bbc.co.uk, theguardian.com).

Some of the first-hand accounts and expert testimonies highlight the deepfake abuse experienced by children in the UK

# Mother of a 12-year-old girl in West Yorkshire (BBC reporting, July 30 2024):

"It has honestly been the most horrendous thing to go through ... This image is being shared by children who presumably think it is funny but it is basically child pornography." (bbc.co.uk)

The anonymous mother spoke of police inaction and the trauma inflicted on her daughter when bullies circulated a manipulated pornographic deepfake image.

# Dame Rachel de Souza, Children's Commissioner for England:

"Children have told me they are frightened by the very idea of this technology ... They fear that anyone ... could use a smartphone as a way of manipulating them by creating a naked image using these bespoke apps." (theguardian.com)

# Susie Hargreaves, IWF Chief Executive:

"Our worst nightmares have come true ... Children who have been raped in the past are now being incorporated into new scenarios because someone, somewhere, wants to see it." (itv.com)

### Richard Collard, NSPCC expert:

"For many survivors, the knowledge that they could be identified, or even recognised from images of their abuse is terrifying." (eveshamjournal.co.uk)

# Deepfakes and the Law



As deepfake technology becomes more advanced, lawmakers in the UK are beginning to respond. New legislation now makes it a criminal offense to create sexually explicit Deepfakes without consent, with offenders facing unlimited fines and criminal records.

These changes aim to better protect individuals—particularly women and girls—from the serious harm caused by non-consensual, Al-generated content. In addition to this, existing laws already prohibit the sharing or even threatening to share intimate images, including manipulated or synthetic media. Under the Online Safety Act, platforms are also required to act quickly in removing harmful deepfake content, and the new cyber-flashing law further criminalises the sending of explicit images—including Deepfakes—without consent. These legal measures reflect a growing recognition of how emotionally damaging Deepfakes can be, and they place clear accountability not just on individuals, but also on tech platforms to keep users safe.

For parents, this highlights the importance of educating children about the ethical and legal boundaries of digital behaviour, while reassuring them that laws are in place to protect them if they're ever affected.

# Talking to Your Child Without Creating Fear: Navigating Al and Deepfakes Together

Conversations about AI and Deepfakes don't need to be frightening. In fact, they offer a valuable opportunity to empower your child with critical thinking skills, digital awareness, and emotional confidence.

The key is to approach these discussions with openness, balance, and calm. Instead of focusing on worst-case scenarios, centre your conversations around curiosity, safety, and trust.

#### I. Keep It Age-Appropriate

Children of different ages process information differently, so it's important to tailor your explanations to their developmental stage.

- For younger children, avoid technical jargon or scary scenarios. You might say something like: "Sometimes people use computers to change pictures or videos to make them look real when they're not. If you ever see something that feels strange or doesn't make sense, you can always ask me about it."
- For preteens and teenagers, go a bit deeper. Share real-world examples of Deepfakes that have made the news—such as altered celebrity videos or fake political content—and use those as springboards for discussion. Ask what they think and how they would respond if they saw something questionable online.

By matching the message to your child's age and maturity, you're more likely to foster understanding without creating fear.

# 2. Make It Part of Everyday Digital Conversations

Talking about Deepfakes shouldn't be a one-time conversation or treated as a "special issue." Instead, integrate it into your regular chats about online life. Just like you talk about setting strong passwords, recognising spam, or being kind in digital spaces, discussing Algenerated media should become part of the family's digital vocabulary.

You might bring it up casually when watching a movie, scrolling through social media, or reading the news together:

"Isn't it amazing what technology can do? Sometimes it's hard to tell what's real online. What would you do if you saw a video that didn't feel quite right?"

When Deepfakes are treated as just another part of the online world to be navigated thoughtfully, children are

more likely to approach them with critical thinking rather than anxiety.

# 3. Reassure and Stay Available

More than anything, children need to know they're not alone in figuring all this out. Reinforce the message that they can always come to you if something online feels off, upsetting, or confusing—without fear of being punished or judged.

Say things like:

"If you ever see something that makes you uncomfortable or doesn't make sense, I'm here to talk it through. It's okay not to have all the answers—we'll figure it out together."

Creating a judgment-free space encourages open dialogue and builds trust, which is especially important as kids grow older and encounter more complex digital content on their own.

#### 4. Model Curiosity and Calm

Your child takes cues from you. If you approach digital misinformation or deepfake content with panic or outrage, they're likely to mirror that anxiety. Instead, model the kind of calm curiosity you want them to develop.

