



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.

PERIODIC TABLE OF SINISTER EMOJIS

In today's digital age, emojis have become a common form of communication for young people. While they often appear harmless, some emojis are being used with meanings that differ drastically from their original intent. What might seem like a simple image to us could actually be a way for young people to convey something much more concerning.

With growing awareness of this issue, especially following the Netflix series *Adolescence*, Amit Kalley has created a periodic table of emojis to highlight these alternative meanings. This guide is designed to help parents, carers, and educators stay informed about the symbols that young people may use to communicate in ways that might go unnoticed.

The internet, while a valuable resource, also exposes children to risks, and this emerging issue is becoming more widely discussed. Now more than ever, it's important that we educate ourselves to better protect young people in the online space. Let's stay informed and work together to keep them safe.

PERIODIC TABLE OF SINISTER EMOJIS BY AMIT KALLEY

For Working Parents
WWW.FORWORKINGPARENTS.COM

DRUGS				VIOLENCE				SEX				SELF-HARM				EXTREMISM		INCEL	
Cocaine	Cocaine	Marijuana	Marijuana	Weapon	Weapon	Penis	Penis	Bum	Swinging	Nudes	Cutting	Neo-Nazi	100	Far Right	Incel	Incel			
Marijuana	MDMA	Crime	Crime	Penis	Penis	Bum	Swinging	Nudes	Cutting	Neo-Nazi	100	Far Right	Incel	Far Right	Incel	Incel			
Marijuana	MDMA	Crime	Crime	Penis	Penis	Bum	Swinging	Nudes	Cutting	Neo-Nazi	100	Far Right	Incel	Far Right	Incel	Incel			
MDMA	Ketamine	Murder	Murder	Genitalia	Vagina	Vagina	Oral Sex	Porn	Burning	Neo-Nazi	1488	Anti-Woman	Neo-Nazi	Anti-Woman	Anti-Woman	Anti-Woman			
Mushrooms	Heroin	Threat	Locked Up	Lust	Lust	Lust	Oral Sex	Orgasm	Feeling Low	IS Extremism	Anti-Woman	IS Extremism	Anti-Woman	IS Extremism	Anti-Woman	Anti-Woman			
NO2	Dealer	Trap Music	Snitch	Intercourse	Intercourse	Fingering	Anal Sex	Orgasm	Not Eating	IS Extremism	Anti-Woman	IS Extremism	Anti-Woman	IS Extremism	Anti-Woman	Anti-Woman			

EXAM SELF-CARE

Exams are extremely challenging, not only because of what students have to learn, but also because they can affect mental health.

Although students are told to take regular breaks, some find it hard to know how best to use them. Exam pressure is a rich topic for which there is plenty of advice. However, much of this advice focuses on study techniques to memorise exam topics. The reality is that much of the most vital revision is executed when one is not revising. Sometimes this aspect of revision can be more important than the active element.

If interested in finding some self-care tips for your child, please click [here](#).



TOP 10 ONLINE SAFETY TIPS FOR PARENTS

The internet is an amazing resource, but it also comes with risks, and parents play a key role in helping their children stay safe online. Here are ten essential steps:

1. **Talk regularly** – Encourage open discussions about online activity, from social media to gaming. Make sure your child knows they can come to you if they see something worrying.
2. **Be aware of privacy settings** – Ensure all social media accounts and apps are set to private, and discuss the importance of protecting personal information. Encourage strong passwords and two-factor authentication where possible.
3. **Understand who they're talking to** – Children may assume everyone they meet online is who they say they are. Teach them to be cautious and never share personal details with strangers.
4. **Manage screen time** – Set healthy boundaries for device use. Agree on screen-free times, such as during meals and before bedtime, to promote balance.
5. **Know the platforms they use** – Stay informed about the games, apps, and social media sites your child visits. Many platforms have age restrictions and parental controls.
6. **Use parental controls wisely** – Most devices and apps offer settings to restrict inappropriate content, manage screen time, and monitor activity. These can be useful but should not replace open conversations.
7. **Encourage responsible sharing** – Remind children that anything they post, from messages to photos, can be saved or shared. Once online, content can be difficult to remove.
8. **Recognise the signs of cyberbullying** – Watch for changes in behaviour, such as anxiety or withdrawal. Encourage your child to speak up and report any form of bullying.
9. **Talk about misinformation and scams** – Teach children to question what they see online, whether it's fake news, phishing emails, or misleading advertisements. Encourage critical thinking.
10. **Be a good digital role model** – Children learn from adults. Set a positive example with your own online habits, from responsible screen time to respectful communication.

By staying engaged and informed, you can help create a safer online experience for your child.

ON-DEMAND WEBINARS

Below is a list of on-demand webinars for parents and carers by Anna Freud. To watch them, simply click on the link, enter your details, and a recording will be sent to you.

Managing adolescent behaviour that challenges - tips and tricks	Watch
Weathering the storms of strong adolescent emotions: do's, don'ts and when to consider talking to someone	Watch
Anxiety in adolescence - how can parents and carers help?	Watch
How to support your young person with low mood	Watch
Supporting young people who experience panic	Watch
Adolescent self-harm - how to make sense of it and when to seek support	Watch
Building resilience, staying connected and nurturing your relationship with your young person	Watch
Understanding adolescent brain - strategies to help you understand and support young people's mental health and wellbeing	Watch
Understanding bullying: how to help your young people	Watch
Emotional based school non-attendance (EBSNA) - practical tips and strategies to support your young person	Watch
Transitioning to secondary school - supporting your young person with the ending and a new beginning	Watch
Supporting your young person to stay well online	Watch
Supporting your young person to navigate healthy friendships	Watch
Supporting your young person through exam time	Watch
Supporting your young person with anxiety before they get their exam results	Watch





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

