



# 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.

## MANAGING EXAM STRESS

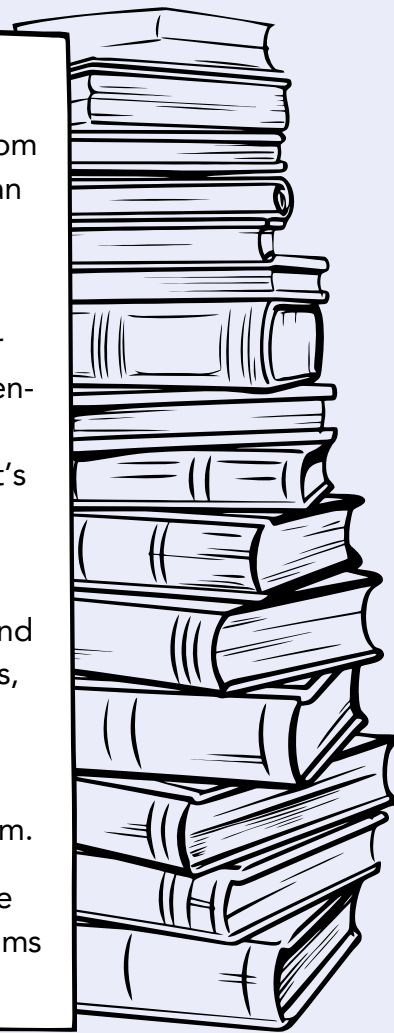
As exams approach, many students begin to feel increased pressure, whether from school, themselves, or others. While some stress can be motivating, too much can affect sleep, focus, and confidence. Recognising these signs early helps children manage their emotions in a healthy way.

Parents can play a huge role in helping students find balance. Encourage regular breaks, nutritious meals, and time outdoors to recharge. Keeping evenings screen-free and ensuring enough rest can make a real difference to concentration and mood. It's also important to talk openly about stress, reassuring your child that it's normal to feel nervous - and that effort matters more than perfection.

Practical strategies such as creating a clear study schedule, breaking work into smaller goals, and practicing breathing or relaxation exercises can all help. Remind students to vary their revision methods - teaching someone else, using flashcards, or completing past papers - to build confidence and reduce anxiety.

If your child seems persistently anxious or withdrawn, please reach out for help. They can speak to teachers, our Safeguarding Team, or the pastoral support team.

Further advice and free resources are available from [Young Minds](#), [Mind](#), and the [NHS Every Mind Matters](#) website. Together, we can help students approach exams calmly and confidently.



## DOMESTIC ABUSE SUPPORT: BRIGHT SKY APP

Domestic abuse can take many forms - physical, emotional, or controlling behaviour - and it can have a lasting impact on both adults and children. Recognising when something isn't right can be difficult, which is why the charity Hestia created the Bright Sky app.

This free, confidential app helps users identify signs of abuse, safely record incidents, and quickly find trusted local or national support services. It also provides clear guidance for anyone worried about a friend, family member, or themselves.

For more information, visit [www.hestia.org/brightsky](http://www.hestia.org/brightsky).



