



# Keeping our community safe: Safeguarding at Honywood School



Welcome to the January edition of our monthly safeguarding newsletter. Each month we provide an update containing reminders about how we approach safeguarding at Honywood as well as useful links to support families out of school - many links we share each month so they are easy to find for you. If you have a question about safeguarding our hope is that our monthly bulletins will be able to provide the answer or at least some signposting to where you may get the answer. This month we are drawing your attention to the topic of consent.

## Who can learners talk to at School?

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| <ul style="list-style-type: none"><li>• Learning Group Leader</li><li>• Cohort Leaders</li><li>• Pastoral Leaders</li><li>• Class teachers</li><li>• Learner Reception</li><li>• Learning Support Assistants</li><li>• <a href="#">Learner Wellbeing App on iPad</a></li></ul> | <ul style="list-style-type: none"><li>• Senior Leadership Team</li><li>• Mrs Nichols - Safeguarding Lead</li><li>• Mr Smith - Deputy Safeguarding Lead</li><li>• Mrs Hickford - Deputy Safeguarding Lead</li><li>• Mr Caygill - Deputy Safeguarding Lead</li><li>• Mr Saunders - Headteacher</li></ul> |
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Mrs Nichols



Mr Smith



Mrs Hickford



Mr Caygill



Mr Saunders

## Learner Information

Please refer to the Honywood Wellbeing app on your school iPad, link below  
<https://sites.google.com/honywoodschool.com/learnerwellbeing/home>

If you need Wellbeing & Mental Health support out of school, please contact:

**YOUNG MINDS** - text YM to 85258, or <https://youngminds.org.uk/find-help>

Kooth - your online mental wellbeing community <https://www.kooth.com/>

### Child and Adolescent Mental Health Service

0300 300 1600 to get in touch directly. For the out of hours crisis support, please call the general NELFT switchboard on **0800 953 0222**. and ask for the CAMHS Crisis Support Service

Childline 08001111

### Weekly Bullying and Child on Child Abuse reporting form

All learners and parents receive a weekly email link and reminder that if they have any concerns about the behaviour of any learners in school that could be considered bullying and/or child on child abuse, they may report it using the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSfs8npY9aDQcY3WsRttFcl5PB0NGPaBgKR4aRdtWdrHlogNWQ/viewform>

If you have any questions about the form before completing it please feel free to email [scaygill@honywoodschool.com](mailto:scaygill@honywoodschool.com). Similarly if you have any feedback regarding the structure/questions of this form please do share this too as the form could evolve over the coming weeks with any feedback shared.

## Parents/Carers

For support and information please contact:

For information about support for children, young people and families please see the [Essex County Council website](#).

If you are a parent or carer, child or young person and you need support, you can phone 0345 603 7627 and ask for the Children's Line.

### Useful General Policies

#### Safeguarding Policy

<https://www.honywoodschool.com/page/?title=SAFEGUARDING&pid=146>

#### KCSIE September 2024

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

#### Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=587&type=pdf>

## Why teach my children about consent?

Communication, respect, and honesty are the building blocks of healthy relationships, and consent is about all of those things. Teaching children about the skills of consent can help reduce sexual coercion, harassment, and even assault. When we teach children about consent, we help them learn how to express what they want and don't want. We give them tools to express their limits. We teach them that they deserve to be treated in a respectful way. Teaching consent also means teaching children that it's just as important to respect others' limits and wishes. Their friends have a right to say "no" and "yes" and have that be respected.

The following website contains some useful tips for parents

<https://sexedrescue.com/teaching-consent-to-kids/> read on to find out more:

## How do we get started with teaching children consent?

First of all, what is consent? Simply, it is the act of giving permission.

For younger kids, from the age of 2-3, we are talking about general consent about bodies. 'Do you want to kiss Grandma' when she comes to visit instead of forcing them to kiss Grandma. Is it okay to hug your friends without their permission? It is about learning that 'no means no', in regards to themselves and other people. We don't talk about sexual consent until they are older, as it isn't relevant to them at this age.

If we are talking about teenagers, we are talking about sexual consent. Sexual consent is not just a simple yes or no. Consent can be given and then removed. Partial consent may be given for one thing but not another. Is consent valid if it is given whilst under the influence of drugs or alcohol? Consent may have been given last week but not today.

The [original cup of tea video](#) provides a simplified description of sexual consent for teenagers. This video has been doing the social media rounds for a long time and uses the analogy of a cup of tea. Amaze also has a playlist of their Consent videos on [Youtube](#).

## Talking about consent with teenagers

[Puberty is a time of change](#), where hormones will slowly start to turn your child into an adult. Adolescence is a time when children start to think differently about love, sex and relationships. As well as changing their body, the sex hormones of puberty are also changing how they think and feel about romantic relationships.