Show them how to ask questions like:

"Where did this come from?"

"Who made it, and why?"

"Can I find this information anywhere else?"

Explore media together, compare sources, and demonstrate how to verify facts before sharing or reacting. By doing so, you're not only helping them spot Deepfakes—you're teaching lifelong media literacy skills.

Remember: Your child doesn't need to be an expert in technology to stay safe. They just need support, guidance, and the right tools to think critically about the content they see.

# **Further Resources for Parents:**

SWGfL: Support & Advice for Schools on Synthetic Media
NSPCC: Generative Al and Children's Safety
SecEd: Ten Ways to Keep Children Safe from Al and Deepfakes
Schools Week: Critique of Government Guidance on Al Risks
NSPCC report



### **VIBES & VIGILANCE: ROCK YOUR FESTIVAL WITHOUT THE RISK**

It's that time of year again—when backpacks get stuffed with biodegradable glitter, tents are hauled out of the garage, and wellies become the footwear of choice. Across the UK, fields and farms are being transformed into musical wonderlands as thousands gear up for an unforgettable summer of live music, dancing, freedom, and friendship. Whether you're heading to Glastonbury's iconic Pyramid Stage, catching waves and tunes at Boardmasters, or braving the mosh pit at Reading, one thing remains essential: **staying safe while having the time of your life**.

Festivals are more than just music: they're mini cities buzzing with energy, creativity, and community. For many young people, they're a rite of passage: a chance to embrace independence, make new friends, and create memories that will last a lifetime. With all that excitement though comes responsibility—knowing how to take care of yourself, your friends, and the space around you. A few smart choices can make all the difference between a great time and a weekend you'd really rather forget.

Whether you're a parent preparing your teen for their first big weekend away, or a seasoned festivalgoer just looking to refresh your safety checklist, this guide is here to help you navigate it all—fun, freedom, and festival safety included.



Stick With Your Crew Festivals are more fun—and far safer—when you look out for each other. Agree on a meeting point in case phones die or signal drops. Always use the "buddy system"—never leave a friend alone, especially at night, and check in regularly throughout the day.

# **Stay Connected**

Bring a reliable power bank or a solar charger for your phone. Save important numbers in your contacts and write them down too: ICE contact festival security, and closest friends. Many festivals have their own apps with maps, alerts, set times, and safety updates—download it before you go.

# **Look After Your Stuff**

Festivals are busy, and unfortunately, thefts do happen. Use a secure bum bag or money belt to keep your essentialslike phone, cash, and ID—on you at all times. Leave anything valuable

# Be Substance Smart

If you're considering using substances, be honest with yourself and your friends: know the risks.

The safest option is not to take anything at all. There's no such thing as a "safe" illegal drug, and even socalled legal highs or edibles can be unpredictable. Some festivals offer on-site drug testing services and harm reduction info—check ahead to see what's available. Stay hydrated, eat regularly, pace yourself, and learn the signs of alcohol poisoning.

Know How to Get Help Take time to find the Welfare and Medical tents. They are there to help with anything from blisters to anxiety attacks, from minor injuries to more serious incidents like spiking or harassment. Don't hesitate to reach out—festival staff are trained to support you without judgment.

# Handling the Crowd

Large crowds can be exciting but overwhelming. Avoid pushing through—take your time and choose less crowded routes. On arrival at a stage, locate exits and plan your exit strategy. If you feel unwell, visit the Welfare tent. Separated from friends? Stay calm, follow your plan, find a steward, or go to your meeting point.

### **Consent and Respect**

Consent must be mutual, enthusiastic, and sober. If someone is too intoxicated to decide clearly, they can't consent—period. A past "yes" doesn't guarantee a current one. Respect boundaries, speak up against inappropriate behaviour, and report concerns. Welfare teams offer support, from sexual health to emotional care and incident reporting.

Be Kind to the Land Festivals are temporary your impact shouldn't be. Take all your rubbish, tent, and gear with you. Use toilets, not rivers, and recycle!



# Q: What should I be aware of in relation to the Law and festivals?

A: Possession of illegal substances (even for personal use) can lead to arrest or a criminal record. Sexual activity without consent (including if one party is too intoxicated to consent) is a crime. Also, fake ID use can lead to fines or bans.

