

## NSG Safeguarding Bulletin Spring 2 2024

### Dear Parents and Carers

Welcome to our latest newsletter. In this issue we explore consent, discussing how to have ongoing conversations about boundaries and respect, and Vaping, how its increased use amongst teens means it is crucial to address its risks, including health and academic impacts. Our aim is to equip parents/carers with knowledge and resources to better support our students and create a safe and healthy environment for everyone. Thank you for your ongoing support. Please remember If you have any safeguarding concerns during term time you are able contact a member of our safeguarding team at school on 01604 679540. You can also access guidance by emailing [dsl.safeguarding@nsg.northants.sch.uk](mailto:dsl.safeguarding@nsg.northants.sch.uk) **Please note however that this email is not monitored daily, and replies may take up to a week)**

More information on all aspects of safeguarding at Northampton School for Girls can be found [here](#) on the school website, the newly launched PSHE and Wellbeing Hub is also a useful place for practical advice and guidance to parents and can be found [here](#).

### Online safety

Children should feel safe at all times. This includes feeling safe online. Being online has become an important part of daily lives with over 83% of children ages 11-18 owning mobile phones. This has increased the safeguarding risk to children and young people. We teach all students about the importance of online safety through our PSHE curriculum and assemblies.

However, here at NSG we understand that it can be difficult to keep up with the ever-evolving technology and the online world. As a result, we would like to offer parents the chance to register for our online safety talk for parents/carers.

This online talk will cover how to support your child with their online safety. Course details: **20<sup>th</sup> March 6-7pm**. Please register your interest in attending by signing up via our ticketing system. [Please sign up by clicking here](#)

### Safeguarding and students with SEND needs.

Safeguarding our children with SEND needs can require a greater vigilance and involve different kinds of support. Children with SEND needs are statistically more prone to peer group isolation & bullying and impacted greater by communication & reporting barriers. These links may provide additional & useful information about safeguarding.  
<https://senmagazine.co.uk/content/care/safeguarding/15881/send-and-safeguarding-more-than-four-bullet-points/>  
<https://www.et-foundation.co.uk/professional-development/special-educational-needs-disabilities/teaching-and-learning/safeguarding-learners-with-send/>

### Vaping (the use of e-cigarettes)

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette). Vaping among secondary-school children is rising, with nearly one in five 15-year-olds using e-cigarettes, in a 2021 NHS survey 9% of 11-15s said they were vapers up from 6% in 2018. -year-olds, 9% say they are vapers - up from 6% in 2018.

The health risks of vaping include:

- Addiction and exposure to cancer-causing chemicals: E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.
- Anxiety and depression: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- Sleep problems

How to talk to teens about the health risks of using e-cigarettes?

Talking with teens about risky behaviours is an important way for parents to help keep them safe. Parents are already good at talking to their teens about alcohol, smoking and drugs. E-cigarettes should be included in the conversation.

The earlier and more often you speak with young people about e-cigarettes, the more likely they are to listen. It's important for parents to educate themselves, so they know the facts and what to say when the topic comes up.

To find out more about vaping and it's risk to children and young people. Click on the links below to read the articles.

<https://kidshealth.org/en/teens/e-cigarettes.html>

[https://www.rch.org.au/kidsinfo/fact\\_sheets/E-cigarettes\\_and\\_teens/](https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens/)

<https://www.health.nsw.gov.au/tobacco/factsheets/vaping-factsheet-young.pdf>

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### Consent

As your child grows up, they navigate a world filled with complex relationships and new experiences. One of the topics we support students with understanding is consent. In Years 7-13 PSHE lessons, we cover this topic through a range of discussion-based tasks. There is also an abundance of information provided to students through assemblies, 1:1 conversation and through the academic curriculum. Consent is an important topic that should also be discussed at home.

### What is Consent?

👏 Consent is all about enthusiastic agreement! It means both people involved are comfortable with what's happening. It should be a clear, verbal "Yes!"

### What Consent ISN'T:

❌ Silence or a lack of resistance doesn't equal consent. It's not a "Yes" if it's not enthusiastic and freely given. Consent can be revoked at any time.

- Sexual consent is agreeing to take part in sexual activity. Sexual consent is when all people involved:
  - understand what kind of activity they're agreeing to
  - can choose freely to take part.
  - can say they want to take part clearly and enthusiastically.
  - can change their mind at any time and have this decision respected.
  - are awake, conscious and rational.
  - are over the legal age for sexual consent, (sexual consent CANNOT legally be given by another under the age of 16)

We teach your children that:

- Your body belongs to you.
- You get to decide what happens to your body.
- No one should touch you without permission.
- Telling someone not to touch you is NOT rude.
- Consent means always choosing to respect others' boundaries. Respecting someone's boundaries shows that you care about them.

<p>🗣️ <b>Open Communication:</b> Encourage your young person to talk openly with you about relationships, boundaries, and consent. Make sure they know you're there to listen and support them.</p>	<p>🧑‍🦰 <b>Consent and Alcohol:</b> Underage drinking is illegal, but it's also important to remind your young person that being under the influence impairs judgment. Consent cannot be given if someone is not in full control.</p>
<p>📱 <b>Digital Boundaries:</b> Discuss the importance of consent in online interactions, including sharing photos or messages.</p>	<p>❤️ <b>Empowerment:</b> Encourage your young person to trust their instincts and stand up for themselves. They have the right to be safe and respected.</p>
<p>👥 <b>Healthy Relationships:</b> Teach your young person about the foundations of a healthy relationship, including communication, respect, and trust.</p>	<p>🚫 <b>Teach the Word "No":</b> Help your teens understand it's okay to say "No" if they're uncomfortable. Encourage them to respect others' "No" too.</p>

Below are links to website on how to support your child with understanding the topic of consent:

<https://www.safesecurekids.org/teaching-consent>

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

<https://www.letstalkaboutit.nhs.uk/directory-of-services/support-for-parents/>