# YOUTUBE: STAYING SAFE ONLINE

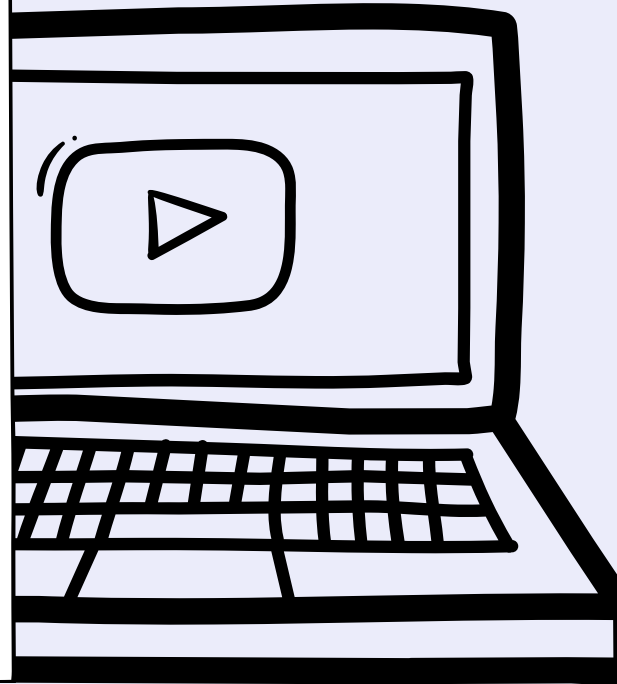


YouTube remains one of the most popular platforms for young people, offering both educational and entertaining content - but it can also expose them to misinformation, inappropriate videos, or harmful comments.

Parents can help by ensuring Supervised Experience or YouTube Kids is set up for younger users, which limits access to age-appropriate content. Encourage your child to talk about what they watch and remind them to check the credibility of online information before believing or sharing it.

Setting clear screen-time boundaries, using parental controls, and watching content together are simple ways to keep viewing positive. It's also helpful to remind children not to engage with or respond to negative comments.

If you're unsure how to set up safety features, you can find step-by-step guides on the [YouTube Parents page](#). And as always, our Safeguarding Team is available if you have any concerns about your child's online safety or wellbeing.



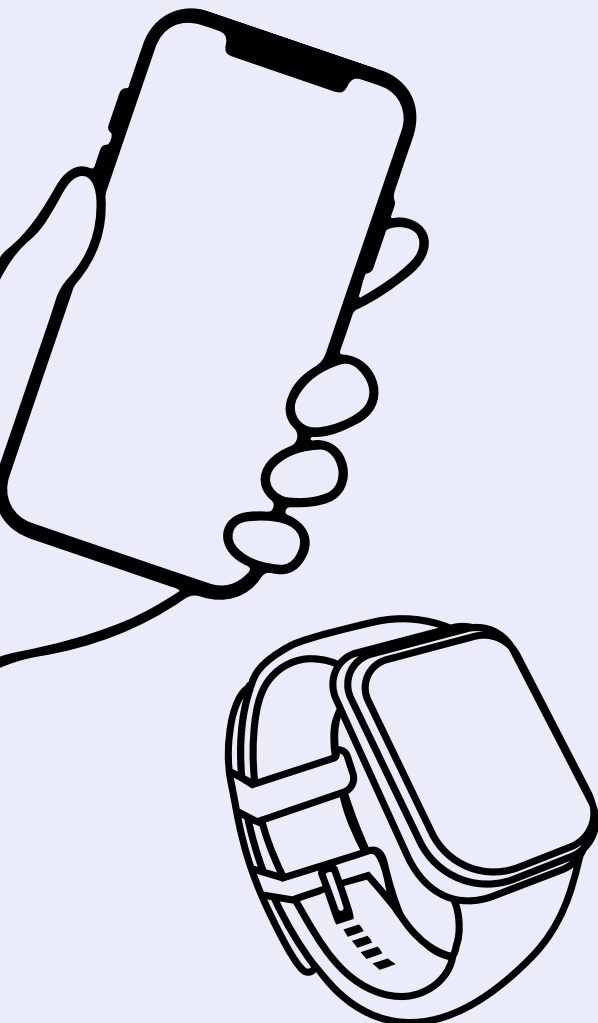
# TRACKING DEVICES AND ONLINE SAFETY



Many parents now use smartwatches, phones, or tracking apps to help ensure their child's safety - especially when travelling to and from school. While these tools can offer reassurance, it's important to balance safety with respect for a young person's privacy.

We encourage families to discuss why tracking is being used and agree together on what feels fair. Open conversations help children feel trusted and involved, rather than monitored. Parents should also review location settings regularly and ensure devices are secure with passwords and up-to-date software.

If used thoughtfully, tracking tools can strengthen trust and help families stay connected. For further guidance, see the ICO's guidance for parents or the UK Safer Internet Centre. And if you're unsure about privacy settings or online safety, our Safeguarding Team is here to help.