This is when you'll start talking about consent from a romantic and sexual perspective. These conversations are very important at this age. As the last thing any parent wants to see, is their teen being charged with sexual assault or rape, or for them to be a victim themselves. You might have a responsible, level-headed teen but when they spend time with their peers, they are likely to do stuff they would usually not do. Which is why you need to ensure your teen has a really good understanding of consent.

When teaching consent to children, it's important to remember that their brain is still developing. So although they may look more grown up, their brain won't finish developing and maturing until their [mid to late twenties](#). This is why you'll still see them making decisions that have you shaking your

head in despair, trying to figure out what happened to your mature teen! It is also harder to make smart decisions when you don't have any lived experiences to draw on.

Teens can't always reflect on what has already happened to them (or their friends), and learn from their mistakes. They just don't have the life experiences that we have. Plus, we really don't want them to be learning about love, sex and relationships by making too many sexual mistakes. The consequences can be pretty serious... sexual assault, unplanned pregnancy and sexually transmitted infections.

If you want to learn more about brain development and how it affects your child's behaviour during adolescence, Karen Young from Hey Sigmund has a helpful blogpost to read – [The Adolescent Brain – What All Teens Need to Know](#).

## What is sexual consent?

Sexual consent is agreeing to take part in sexual activity with someone.

The sexual activity is consensual when:

- Everyone freely chooses to participate.
- Everyone can clearly and enthusiastically say they want to participate.
- Anyone can change their mind at any time and have their decision respected.
- Everyone is awake, conscious and rational.
- Everyone understands what kind of activity they're agreeing to.
- Everyone is over the legal age for sexual consent.

## When should sexual consent be given?

Sexual consent must be given for these sexual activities, regardless of their gender or sexual identity:

- Kissing someone or touching any part of their body sexually.
- Having vaginal or oral sex.
- Using a sex toy or other sexual aid.
- Sending sexual messages or images.
- Not using condoms or other contraception.

## What must teenagers know about consent?

So when it comes to teaching consent to adolescents, it is important that teens understand:

- What consent means.
- Situations where one can never assume consent eg whilst under the influence, in groups.
- How to give or withhold consent and ask for it from others.
- How to seek help when they or someone else is having their right to consent violated.
- The consequences of not respecting consent – sexual assault, rape, sex with a minor.

As a parent, it is vital that your teen has a good understanding of consent and that they understand that consent is more than just saying yes. Consent is more than just a simple yes or no. And in the world today, it is more important than ever before that teens understand this.

## Strategies for teaching teens about consent

Talk about what is happening in the novels they read. There are some fantastic books for young adults out there that discuss the issues teens face today. Read them as well, and try talking about how sex was portrayed in them. What was positive about it and what was negative? Talk about the events and feelings that led up to sex. The benefit of using a book is that you can talk about the subject in the third person. It makes it a whole lot safer and easier for talking – for both parent and child!

Refer to movies and tv. Try sitting down and watching some movies and tv shows with your child. Talk about what you are seeing happen. Try questions like, 'Do you think she gave consent? What makes you think she has?'

Talk about the news. The news is full of stories about sexual assault. As tempting as it is to shelter your child from these stories, empower them instead with conversations about rape, consent and keeping safe. Let them learn from these experiences.

Talk about scenarios. Talk with your teen about what used to happen at the parties that you went to when you were a teen. Talk about the parties that they go to. Ask them what they would do if they were wanting to have sex with someone but they were drunk. What would they do? And what if they changed their mind partway? What if they saw someone taking advantage of a drunk friend? Brainstorm possible solutions, such as finding the nearest adult, calling a parent and getting them involved, directly intervening, gathering a group to intervene, or calling the police.

Keep on talking. Grab every opportunity that you can and talk about it. Your child might seem to be not listening, and say that they know it all but research tells us that children do listen and they do want to talk to their parents about this sort of stuff. So keep on talking and remind your child that you are open to talking about anything! It also lets them know that they can come and talk to you about anything!

## Consent resources for parents and families

A lot of the [sex education books](#) (that talk about lots of sex-ed topics) also talk about sexual consent. So that is a list to look at if you child, tween or teen might be more open to reading a book about sex than consent.

<https://www.brook.org.uk/resources/> Brook is an excellent resource that covers a range of topics to do with Sexual Health and Wellbeing. In school we use the Brook Traffic light system to support young people.

If you have a teenager aged 14 years and older, than BISH (Best in Sexual Health) has great [content about sexual consent](#) that is engaging for teens to read.

[Amaze.org](#) have educational videos on Youtube for young teens about consent.

