



Welcome to our Safeguarding Newsletter

A list of local outreach support services in Reading. This can be found on the school website [here](#).

LGBT+ Parent guide

Just Like Us is a charity supporting LGBT+ young people. They have created a guide for parents, regardless of whether your child is LGBT+ or not. This has been designed to help parents to become a better ally and answers the most common questions parents may ask about LGBT+ topics. This guide, along with further information on the charity is available [here](#)



Anti-Bullying Alliance

Anti-Bullying Alliance have a section around advice and support for parents and carers of anyone experiencing bullying. This includes a toolkit of support and guidance around how to help and support your child. This can be accessed [here](#). If your child is experiencing bullying please contact their head of year, via the school office, so that this can be investigated.

Consent

The legal definition of consent is "Consent means agreeing to what's happening by choice, and having the freedom and ability to make that choice". With regards to sexual activities this is where a person has the ability and freedom to agree to a sexual activity.

It is important that all young people understand consent, and that you can change your mind at any time. It is also important to understand that participating in any sexual activity without consent could be considered rape.

It is important to teach young people about consent from an early age, the image next to this offers suggestions on how to teach consent to teenagers that can be applied at home. The topic of consent is also covered in school.

There are further resources to support these conversations, and to support anyone who may have experienced sexual violence, at the following links:

[#consent is everything](#)

[NSPCC](#)

[Action for Children](#)

[SARAS](#)

[UK Says No More](#)

[Brook](#)

[Family Planning Association](#)

[The Survivors Trust](#)

[Safeline](#)

[Rape Crisis](#)

4 WAYS TO TEACH CONSENT TO TEENAGERS

Teaching children about consent is vital for fostering respect and responsibility. Here are some effective strategies.

MODEL



Model consent in everyday situations. An example of this might be to ask for a hug.

TALK

Talk about what consent looks like in relationships. Use TV shows or news articles as conversation starters.



RESPECT



Emphasise mutual respect, taking into consideration seeking and giving consent.

DISCUSS

Discuss the legal aspect of consent, as well as the emotional impact of not gaining consent.



Eating Disorder Support

According to the NHS, eating disorders are a "mental health condition where you use food to cope with feelings and other situations". Recognising an eating disorder can be the first step towards healing.

Around 1.25 million people in the UK suffer from these illnesses, many in secret. They affect all genders, ages and backgrounds.

Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly.

The following are sources of support for anyone in need.

Shout 85258 is a free, confidential, text based support line for anyone struggling to cope. They also have a web page detailing information around how to support a young person struggling with an eating disorder. This can be accessed [here](#).

BEAT offer a national helpline for those in need along with guidance for those trying to support a family member or friend who is suffering. Further information can be found [here](#).





Online Safety
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CATCHING A CATFISH

How to Avoid Being Baited

You can't trust everything you see on the internet. But what if you meet someone online and the connection seems **undeniable**?



What is Catfishing?

Catfishing is the contemporary label applied to the online activities of a person who masquerades as someone else for the purpose of exploiting others. In reality, this relates to financial and sexual exploitation, and very often both.



In 2023, a study showed that **22% of people had experienced catfishing**, and 40% knew someone who had been catfished.

– Statista Research Department, 2024.

Everyone can be susceptible to catfishing, but some groups can be particularly vulnerable, such as those who feel isolated, disconnected or lonely and young people who mistakenly see the online environment as a safe place to experiment, engage and explore their sexuality.

Red Flags to Look Out For

- ▶ If it's too good to be true, **it probably is!**
- ▶ They **mirror** your interests, likes and dislikes.
- ▶ There is **no trace** of them online.
- ▶ Conversations get personal **very quickly**.
- ▶ They ask for **money**.
- ▶ There are **inconsistencies** in their stories.
- ▶ Photos are **blurry** or **grainy** and look **dated**.
- ▶ Their only photos are **professional ones**.
- ▶ The photos appear to be **AI generated** or **heavily edited**.
- ▶ They want you to **keep the relationship a secret**.

Top Tips

What Should You Do if You Think You're Being Catfished?



Check Their Images

Using tools like Google's Reverse Image Search, PimEyes and FaceCheck, you can use the images from the person's profile to check if they are who they claim to be - these will not pick up if the image is AI generated.



Screenshot, Block and Report the Account

Take screenshots of the profile as evidence, report the account to the platform and block it as well. You should never screenshot or share a sexualised photo of a child, instead protect yourself by reporting it immediately to the police and / or the Internet Watch Foundation.



Talk to Someone

It can feel embarrassing to admit that you might have been catfished, and you might even feel afraid. Remember, it can happen to anyone! If you're under 18, go to your trusted adult who will listen to you without judgement and help you!

