



**Beechwood  
JUNIOR SCHOOL**

Together we can!

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# Safeguarding Newsletter

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**Hello and welcome back** to our monthly newsletter for safeguarding. We hope that you found our first edition helpful!

This month, following the traction of the Netflix series 'Adolescence' we are focusing on the issues this highlighted through the light it shone on the issues facing young people today, which can affect their mental health in new and complex ways. We are acutely aware that for parents, navigating the online world with your children is daunting.

The most important thing we advise is to know what's out there and to know what your child has access to.

All social media platforms have age restrictions of ages

13+, however some of the content that is being generated on platforms for 13+ would not be appropriate for someone under the age of 18 so it's vital that, if allowing your child to use social media, that you check in regularly to know what they are seeing on the apps they may be using.

At school, as part of our PHSE and Computing curriculums we teach the children about keeping safe online, how to stay safe in a variety of situations and how to get help, how to manage different relationships. [Click here](#) for our curriculum maps and coverage.



**We want to hear from you!** If ever you have any questions, concerns or updates in relation to safeguarding, please reach out to a Designated Safeguarding Officer in school either by using the email above or popping into the office.



Miss Westron  
Lead DSL



Mrs Phillips  
Deputy DSL



Mrs Street  
Deputy DSL



Mrs Furby  
Deputy DSL



## Spotlight Support:

Each issue we signpost a different support area for you or your child to go to if needing to access a particular type of support.

This month, we will focus on Childline's 'Coping with Stress' support page.

Click the image to be taken to Childline's page for activities or use some of the tools to help you feel overwhelmed by stress, anxiety and panic for tips, help and advice:



### Anxiety, stress and panic

- Coping with panic attacks
- Coping with anxiety
- Coping with stress

# #WakeUpWednesday

The National College's #WakeUpWednesday aims to equip every trusted adult with the knowledge and skills they need to keep up with the latest information, implement best practice and heighten their awareness of issues around the core topics of online safety and mental health & wellbeing.

**This month**, we are highlighting #WakeUpWednesday's '[What Parents Need to Know About Tech Related Communication](#)' guide.



This guide helps parents tackle a range of potential risks such as a false sense of security, hidden messages and impacts on your child's mood when using technology and social media as a means of communication. It recognises that language is constantly evolving. The words, phrases and even emojis used on social media have transformed how young people communicate. Many children now use memes and gifs to express how they feel, and sometimes it can feel as though young people are speaking a completely different language to adults. This guide helps you to understand what to look out for, and what to do if you aren't sure.

## Adolescence: know the lingo!

*Not every child who spends time online will be engaging in conversation with those with extreme views. The point highlighted by Adolescence was that every child could be, as we know that the internet has very few accurate and secure age-restrictions in place.*

There have been many helpful guides created to support parents in their understanding of key terminology highlighted in the series. The Services for Education guide cover key language and phrases, some key emoji codes and suggestions for what to do if you are concerned or want more information.

The guide can be found here:

[INCELS, MISOGYNY & THE MANOSPHERE](#)

There are many different online guides and 'emoji dictionaries' available, but we have found [this guide](#) to be the most exhaustive, which separates the emojis into themes of:

- Potential bullying or threatening behaviours
- Self-harm and suicidal ideation
- Drug references
- Sexual references



[Emoji guide](#)



Whether you want to report child abuse and neglect or are worried about a child and not sure what to, we have advice for you. Don't wait until you're certain: if you have any concerns or suspicions, contact us or [use the NSPCC website](#) as soon as possible.