[Every Body Curious](#) (from Canada) has a 10 minute video about consent that is suitable for 9 to 12 year old children.

# Domestic Abuse

Domestic abuse is an incident or pattern of incidents of controlling, threatening or violent behaviour.

Domestic abuse can take many different forms:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Economic abuse
- Harassment and stalking
- Online or digital abuse

In the majority of cases of domestic abuse it is perpetrated by a partner or ex-partner, but it can also be perpetrated by a family member or carer.

Domestic abuse can have devastating effects on children both physically and emotionally. Every child has the right to feel safe in their own home. If you are experiencing domestic abuse, there are many different people who can support you and your children. Your Family Hub Team will also be able to support you and your children if you are suffering from domestic abuse.

You can contact your local Team on:

- Mid Essex Tel: 0300 247 0014
- North Essex Tel: 0300 247 0015
- South Essex Tel: 0300 247 0013
- West Essex Tel: 0300 247 0122

All of your local family hubs will have a safe space where you and your children can go if needed so please don't suffer in silence, we are here to help. If you or your child are frightened or at risk of imminent harm call 999, the police will help you.

## Essex Domestic Abuse Services

COMPASS is a single point of access funded by Essex County Council in partnership with the Office of Essex Police, Fire and Crime Commissioner to support victims of domestic abuse across Southend, Essex and Thurrock.

The aim is to provide a single number, which will be available 24hrs a day, for callers to speak with a trained member of staff who will complete an assessment and ensure contact is made with the most appropriate support service.

Essex Domestic Abuse Helpline:

**0330 333 7 444**

Helpline available from 8 am to 8 pm weekdays and 8 am to 1 pm weekends.  
Messages will be responded to within 24hrs.

Essex Domestic Abuse Helpline: 0330 333 7 444  
Messages responded to within 24 hours

## Useful Links

[Essex Compass](#)

[Domestic Violence & Abuse - Emergency Injunction Service \(ncdv.org.uk\)](#)

[What is domestic abuse? | Essex Police](#)

[Next Chapter \(thenextchapter.org.uk\)](#)

[The Change Project – Relationships: Counselling & Domestic Violence](#)

## Mental Health Support Resources for Parents

**Exam Stress.** The following link covers a wide-range of tips to keep students mentally healthy.  
**Supporting Your Child during Exam Time (Young Minds)**

[Exam Time & Exam Stress | Parents Guide To Support](#)

**Young Minds** <https://youngminds.org.uk/>

**MindEd** is a free educational resource on children and young people's mental health for all adults:  
<https://www.minded.org.uk/>

Safe and reliable advice about young people's mental health, created by experts and parents together: <https://www.mindedforfamilies.org.uk/young-people>

**NHS** Mental Health Charities directory: [Mental health charities and organisations](#)

**Parent zone** - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

**Headstogether** - Changing the conversation on mental health:

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

**The Mix** - Essential support for under 25s: <https://www.themix.org.uk/>

## ASD and ADHD Advice for Parents

**You Tube series by Oxford Health:**

<https://www.youtube.com/playlist?list=PLKw7kjGJdcXCiene7r3m8qYSN2T8Vxb1K>

This animated series is for parents of neurodiverse children and young people. The experiences portrayed in the animations reflect the real-life experiences of children, young people and families who use the service. Real-life practical strategies are mentioned in an

animated story format to help parents of children with ADHD or autism manage common experiences they face at home.

**Autism Anglia:**

<https://www.autism-anglia.org.uk>

An independent charity that provides support to autistic children, adults and families in east Anglia.

**SNAP**

[www.snapcharity.org](http://www.snapcharity.org)

A voluntary organisation based in Brentwood offering support to parents and carers of children with any special need or disability

**The Maze Group**

[www.themazegroup.co.uk](http://www.themazegroup.co.uk)

Based in Ipswich this support group offers courses to help parents understand their child's diagnosis and their additional needs

## Bereavement Advice for Parents

**Childhood bereavement network**

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/bereaved-children-and-families/resources-families>

Resources that may help you or your family with a bereavement

**Winstons Wish**

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Winston's Wish offer a bereavement service by way of advice, guidance and bereavement support to children, young people, and families before and after the death of a parent, sibling or other important person. On their website you will find guidance on topics including, support for grief and loss.