# ANNA FREUD: PARENT AND CARER LIVE WEBINARS

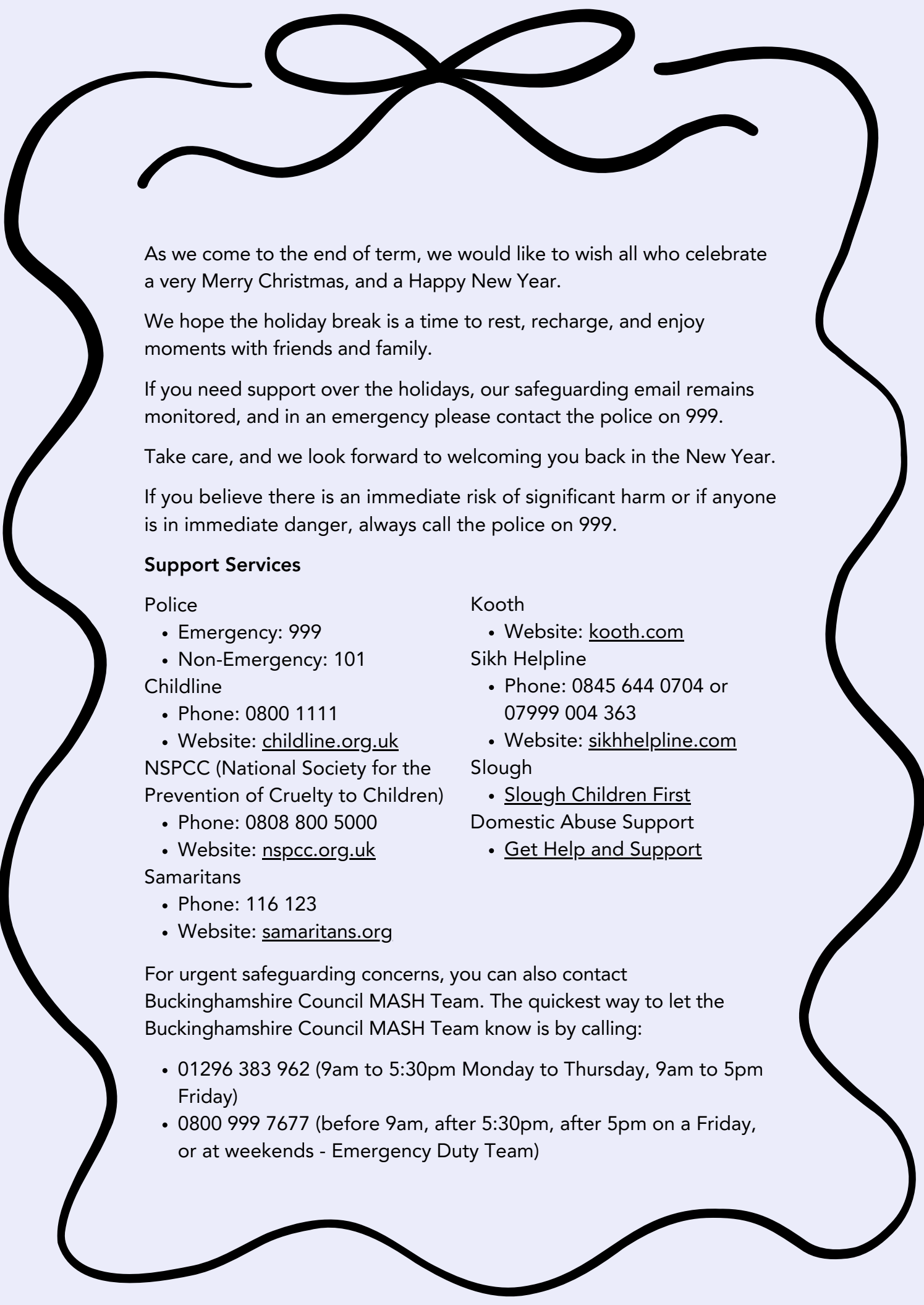
<p><b><i>How to support your young person with low mood</i></b> Tuesday 13 January 5-6pm</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Anxiety in adolescence</i></b> Tuesday 21 January 12-1pm</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Emotional based school non-attendance</i></b> Thursday 29 January 5-6pm.</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Transitioning to Secondary School – supporting your young person with the ending and a new beginning</i></b> Tuesday 3 February 5-6pm</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Understanding the impact of bullying on a young person's mental health</i></b> Wednesday 4 February 5-6pm.</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Supporting your young person to stay well online</i></b> Tuesday 10 February 12-1pm</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Adolescent self-harm</i></b> Thursday 12 February 12-1pm</p>	<p><a href="#"><u>Click to register</u></a></p>
<p><b><i>Weathering the storms of adolescent emotions</i></b> Tuesday 24 February 5-6pm</p>	<p><a href="#"><u>Click to register</u></a></p>