# Q: How do you know what to pack?

A: Check the festival's website for their "must-bring" list. Essentials include a refillable water bottle, ID, sunscreen, portable charger, loo roll, layers, and earplugs. Don't forget wellies and waterproofs!

# Q: Should I take my phone and charger?

A: Yes—but be smart. Bring a cheap backup phone if possible. Use a battery pack and switch to low-power mode. Use your phone to take photos of your ID and health info too.

# Q: What about false allegations?

A: Respect and communication are key. Avoid being alone in intimate settings without clear consent. Stick with friends. If something is alleged, cooperate respectfully and seek legal or welfare support.

# Q: How to make sure my stuff doesn't get stolen?

**A:** Don't bring what you can't afford to lose. **Hide valuables**, lock tents if possible, and keep essentials on you at all times (belt bag > handbag).

# Q: What are the warning signs of alcohol poisoning?

A: Vomiting, slurred speech, confusion, blue/pale skin, shallow breathing, unconsciousness. If someone is unresponsive, put them in the recovery position and seek immediate medical help.

# Q: What about consent and intoxication?

**A:** Someone can't legally give consent if they are too drunk or high. Always ask, always

respect a no—even a "maybe" is a no. Don't assume. If in doubt, **don't proceed**.

# Q: What about sexual health and reporting?

A: Bring protection. Festivals often offer free condoms and STI kits. If something happens, report it to Welfare, Medics or security. You can also contact local police if needed.

# Q: What do I do if someone gets spiked?

A: Get help immediately—take them to the Medical or Welfare tent. Keep them safe, don't leave them alone, and try to keep their drink/cup if safe to do so (for testing). Report it.

# Q: What would happen if you are caught with drugs at a festival?

A: You may be ejected, arrested, or charged—even for personal use. It could affect your future job prospects, travel plans, and more. It's not worth the risk.

Festivals can be magical, but they're even better when you and your mates are safe, healthy, and respectful. Visit **FestivalSafe.com** for more resources.

Because the best kind of festival stories are the ones you actually remember.



# RETHINKING SMARTPHONES: SUPPORTING A FOCUSED AND HEALTHY SCHOOL ENVIRONMENT



As parents and educators, we all want the same thing: a school environment that nurtures our children's wellbeing, learning, and personal growth. However, in an age of constant connectivity, smartphones are posing a growing challenge — not only to students' concentration but also to their social development and mental health.

At Battle Abbey School, we've seen an increase in mobile phone-related distractions and incidents, as well as a noticeable impact on students' ability to stay focused throughout the day. In response, we've been listening closely to our community and carefully considering how to move forward.

## **Listening to Our Community**

Thank you to all the parents and carers who took the time to respond to our recent survey on mobile phone use. The data from the surveys was fascinating, and your feedback, and the feedback from the students, revealed a shared concern about the impact of smartphones on young people's wellbeing, relationships, and learning. It's clear that our community values a learning environment that supports healthy development — and we're ready to take the next step together.

### **Stronger Mobile Phone Restrictions from September 2025**

From September 2025, we will be updating our mobile phone policy for students in Years 7–11. To help reduce distractions and promote meaningful, in-person interaction, mobile phones will need to be switched off and stored away during the school day. This includes break times and transitions between lessons. We understand that many students carry phones for safety or travel reasons, and we're currently exploring secure storage solutions such as **Yondr**, **Hush**, or in-school lockers. More details on this will follow in due

Full policy details — including how to contact your child during the day and how to request exemptions — will be shared soon.

#### A Note for New Year 7 Parents

course.

As your child prepares to start Year 7 this September, it's a valuable moment to pause and consider: Do they truly need a smartphone?

The transition to secondary school is a natural opportunity to establish healthy boundaries around technology. More and more families are taking this time to rethink default tech habits—starting with the choice to delay smartphones altogether.

We encourage you to explore <u>smartphonefreechildhood.com</u>, a growing movement that supports families in holding off on smartphones and choosing simpler alternatives, like internet-free "brick" or "dumb" phones. These devices allow for basic communication without the pressure of social media, group chats, and constant connectivity.

# Why reconsider smartphones now?

You might be wondering: Is it really that big a deal? The truth is, we don't yet have strong data about the long-term effects of early smartphone use. That's partly

because it's hard to isolate the phone itself from other factors like family dynamics, maturity, and socioeconomic background. Without randomized trials, it's tough to draw firm conclusions.



