



The logo features the word 'SAFEGUARDING' in large, bold, red letters, each contained within a white hexagonal shape with a red border. A yellow and red fire helmet is positioned above the 'S' and 'D'. Below the word, the word 'Newsletter' is written in a blue, cursive font.

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SAFEGUARDING Newsletter

Welcome to the first edition of the Safeguarding Newsletter. Firstly, please let us introduce ourselves:



My name is Mrs Gray and I am Mayflower's Designated Safeguarding Lead (DSL). I am an Assistant Headteacher and oversee Behaviour and Safeguarding. I spent most of my childhood in Billericay so I know the area very well. I have been at Mayflower since 2004 and predominately have taught Maths. I love the subject and can often be found explaining to students in all situations how that can be linked to Maths. I have had a variety of different roles whilst here at Mayflower, including Numeracy coordinator, NQT mentor and Head of Year.



My name is Miss Baines and I am Mayflower's Safeguarding Officer and Deputy Designated Safeguarding Lead (DDSL). I arrived at Mayflower in 2019 as a Year Manger before moving to the role of Safeguarding Officer. My background has been centred around behaviour and safeguarding and has taken me to various types of educational settings, including a pupil referral unit and a children's secure unit.

This newsletter will regularly be issued to update you and give you information about Safeguarding topics. If you require any further information then we are always happy to discuss this with you. There are several ways to communicate to us.

- The  button on the website
- Email us using the following address safeguarding@mayflowerhigh.essex.sch.uk
- Call the school on 01277 623171 and ask to speak to the safeguarding team

There is also information and resources under the Safeguarding tab on the Mayflower website.

Please note, if it is an urgent request, where there is immediate risk of serious harm to a child, please contact the police on 999 or 101 or call the Children's and Family Hub on 0345 603 7627

Children Left Home Alone

The NSPCC has released some information on leaving your child at home alone. A child who doesn't feel comfortable should never be left alone. However, there is no legal age a child can be left alone. Each child will mature at a different rate and so it is complex to have a law which encompasses all situations. However, it is against the law to leave a child alone if it puts them at risk.

There is some key advice on the NSPCC leaflet: [Home or out alone \(nspcc.org.uk\)](https://www.nspcc.org.uk)

If you are going to leave your child alone then the NSPCC gives the following tips to keep your child safe whilst they are home alone:

- Set some ground rules
- Agree what they'll do whilst you're out
- Make sure they're safe online
- Practise what to do in an emergency
- Be clear what time you'll be back
- Check in with them every now and then
- Put dangerous objects and substances out of sight
- Build up slowly

Smoking, Drinking and Drug Use

On 6th September 2022, NHS Digital released a report which contained the results from a survey of secondary school pupils in England in year 7 to 11 focusing on smoking, drinking and drug use. Almost 10,000 secondary aged children answered the questions.

<https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2021>

Cigarette smoking In the report, nearly 90% of 11 – 16 year olds said that they had never tried cigarettes. Thirty years ago, half of the children asked said they had smoked at least once, with a fifth identifying as regular smokers. In this latest survey, only 1% of the young people said they were regular smokers; in 2018 this figure was 2%. In 2019, around 14% of adults smoke cigarettes, compared to 35% in 1984. (Source: Adult smoking habits in the UK, ONS, 2019)

E-cigarettes and Vapes The first questions about vaping were asked in this survey in 2014. Since then, the proportion of children who describe themselves as current e-cigarette users has increased by 9% since 2018. More girls vape than boys with twenty percent of 15-year-old girls described as current users.

There are a number of reasons why vaping seems to have increased in popularity amongst young people in recent years: the natural inclination to experiment that comes with adolescence may well have been accentuated by mixed messages around vaping because it is regarded as potentially less harmful than smoking tobacco (and even suggested as an alternative to those who are trying to give up smoking). Of course, the reality is that no-one knows the long-term effects of vaping because it is a relatively recent

phenomenon, [as illustrated in this article](#), which was published just last week.

Vapes manufacturers are focusing their efforts on flavours and more 'convenient' sizes. Vapes now take many forms but can easily look like highlighters, pens, USB flash drives or other everyday items.



At school, discussions regarding vaping and the effects it has on an undeveloped brain are discussed. As a parent having a conversation about this topic can be difficult. This document, whilst it is from the USA, gives clear advice to help support you with this. [Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents \(surgeongeneral.gov\)](#)

Drug use There has been a fall in the prevalence of lifetime and recent illicit drug use. Just under a fifth of pupils across Years 7 - 11 reported they had ever taken drugs (down from 24% in 2018); 6% in the last month (9% in 2018).

The survey has interesting data on where children get their drugs, and where they obtained the first drugs they used. Sixty percent of children who used cannabis were given it by a friend, usually of their own age.

Most commonly, children who used drugs more than once, obtain their drugs outdoors, for example, in a park or on the street. In 2018, 12% of drugs were obtained in school, by 2021 this had fallen to 5%. Usually, children are using drugs with their friends, but nearly a fifth said they were alone.

For the first occasion, over half the children who said they used drugs did so 'to see what it was like'. For the 'most recent occasion', 50% said it was 'to get high or feel good'. Around a quarter said it was 'to forget about my problems'. Though never the most common reason, 'because friends were doing it' does feature in the top four reasons for all the drug types examined.

