

SAFEGUARDING BULLETIN

May 2024



We will be exploring themes of domestic violence and abuse. This could be a very sensitive subject for some people, so please remember your Safeguarding Team are here to support you. Please do not hesitate to contact us should you need to discuss anything that is worrying you or that you might need some additional support with. We will provide plenty of information for external services who are also able to offer support.

2.1 million people aged over 16 and over in England and Wales suffered some form of domestic abuse.

75,000 people in the UK are at high and imminent risk of being murdered or seriously injured as a result of domestic abuse.

Over 105,000 children live in homes where there is a risk of domestic abuse.

Police recorded nearly 1.5 million domestic abuse related incidents.

8 women per month are killed by their current or former partner.

78% of children living with domestic abuse are directly harmed by the perpetrator of the abuse.

What Is Domestic Violence and Abuse?

Domestic violence and abuse is any type of abuse taking place between adults who are in a relationship. Adults are people over the age of 18. This might be between parents, boyfriend and girlfriend or between lesbian or gay couples, or within families (for example, with older brothers and sisters).

Sometimes, domestic abuse can result in physical violence, but it can also be emotional abuse, financial abuse or sexual abuse. Most people think domestic abuse mainly happens to women, but it can happen to men as well. There are lots of different types of domestic violence and abuse. Some of these are listed below:

- hitting, slapping, pulling hair, biting, kicking, throwing things (**physical abuse**);
- name calling, bullying, controlling what the other person does, reading their texts or logging on to their social media pages (**emotional abuse**);
- controlling or taking all the money, not letting the other person work or be independent (**financial abuse**);
- forcing the other person to have sex, touching them against their will (**sexual abuse**).

If you are a victim of domestic abuse, it is not your fault.
You are not to blame and you are not alone.
Help is available.

Chat to us online.

chat to us

Women's Aid Live Chat does your relationship not feel right? It could be domestic abuse.

email

Send an email to a Women's Aid domestic abuse support worker.

survivor's handbook

Help for all aspects of domestic abuse, such as women's housing and safety planning.

forum

Speak to other women in our supportive community of domestic abuse survivors.

I need help - information and support on domestic abuse
Not sure if you're experiencing abuse? Worried about someone else? If you or a friend need help, we are here. Learn more about our information and support.

Recognising the signs of domestic abuse

All relationships are different. There isn't such a thing as a 'normal' relationship, but there are healthy and unhealthy behaviours in relationships. If you feel unsafe or recognise any of the negative signs below, think about taking action or contacting Victim Support. Their support services are free, confidential and available to anyone who has experienced domestic violence.

Signs of healthy behaviours in relationships

- They always treat me with respect, no matter where we are or who we're with.
- They're proud of me when I achieve something.
- They encourage me to keep trying with things I find hard.
- They're comfortable with me spending time away from them, with family and other friends.
- They try to do some of the things I like, such as sports, cinema and music.
- They respect me when I say no or disagree.
- They can talk about their feelings with me.
- They don't cheat on me, and trust me not to cheat on them.
- They listen to me when we disagree and try to see my point of view.
- They give me compliments and say positive things about me to others.
- They have friends and interests of their own.
- They don't rush our relationship; we can take it slow.
- They ask my opinion when deciding important things that affect us both.

Signs of unhealthy behaviours in relationships

- They make threats and do things that make me feel frightened.
- They put me down just to make me feel bad when we're alone or around friends.
- They make me do things I don't want to do without listening to me.
- They make me feel guilty if I don't spend time with them.
- They don't try to get on with my friends or family.
- They hit, slap or push me.
- They look through my phone, social media or web history.
- They want to know where I am all the time.
- They cheat on me or accuse me of cheating on them.
- They steal from me or make me buy them things.
- They make me have sex when I don't want to.