## BIKEABILITY LEVEL 1

Bikeability Level 1 teaches children basic cycling skills - like controlling a bike, starting, stopping and riding confidently - in a safe, traffic-free environment. It helps build confidence, coordination and road-awareness from a young age. To learn more and to find a local course, visit their website:

<https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/bikeability-level-1/>



As we come to the end of term, we would like to wish all who celebrate a very Merry Christmas, and a Happy New Year.

We hope the holiday break is a time to rest, recharge, and enjoy moments with friends and family.

If you need support over the holidays, our safeguarding email remains monitored, and in an emergency please contact the police on 999.

Take care, and we look forward to welcoming you back in the New Year.

If you believe there is an immediate risk of significant harm or if anyone is in immediate danger, always call the police on 999.

### **Support Services**

#### Police

- Emergency: 999
- Non-Emergency: 101

#### Childline

- Phone: 0800 1111
- Website: [childline.org.uk](http://childline.org.uk)

#### NSPCC (National Society for the Prevention of Cruelty to Children)

- Phone: 0808 800 5000
- Website: [nspcc.org.uk](http://nspcc.org.uk)

#### Samaritans

- Phone: 116 123
- Website: [samaritans.org](http://samaritans.org)

#### Kooth

- Website: [kooth.com](http://kooth.com)

#### Sikh Helpline

- Phone: 0845 644 0704 or 07999 004 363
- Website: [sikhhelpline.com](http://sikhhelpline.com)

#### Slough

- [Slough Children First](#)
- [Domestic Abuse Support](#)
- [Get Help and Support](#)

For urgent safeguarding concerns, you can also contact Buckinghamshire Council MASH Team. The quickest way to let the Buckinghamshire Council MASH Team know is by calling:

- 01296 383 962 (9am to 5:30pm Monday to Thursday, 9am to 5pm Friday)
- 0800 999 7677 (before 9am, after 5:30pm, after 5pm on a Friday, or at weekends - Emergency Duty Team)



# Mental Health Support Team

Buckinghamshire

## PUPIL SUPPORT

We work with schools to identify students who may be struggling with mild/moderate anxiety, low mood, or self-esteem difficulties. We can provide 1:1 evidence-based low-intensity cognitive behavioural therapy to help students understand and manage their difficulties.

## STAFF SUPPORT

We consult with your school regularly and discuss potential referrals to our team. We provide staff training on a variety of topics. We work with staff to advise on practical ways to support mental health in the classroom!

**PLEASE SPEAK TO MISS SUMMERELL IF YOU FEEL YOUR YOUNG PERSON NEEDS SUPPORT!**

## PARENT HELP

We can offer parent workshops to help provide psychoeducation around mild/moderate mental health difficulties and how parents can better support their young people.

### **SOME TOPICS FOR WORKSHOPS:**

Common Mental Health Difficulties  
Intro to MHST  
Adolescent Anxiety


**WHAT DO YOU WANT TO SEE FROM US NEXT?**



**TELL US DIRECTLY**

**MORE INFORMATION :**

<https://oxfordhealth.nhs.uk/camhs/bucks/mhst/>

 @buckinghamshiremhst

# What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

### SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

### GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

### STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

### ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

## 18 Advice for Parents & Carers

### TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

### CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

### BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

### GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

### STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

### Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.gov.au/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>, <https://www.nationalonlinesafety.com/parents-and-carers>



# 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](mailto:safeguarding@psa-bucks.com).



Miss Day  
DSL



Mrs Summerell  
DDSL



*Merry Christmas*