Halloween and Firework Safety

We regularly liaise with Essex Police and Essex Fire Service regarding collaborative intervention for young people at Mayflower.



On Monday 10th October Year 7 attended an assembly delivered by Essex Fire Service for Halloween and Firework safety. Officer Steve provided information and advice around visiting people's houses in the community, road safety, costume hazards, anti-social behaviour, fireworks and the law, consequences of firework misuse, injuries and burns and first aid for burns. From this assembly we hope to raise awareness for young people to make the correct choices to keep themselves safe and in turn also to contribute to making the community safer.

Andrew Tate

Andrew Tate is an American-British internet personality and former professional kickboxer. Following his kickboxing career, Tate began offering paid courses and memberships through his website and later rose to fame as an influencer.

Styled as a self-help guru, offering his mostly male fans a recipe for making money, pulling girls and "escaping the matrix", Tate is now one of the most talked about people in the world. In July, there were more Google searches for his name than for Donald Trump or Kim Kardashian. Many Tate videos appear, at first glance, to be harmless. In his trademark straight-talking style, he quotes that "Real men have dogs," when discussing people who have cats. But it is his views on women that is a significant concern. He quotes the violence he uses to ensure women know their place and describes them as empty vessels that need to be programmed by men. Other material is presented under a banner of male self-improvement. Tate's views have been described as extreme misogyny by domestic abuse charities, capable of radicalising men and boys to commit harm offline.

The NSPCC's Hannah Ruschen, a policy officer, said: "Viewing such material at a young age can shape a child's experiences and attitudes, resulting in further harm to women and girls in and out of school and online."

We are aware that young people spend a huge proportion of their time online so exposure to such video's and ideology is a concern.

"The dangerous thing is that it is very eye-catching content, and the TikTok algorithm in particular is so aggressive that you only need to pause for a few moments before it will begin to recommend similar content to you again and again."

Please read the following article for further information on the type of content that Andrew Tate has posted <https://www.theguardian.com/technology/2022/aug/06/andrew-tate-violent-misogynistic-world-of-tiktok-new-star>

At Mayflower all staff are vigilant to comments made that are linked to Andrew Tate and other extreme viewpoints. Always there are educational conversations held with those who seem to idolise him. As parents and carers, it is important that you are also aware so you are able to continue with these conversations outside of school. Once an individual has started to watch videos like this on Tik Tok it finds similar ones and floods their pages with them.

Mental Health

Mental health is a subject that many of us find difficult to discuss, primarily because of a fear of saying the wrong thing and making matters worse. Mental ill health is however a prevalent issue, with it being estimated that at least 1 in 10 children will experience some form of mental ill health at some point in their childhood.

Definition of mental health

Mental health is about how we think, feel and behave. One in four people in the UK has a mental health problem at some point, which can affect their daily life, relationships or physical health. One or two in every 100 people will experience a more severe mental illness such as schizophrenia or bipolar disorder.

What helps good mental health?

For children to remain mentally well they need:

- good physical health (including good diet and regular exercise).
- to be able to explore and develop interests (through their environment, play and interaction with others).
- to feel part of a family (feeling as though they belong, get along with others, are loved, valued and safe).
- to be supported to learn, be optimistic and feel that they have a say.
- to feel part of a community (e.g. school / nursery / etc.).
- to be supported to cope when things do not go well.
- to be supported to learn how to problem solve



Risk Factors

As with all situations there are certain factors that may increase risks of poor mental health:

- Parental issues (e.g. substance or alcohol misuse, mental health issues, parents in prison);
- Loss within the family (e.g. parents who separate or divorce, bereavement);
- Experience of abuse (physical, sexual or emotional) or neglect
- Living in poverty or experiencing homelessness;
- Being a young carer;
- Experiencing significant issues at school.



How can you support?

- Talk to your child or young person – talking is often key. It may be that the initial conversation is nothing to do with their mental health and instead is more general, but this will build up trust and understanding. <https://www.annafreud.org/media/7223/secondary-parents-leaflet-final-proofed.pdf>
- Identify places where your child or young person can find appropriate support material to go over in their own time at their own pace.
- Encourage a healthy lifestyle (e.g. nutrition and exercise).
- Help your child or young person understand what they are feeling – for example everyone has fears and worries about things and part of growing up is learning how to deal with these.
- Make your child an appointment to see the GP.
- Get support for yourself – you don't need to know all the answers; however, you do need to be sure that there is nothing further that can be done.



Having difficult conversation

Please visit <https://www.samaritans.org/difficultconversations> for guidance and advice around having difficult conversations.

At Mayflower we regularly raise awareness around mental health, promote the importance of maintaining good mental health and seeking support when as a student they feel they are struggling.

Students have access to the following support in school:

- Pastoral team
- Three different counsellors who have expertise in varying areas of counselling
- Sessions with a life coach
- A tailored daily Tutor programme
- Curriculum based material in Life skills lessons
- The Bridge
- Information and resources posted to their year group pastoral page on google classrooms
- Peer support programme
- Peer mentors

As parents/carers you received a letter in September outlining Mayflower's support of Youth Mental Health Day and the activities that were taking place for this during the week commencing 19th September. The theme was to **connect meaningfully**.

On Monday 10th October, Our Sixth form Wellbeing Group attended Tutor groups to promote World Mental Health day. The theme was to **make mental health and wellbeing for all a global priority**.

