



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.

HEALTHY RELATIONSHIPS – KEY INFLUENCES ON YOUNG PEOPLE AND HOW TO HELP

In today's digital world, young people are exposed to a wide range of online influences, from social media trends to harmful messages about relationships. It's important that parents stay informed and involved in their child's understanding of relationships, self-image, and online behaviour.

Key concerns:

- Unhealthy relationship behaviours – Research shows that some young people believe consent isn't always necessary or that violence is acceptable if followed by an apology. Open conversations about healthy relationships and respect are essential.
- Online influences and social media – Studies reveal that young people often learn more about relationships from social media and pornography than from their parents. Encouraging honest discussions can help them develop healthier views.
- Coercive control and abuse – Many young people experience controlling behaviour in relationships, often disguised as care or jealousy. Teaching them the warning signs can help prevent unhealthy situations.
- Body image pressures – Unrealistic beauty standards promoted online contribute to low self-esteem and body dissatisfaction. Remind young people that social media is not real life, and encourage positive self-image discussions.
- Toxic masculinity and misogyny – Some online communities promote harmful views about women and relationships. If you notice changes in your child's language or attitudes, encourage critical thinking about these messages.

How parents can help:

- Talk openly about relationships, consent, and online influences.
- Set boundaries for screen time and online content.
- Encourage critical thinking about social media and its impact.
- Promote healthy role models and positive social values.

Having ongoing, open conversations with your child can help them navigate these challenges safely.

Let's work together to support young people in building healthy, respectful relationships.

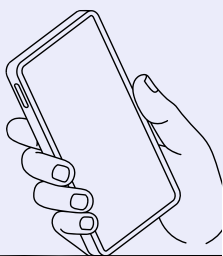
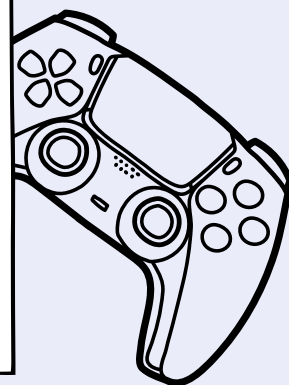
MARVEL RIVALS: WHAT PARENTS AND CARERS NEED TO KNOW

Marvel Rivals is a new multiplayer shooting game where players take on the roles of iconic Marvel superheroes and villains, battling in teams of six. With its fast-paced action and familiar characters, it has quickly gained popularity - but parents should be aware of potential online risks.

While the game is exciting and encourages teamwork, it also includes features such as in-game chat, purchases, and interactions with strangers that could pose dangers to children.

Voice and text chat allow players to communicate, but conversations can sometimes turn inappropriate or expose children to harmful language. The game also includes in-game purchases, which may encourage spending on character skins and battle passes. Additionally, its familiar Marvel characters may appeal to younger children, despite the PEGI 12 rating.

To keep your child safe, ensure privacy settings are enabled, monitor or disable chat features, and set up parental controls to prevent unauthorised purchases. Regular conversations about online safety, along with occasional supervision, can help children navigate gaming responsibly.



MOBILE-FREE CHALLENGE

Excessive screen time affects young people's learning, mental health, and social skills. Research shows that constant phone use can lead to distractions in class, poor sleep, and reduced face-to-face interactions. To help students experience the benefits of reduced screen time, PSA is introducing the Mobile-Free Challenge for Year 7.

From 10 March 2025 to 4 April 2025, students can hand in their mobile devices for secure storage. This initiative aims to:

- ✓ Improve focus and academic performance.
- ✓ Enhance communication and social interactions.
- ✓ Support better sleep and mental well-being.

Devices will be securely stored and only accessible to the Head of Year and Senior Leadership Team. Students will still have access to educational platforms such as Sparx and Class Charts via laptops and desktops.

We understand that mobile phones are part of daily life, but this challenge offers students a chance to develop healthier habits and become more engaged in their learning and friendships.



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. You can also email safeguarding@psa-bucks.com. **This email will be checked periodically over the break.**



Miss Day
DSL



Mrs Summerell
DDSL



Miss Lallian
Safeguarding team