If you're over 18, call Action Fraud on 0300 123 2040 to report it.



Report them to the Police

If you have been victimised by a catfish through acts such as extortion, harassment or fraud, call 101 to report it to your local police, or 999 if you are in immediate danger.



THE INFLUENCE OF ANDREW TATE



WHO IS ANDREW TATE?

Andrew Tate is an American-British professional kickboxer turned internet personality. He is a self-described 'success coach' and has a subscription-based online marketing programme called 'Hustler's University' or 'The Real World' with over 100,000 subscribers.

WHY IS HE SO CONTROVERSIAL?

Tate has become infamous due to a string of controversial comments and behaviours, such as promoting gendered violence and misogyny, claiming mental illness makes people 'weak' and depression 'isn't real', and stating that rape victims must "bear some responsibility" for their attacks.

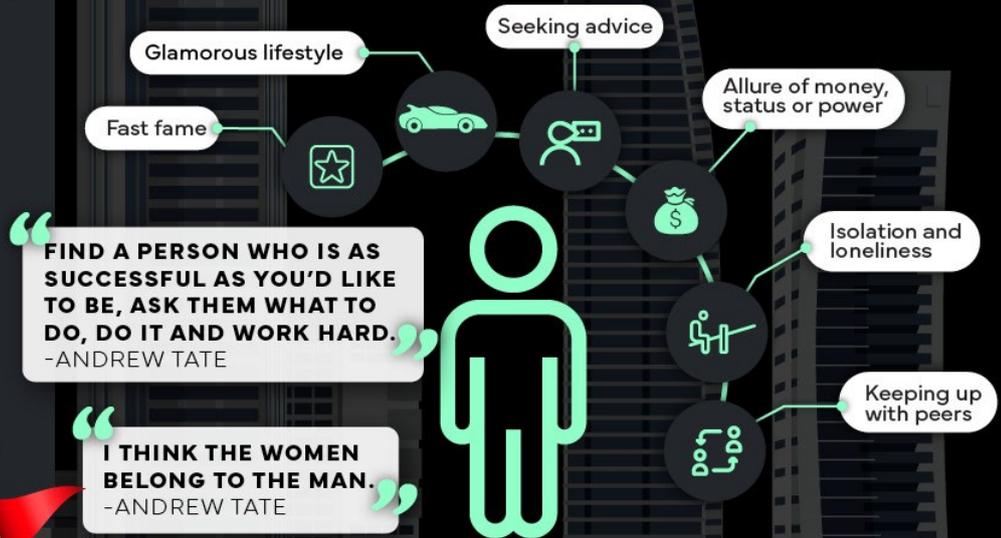
Tate has made many controversial statements that have caught the public's attention, including "Men can cheat but women can't. It's not sexist – it's reality."

Tate regularly references the 'Matrix', his theory being that society is controlled by the rich elite. Politicians, media and education providers would all come under this umbrella too.

He has been banned from social media platforms and was arrested in Romania in December 2022 on suspicion of human trafficking, rape, and forming an organised crime group to exploit women.

WHY ARE YOUNG PEOPLE DRAWN TO THIS BEHAVIOUR?

As much as Tate is known for his controversial comments, he also likes to be motivational, encouraging his followers to work hard and go after their dreams, to work out and be disciplined. He has spoken of the difficult childhood he endured and how he is "self-made". He speaks of his experiences in a way that a lot of young people can relate to and in turn, they aspire to be like him.



"FIND A PERSON WHO IS AS SUCCESSFUL AS YOU'D LIKE TO BE, ASK THEM WHAT TO DO, DO IT AND WORK HARD."
-ANDREW TATE

"I THINK THE WOMEN BELONG TO THE MAN."
-ANDREW TATE

RED FLAGS TO WATCH OUT FOR:



Referring to the 'Matrix'



Attempting to justify harmful behaviours



Notable and negative change in behaviour



Using harmful or derogatory phrases in conversation



Being physically violent towards females



Disrespecting female authority figures or classmates

Schools across the UK are encountering increasing numbers of pupils who admire Tate and attempt to mirror his ideology. They believe his views have been misunderstood and taken out of context. However, incidents in schools show how his views have been interpreted by vulnerable young men.

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INTERNET NEWS

"We see misogyny every day in my school, with everything from boys ignoring instructions from female staff to serious sexual assaults."

-The Guardian, Thu 2 Feb 2023

DAILY NEWS

"Large rise in the number of young men referred to the government's Prevent scheme in relation to misogynistic 'incel' ideology"

-The Guardian, Thu 26 Jan 2023

NEWS TODAY

"One boy was seen pinning his girlfriend to the wall by her shoulder; another was seen trying to confiscate his girlfriend's phone."