However, we do have emerging evidence around one specific area: social media. Early research suggests that social media may have a more negative impact on younger adolescents' happiness, sleep, and exposure to online risks like harassment. These concerns have prompted many parents to ask: Are there phones that allow communication but protect against these risks?

# **Enter: the dumbphone.**

Dumbphones—yes, that's the term teens use—are basic mobile phones that allow calling and texting but generally don't support apps, social media, or internet access. They come in a variety of models with optional features like:

- Texting (individual or group)
- Calling
- GPS
- Camera
- Music or games
- Parental controls (e.g. contact management, location tracking)

Other considerations include durability, cost, and network compatibility. If your child needs a way to stay in touch, a dumbphone might be the perfect fit—offering freedom with boundaries, and simplicity without the overwhelm.

Unsure where to start? Take a look here: **So what are my options?** 

# **Creating a Healthy Learning Environment**

To support this shift, we're also reintroducing some helpful tools and habits within the school day:

- Morning routines to promote a calm and focused start
- Clocks in every classroom to help students manage time
- Increased outdoor activity and screen-free social time during breaks
- Mindfulness moments to help students reset and refocus during the day

We believe these changes will empower students to stay focused, reduce anxiety, and reconnect with the world around them — including each other.

## Working Together at Home and School

We know setting limits at home isn't always easy, especially when children may feel like "the only one" without a smartphone. That's why we're committed to walking this journey with you. We'll continue to share tips and tools to help families build healthier screen habits and navigate conversations with children about phone use.

Whether you're exploring a simpler phone for your child, discussing digital boundaries, or just wondering how to begin — we're here to help.

#### SUBSTANCE USE: WHAT PARENTS NEED TO KNOW THIS SUMMER

The East Sussex Substance Misuse Team continues to report rising concerns around the use of vapes and cannabis vaping among young people, despite recent legislation restricting the sale of disposable vapes. Cannabis and alcohol use among under-16s also remains an ongoing issue.

As we move into the summer holidays, young people may have more unstructured time, which can increase the risk of experimentation with substances. It's important for parents and carers to remain alert to the signs of substance use and to know where to seek support if needed.

Recent <u>national data</u> from the NASUWT teachers' union adds further concern. In a survey of nearly 4,000 teachers:

- 19% reported being aware of cannabis use by pupils within school, and 57% outside school
- 7% were aware of alcohol use within school, and 55% outside school

The report highlights how drugs, alcohol, and other risky behaviours are contributing to disruptive, violent, and abusive behaviour in schools. In response, NASUWT is calling for stronger partnerships between schools, health services, police, youth justice, and other agencies to tackle this growing issue. They are also urging the government to provide access to a **school-based counsellor in every school**.

If you're concerned about a young person, or if you know someone who may need support over the summer, the East Sussex Substance Misuse Team is here to help. They welcome referrals and are happy to discuss any concerns.

Email: under25ssms.duty@eastsussex.gov.uk

**Phone:** 01323 464404



# THINKING THE UNTHINKABLE





#### **Picture This:**

A little boy, maybe seven or eight, with grass-stained knees and a grin full of mischief.

He's the kind of kid who brings the teacher wildflowers, charms extra snacks from the lunch staff, and tells jokes that don't quite land but make everyone laugh anyway.

At family gatherings, he's the one clinging to his uncle's leg, giggling as he's swung upside down. At school, he's helpful, polite, never a problem. If you saw him out with his mum, cereal box in hand and plastic sword in his waistband, you'd smile and think, "now there's a happy kid."

You'd never guess anything was wrong.

Most people wouldn't.

But sometimes, the brightest smiles hide the quietest pain. And sometimes, what's happening behind closed doors looks nothing like what we expect.

Conversations about child abuse and neglect are never easy, but they are <u>necessary</u>. This article explores how we can better recognise the subtle, often invisible signs of abuse and neglect—so that children don't have to keep carrying their stories alone.

These issues can affect <u>any child</u>, in <u>any community</u>, by <u>any person</u> and at <u>any time</u> and sadly, sometimes by those the child trusts the most. By staying informed and watching out for one another, we can help create a safer environment for **all** children.

Every child deserves to grow up feeling safe, loved, and protected. Sadly, not every child experiences this.

Child abuse and neglect can happen in any community, family, or setting—and often, it's happening quietly behind closed doors.

This isn't about blame—it's about **being alert, informed, and ready to act** if something doesn't feel right. By understanding the signs and knowing how to respond, each of us can help protect the most vulnerable members of our community.