## Recommended Reading

Helping Your Anxious Child – Ronald Rapee

Breaking Free from OCD: A CBT Guide for Young People and Their Families – Jo Derisley

Parenting a Child with Emotional Behavioural Difficulties – Daniel Hughes

Depression: A Teen's Guide to Survive and Thrive – Jacqueline Toner Claire Freeland

<https://www.socialworkerstoolbox.com/parents-guide-youth-violence-knife-crime-gangs/>

[https://www.westminster.gov.uk/sites/default/files/advice\\_for\\_parents\\_and\\_guardians\\_about\\_gangs.pdf](https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf)

## General Mental Health Advice & Support for Parents

**This May Help**

<https://thismayhelp.me/>

This May Help is a website that has been created to support parents and carers with

concerns about their child's mental health. The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

### **Young Minds**

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

### **NHS Website**

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

The NHS website has information on many different challenges faced by young people. Find advice and support for parents who have children or teenagers with mental health Problems.

### **Anna Freud**

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Anna Freud Centre produced a series of expert podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

## **Self Harm/Suicide Advice & Support for Parents**

### **Papyrus**

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health. The aim of this guide is to provide information and guidance and to help parents cope with a young person who is struggling with thoughts of suicide. To reassure them that they are not alone.

### **Oxford health**

[https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy\\_of\\_coping-with-self-harm-brochure\\_final\\_copyright.pdf](https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf)

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available

## **Spending time with your teen - Advice for Parents**

### **Ministry of Parenting**

[https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?\\_ga=2.80853471.917799071.1676377386-1296894209.1676377386](https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?_ga=2.80853471.917799071.1676377386-1296894209.1676377386)

It can be difficult to find ways to give teens positive attention. Now that they've outgrown a lot of childhood activities, it may be more difficult to find family activities they are interested in. Here are 10 ways to create quality time to spend with your teen, even if it's just a few minutes each day.

## LGBTQ+ Advice for Parents

### All Sorts Youth

<https://www.allsortsyouth.org.uk/what-we-do/faq-for-parents-carers>

Allsorts Family Support Service emerged in 2013 in response to the need for parents/carers of children and young people who are Lesbian, Gay, Bisexual, Transgender or exploring their sexual orientation and/or gender identity (LGBT+), to connect and provide each other with support, community and friendship. They also have a FAQs for Parents/Carers to help advice and gain understanding and insight.

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

**Parent zone** - County Lines:

<https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

**Parent zone** - Sleep Advice:

<https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line Family Support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

## Key Contacts in School

Please see the key contact list below to support you to address any concerns.

### Leadership Team

Mr Munro	Deputy Headteacher	<a href="mailto:jmunro@honywoodschoo.com">jmunro@honywoodschoo.com</a>
Mr Caygill	Deputy Headteacher	<a href="mailto:scaygill@honywoodschoo.com">scaygill@honywoodschoo.com</a>
Mrs Hickford	Deputy Headteacher	<a href="mailto:jhickford@honywoodschoo.com">jhickford@honywoodschoo.com</a>
Mrs Downes	Assistant Headteacher	<a href="mailto:pdownes@honywoodschoo.com">pdownes@honywoodschoo.com</a>
Mrs Bansropun	Assistant Head	<a href="mailto:abansropun@honywoodschoo.com">abansropun@honywoodschoo.com</a>
Mr Smith	Assistant Head	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Williams	Assistant Head	<a href="mailto:jwilliams@honywoodschoo.com">jwilliams@honywoodschoo.com</a>
Mr Gribben	Associate Assistant Head	<a href="mailto:tgribben@honywoodschoo.com">tgribben@honywoodschoo.com</a>
Mr Scott	Associate Assistant Head	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>

### Safeguarding, welfare and support team

Mrs Nichols Safeguarding Officer [knichols@honywoodschoo.com](mailto:knichols@honywoodschoo.com)

Mr Smith	Safeguarding Officer	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Scott	Attendance Concerns	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>
Mrs Loydall	Medical concerns	<a href="mailto:medical@honywoodschoo.com">medical@honywoodschoo.com</a>

### **Cohort Leaders**

Cohort 7	Ms Martin	<a href="mailto:amartin@honywoodschoo.com">amartin@honywoodschoo.com</a>
Cohort 8	Mrs Borella	<a href="mailto:lborella@honywoodschoo.com">lborella@honywoodschoo.com</a>
Cohort 9	Mrs Reece	<a href="mailto:ereece@honywoodschoo.com">ereece@honywoodschoo.com</a>
Cohort 10	Mr Briggs	<a href="mailto:dbriggs@honywoodschoo.com">dbriggs@honywoodschoo.com</a>
Cohort 11	Ms Ward	<a href="mailto:tward@honywoodschoo.com">tward@honywoodschoo.com</a>

### **SEND team**

Mrs Vaughan	SENCO	<a href="mailto:cvaughan@honywoodschoo.com">cvaughan@honywoodschoo.com</a>
Mr Wood	Deputy SENCO (Autism Hub)	<a href="mailto:mwood@honywoodschoo.com">mwood@honywoodschoo.com</a>