



PSA SAFEGUARDING BULLETIN

Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.

MOBILE PHONES AND MENTAL HEALTH

Mobile phones have become a huge part in the lives of young people. However, while these devices offer significant benefits, they also pose various challenges. On the positive side, they help young people build social connections, provide a sense of belonging, and reduce feelings of isolation. Moreover, they grant easy access to a wealth of information, mental health resources, and entertainment, contributing to overall well-being.

However, on the negative front, excessive use can lead to screen addiction, cyberbullying, reduced physical activity, sleep disturbances, and a fear of missing out (FOMO). Excessive phone use may also diminish face-to-face interactions, impeding the development of crucial social skills. Privacy concerns regarding personal information sharing online can also induce stress and anxiety.

Not all children and young people will experience these negative effects; many can use mobile phones in healthy and balanced ways. Parental involvement is crucial, because by encouraging open communication, setting boundaries, and seeking professional help when needed, you can help mitigate the negative effects while promoting responsible mobile phone use and safeguarding mental health.



SCCESS: SUPPORTING YOUNG PEOPLE DURING EXAMS

At this time of year many young people will be preparing for their exams. The experience of working towards and taking exams can be a stressful one for many of them, and this can impact their mental health and wellbeing.

To support young people in schools/colleges who are preparing for exams at the moment, SCESS will be holding the following webinars:

How to manage exam stress

Passcode: N7dqw!=C

Peer Pressure

Passcode: .9H^J\$#k

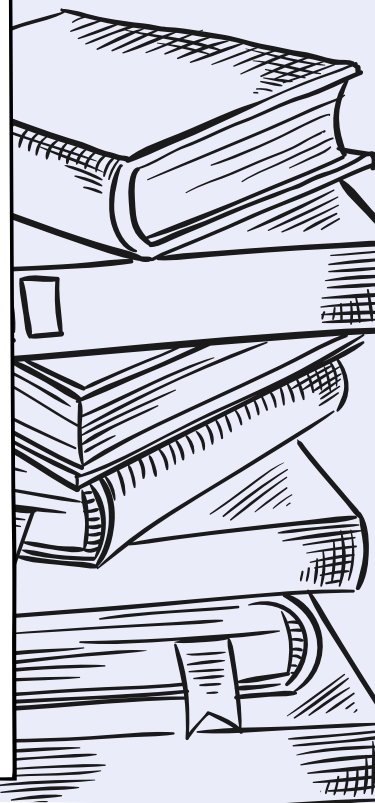
SCESS has also released the following webinars for parents and carers of young people, which may be particularly helpful at this time:

How to support your young person with anxiety

Passcode: CWuA+2#2

How to support your young person with low mood

Passcode: 5FMJ\$.5Q



WEBINAR SERIES BY ANNA FREUD

This Spring Term webinar series is specially tailored for parents/carers of adolescents, and will provide valuable support and information.

Managing teen behaviour that challenges: tips and tricks -

Wednesday 17 April, 12:00-13:00

[Register](#)

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone -

Tuesday 23 April, 12:00-13:00

[Register](#)

Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing -

Thursday 25 April, 17:00-18.00

[Register](#)

UNDERSTANDING AND SUPPORTING THOSE STRUGGLING WITH SELF-HARM

Self-harm is a coping mechanism used to manage overwhelming emotions, painful memories, or distressing situations. While it may provide temporary relief, it often perpetuates underlying issues and can lead to dependency, making it difficult to stop. Understanding why individuals self-harm varies widely. For some, it's a response to specific traumatic experiences, while for others, triggers may be less clear. Despite this, seeking support is essential for those struggling.

Discovering that someone is self-harming can be difficult, but responding with empathy is crucial as judgment or negative reactions may deter them from seeking help. Supporting someone who self-harms requires a compassionate approach; acknowledge their worth beyond their actions and offer reassurance, and encourage independence while assisting them in accessing support services.

Recovery from self-harm is possible with the right support and treatment. Seeking professional help and exploring healthy coping strategies are key steps towards healing. By providing those struggling with understanding, compassion, and support, we can create a safer and more supportive environment for them, ultimately guiding them towards recovery and healing.

WHERE TO GO FOR HELP

Here are some services who can help and support young people without judgement:

Childline

Under 19s can confidentially call, chat online or email about any problem.

Samaritans

Whatever you're going through, you can contact the Samaritans for support. Please note this is a listening service and does not offer advice or intervention.

Calm Harm

A free app providing support and strategies to help resist or manage the urge to self-harm.

National Self Harm Network (NSHN)

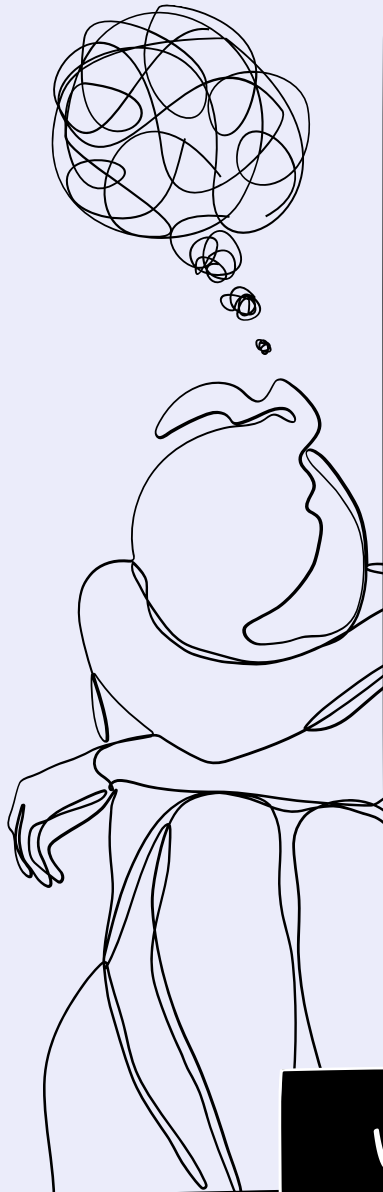
Survivor-led online support forum for those who self-harm, their friends and families.

YoungMinds

Provides advice and support to young people for their mental health, as well as supporting parents and carers.

Harmless

User-led organisation that supports people who self-harm, and their friends and family.





PSA SAFEGUARDING TEAM

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school.

If you have any concerns please email: safeguarding@psa-bucks.com



Miss Stone [DSL]

SAFEGUARDING LEADS



Mrs Summerell
[Head of Student
Services/DDSL]

EXTENDED SAFEGUARDING TEAM



Mr Field [Yr7]



Ms Harb [Yr8]



Mr Bullen [Yr9]



Mrs Toor [Yr10]



Mr Wilson [Yr11]



Mrs Kaur
[Head of Sikh Ministry]