# What is Child Abuse and Neglect?

Child abuse isn't always physical. It can take many forms, including:

- Physical abuse deliberately causing harm such as hitting, shaking, burning.
- **Emotional abuse** ongoing emotional maltreatment, such as constant criticism, rejection, or threats.
- **Sexual abuse** forcing or enticing a child to take part in sexual activities.
- **Neglect** the persistent failure to meet a child's basic physical or emotional needs.

Children may experience more than one type of abuse at the same time. Abuse can be carried out by family members, people in positions of trust, or other children.

# **Spotting the Signs**

Not all signs of abuse or neglect are obvious. Sometimes, it's a change in behaviour that raises a concern.

**Trust your instincts**—if something feels off, it's worth paying attention.

### Look out for:

- Unexplained injuries or frequent bruises
- A child appearing withdrawn, anxious, or unusually quiet
- Sudden changes in behaviour or school performance
- Frequent absence from school or activities
- Poor hygiene, inappropriate clothing, or signs of malnutrition
- Reluctance to go home or talk about their home life
- Inappropriate sexual behaviour or knowledge for their age

You may also notice worrying behaviour in other adults—controlling, aggressive, overly critical, or dismissive of a child's needs.

#### What Can You Do?

You don't need to have proof to raise a concern—just a genuine worry is enough.

Here's how you can help:

- **Listen**: If a child shares something, believe them. Stay calm, don't ask leading questions, and reassure them it's not their fault.
- **Notice**: Pay attention to the behaviour and wellbeing of the children around you—whether they're family, neighbours, classmates, or friends.
- Act: Share your concerns with someone who can help. Our DSL team are trained and aware of how to report suspected abuse and we are here to help if you are worried.

# Where to Get Support or Report a Concern

If you're worried about a child or young person, there are professionals and organisations ready to help.

• The School DSL team:

01424 772385

Safeguarding@battleabbeyschool.com

East Sussex Single Point of Advice (SPOA):

01323 464222

■ 0-19.SPOA@eastsussex.gov.uk

NSPCC Helpline (for adults):

**0808 800 5000** (free and confidential)

MSPCC – Reporting Abuse

• In an emergency: Always call 999 if a child is in immediate danger.

# Together, We Can Protect Children

Talking about abuse is difficult—but silence allows it to continue. By educating ourselves, being alert, and acting on concerns, we become part of a community that doesn't look away.

Every child deserves to be safe. Every adult has the power to make that possible.

For more information visit the **NSPCC** website.



# **Jump Back Up July 2025**

something you mood by doing

Shift your

Avoid saying

"must" or

in perspective Put a problem

to someone you

Reach out

trust and share

your feelings

with them

by seeing the

really enjoy

yourself today

bigger picture

"should" to



Take a

WEDNESDAY

THURSDAY

a problem or worry

nelp overcome small step to

"I can't...yet"

growth mindset. "I can't" into Adopt a Change

you need it help when to ask for Be willing

something to look forward to today

Get the basics

Pause, breathe

and feel your

exercise and go

feet firmly on

the ground

to bed on time

right: eat well

something a difficult Look for

and save them

thoughts. Find

negative

tor a specific

worry time

interpretation an alternative worries down

Write your

Challenge

the small stuff

Let go of

way you thini it, change the can't change

the things that

and focus on

go wrong, pause and be kind to When things yourself

Write down

(even if today grateful for your head help clear

and move to

an achievable

Set yourself

ways to distract

Use one of

Find fun

yourself from

unhelpful thoughts

challenge today

to overcome a your strengths Get outside

goal and take the first step

about and write you feel hopeful Find 3 things them down

through a tough

helped you get

Identify what

that all feelings and situations Remember

something good about what has Choose to see

you are feeling judgmental and

Notice when

Catch yourself

over-reacting

and take a

be kind instead

deep breath

was hard)

of being humar times – it's part Remember we all struggle at

family member

to a friend,

Reach out

or colleague

tor support





go right

recent problem what you can learn from a

Be a realistic

Think about

optimist. Focus

on what could

**Happier** · Kinder · Together

#### **FURTHER SOURCES OF SUPPORT FOR PARENTS AND GUARDIANS**

Being a Parent or Guardian can be hard. 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

Care for the Family (support with promoting strong family life) | 029 2081 0800 | careforthefamily.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 | <u>bit.ly/2NoQx7T</u> **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: <a href="mailto:adfam.org.uk">adfam.org.uk</a>