-The Guardian, Thu 2 Feb 2023

TOP TIPS

Remind them they don't need to follow the crowd

Explain the importance of making their own mind up on issues by discussing their core values and what's important to them. It may be worth reminding them that not everything they see online is correct or helpful and that they have the freedom to make a different choice.

Talk to senior staff

They may be able to offer insight into patterns in online behaviours and should be notified if an incident occurs.

Allow room for classroom discussion

Try not to shut down pupil conversations or ban certain topics. Where appropriate, ask them to think about how they would feel if someone they love was treated this way. Without being reactive or emotional, emphasise the damage that this behaviour causes and talk about healthy ways to express themselves to others.

Discuss positive role models

Listen to pupils' suggestions for positive role models who they look up to in their lives and their reasons why. Use the opportunity to end the discussion positively by affirming and reinforcing good choices.

Offer solutions

It is helpful to discuss examples of respectful language versus harmful language or 'friendship behaviour' versus harmful behaviour. You could even use examples from popular television shows or films to help them understand!

Keep the focus on the behaviour, not the person

Andrew Tate represents wider issues around consent, gender roles, violence and toxic masculinity. By focusing on these behaviours rather than Tate himself, you may encounter less defensiveness and more understanding.

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YOUR SUMMER GUIDE TO POPULAR GAMES



Rocket League

3

A videogame that bridges the gap between car racing, sport matches, and gladiator fights. Put simply, it's rocket-powered cars playing an intense game of football. Rocket League has a reputation for being a toxic environment for gamers with reports of offensive and inappropriate language filling text chats.



Fifa

3

A football simulation video game where gamers can choose to play as their favourite real-life footballers in their favourite real-life teams. FIFA is readily played by adults of all ages, meaning it would not be uncommon for a young person to interact with someone older.



Minecraft

7

An adventure game which allows players to explore and create worlds using building blocks to customise their worlds. Children and young people may experience addiction to the game due to its engaging nature.



Roblox

7

An online gaming and game creation platform. Users can play and create games for others to play. It also includes social features such as friend requests and chats where players can design an avatar and speak to others while they play. Roblox has previously faced criticism following harmful sexualised content being prevalent on the platform.



Among Us

7

An online multiplayer game which revolves around players attempting to figure out who is a friend and who is an enemy. Crewmates try to complete tasks while the imposter aims to sabotage the mission and kill them without being found out. Risk of talking to strangers through the chat feature however there is a chat-censor feature which can be turned on to prevent this.



Poppy Playtime

12

A horror game that involves an investigation of a mystery in an abandoned toy factory. You solve puzzles to survive the "vengeful toys" left behind including 'Huggy Wuggy'. Horror games containing frightening content can cause added anxiety and stress to young people, intrusive thoughts and new fears.



Fortnite

12

An online multiplayer "shooter style" game meaning players battle it out against opponents with multiple weapon styles. It allows players to create and personalise their own game components. Persuasive design features of the game can keep children hooked, encouraging them to spend in-game currency and add to their screen time.



Overwatch

12

A team-based game starring a cast of powerful heroes. Players can travel the world and build teams together. Overwatch has been included in eSports competitions and has scenes of blood, tobacco use and violence.



League of Legends

12

A team-based strategy game where two teams of five champions face off to destroy the other's base. Children may be exposed to bad language, hate speech, insults, and sexual language.



Apex Legends

16

A free-to-play shooter type game with the objective of being the last team standing by collecting loot and fighting enemy squads. It includes some violence and players may talk to others through voice and text chat.



Elden Ring

16

An action role-playing game in a world of different characters. You can explore the world, grow in strength and fight or ally those you meet. It features strong violence involving both human and fantasy characters, which can be deemed age-inappropriate for younger players



Grand Theft Auto

18

An action-adventure game in which players complete missions to progress through the story. Children will be subjected to profanity, violence, sex, crime and other mature themes.



Call of Duty

18

A series of first person shooter games including 'Modern Warfare', 'Black Ops', 'Vanguard' and 'Warzone'. Involves live user interaction – squads can be made up of friends or players from all over the world.



Horizon Worlds

NO RATING
18+

A virtual social space which consists of a catalogue of virtual experiences through the Metaverse. There have been several reported incidents of users experiencing sexual harassment while using the platform.



Avakin Life

NO RATING
18+

A virtual 3D gaming world where users create their own character by choosing outfits and interacting with others at different in-game locations. Users can easily access children and young people online via private and public chats.