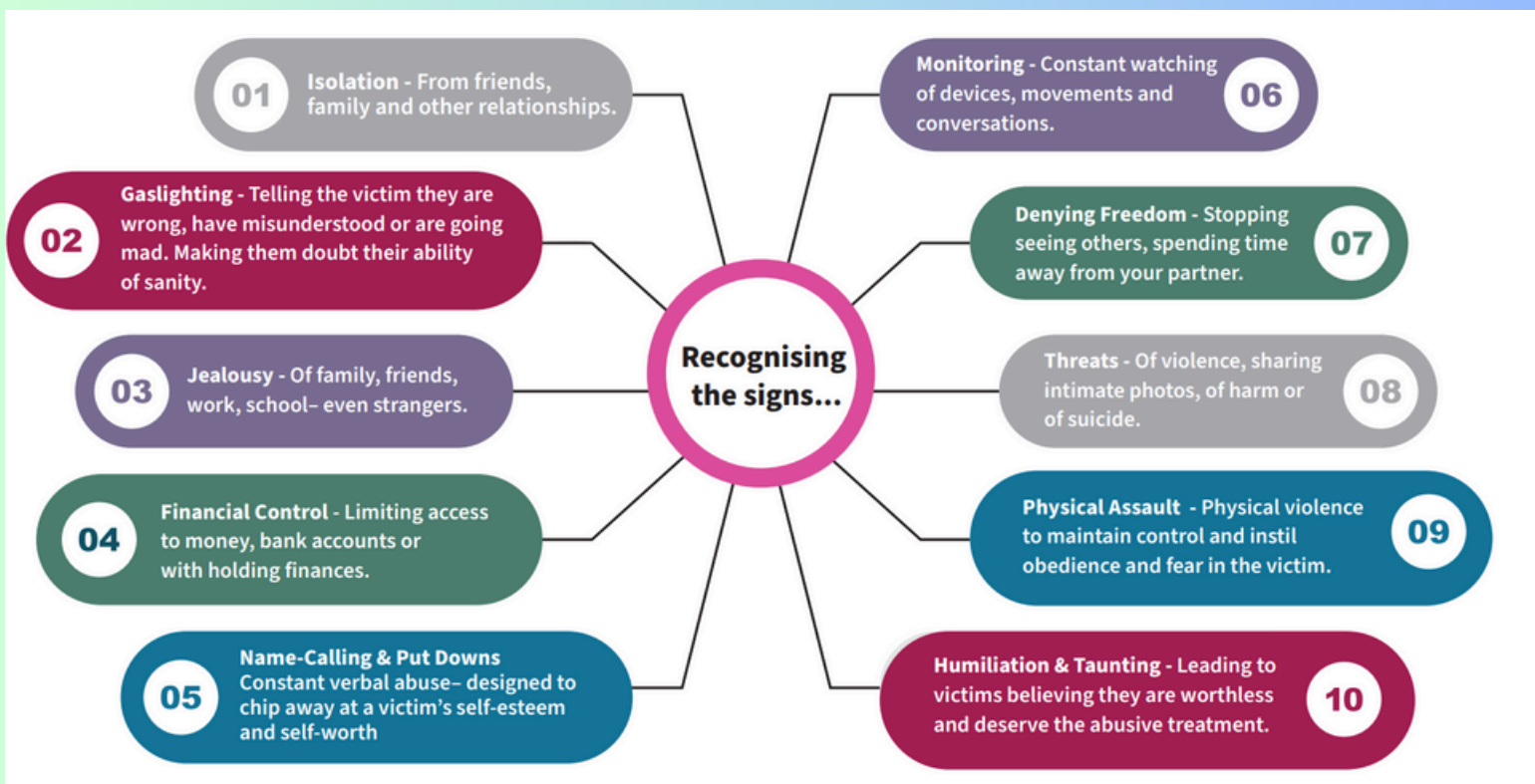
All relationships are different and depending on your own individual situation, you may need specialist help and support.

Early warning signs

Relationships impact on us a lot. It's really important if you're beginning to feel unsafe that you look at what's causing it.

How do you know if you're feeling unsafe? Here are some early warning signs:

- You're becoming a lot more critical of yourself – thinking you're always doing things wrong, are unattractive/unlovable or unable to support yourself or do things you used to do.
- You give up on your own opinions and think your partner's right about everything.
- You're feeling more stressed or worried all the time; you feel nauseous or have bad butterflies. Sometimes stress can also stop us eating and sleeping properly, or cause us to have headaches.
- You have that 'dreaded' feeling more often.
- You're scared of how your partner will react to a situation.
- You avoid saying something because you don't want to upset your partner.
- You feel scared when your partner is angry because you can't predict their behaviour.
- You're feeling a pressure to change who you are or move the relationship further than you want to.
- You feel like you're walking on eggshells.
- You're staying in more and seeing less of family and friends to avoid arguments with your partner.



The freephone, 24-hour National Domestic Abuse Helpline

0808 2000 247



Chat to us online

Send us a message

The impact of domestic abuse

Domestic abuse can have a significant impact on your emotional wellbeing, as well as sometimes affecting other relationships and your ability to live your life as you'd want to.

Everyone reacts differently but some of the effects of domestic abuse include:

depression
fear, anxiety and panic attacks
loneliness or isolation
a lack of confidence or self-esteem
feelings of guilt or self-blame
experiencing difficulties at work or in your other relationships
trouble sleeping.

It's important to remember all of these reactions are normal and this is not your fault. Only your abuser is to blame for their behaviour.

Seeking help

If you recognise any of the early warning signs in your relationship, there are people who can listen and help you decide your next steps. You might not want or feel able to end your relationship at the moment, but it's important you get help to end the abuse. Without intervention, it's unlikely the abuse will stop on its own.

There are many ways you can ask for help and you don't always need to report to the police. These could include:

A trusted family member or friend: remember they might not react in the way you expect as they're not trained in domestic abuse. However, getting the support of a friend to go with you to a specialist agency can be an important first step.

Victim Support: we're independent of the police and here to support you. Call our free Supportline on 08 08 16 89 111 to talk to us in confidence or contact your local Victim Support team.

National Domestic Abuse Helpline: this is a 24-hour confidential helpline run by Refuge where you can talk anonymously and ask for general information, advice and guidance: 0808 2000 247.

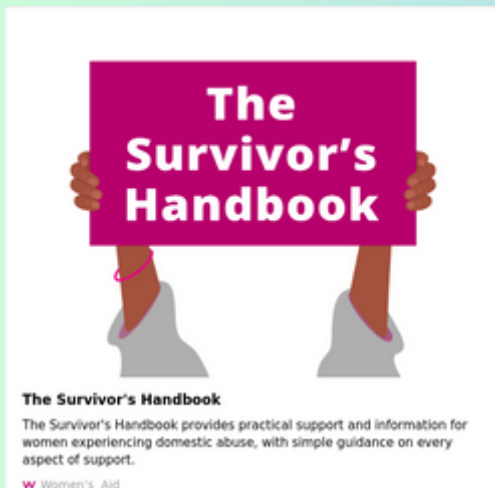
Why do people stay in relationships when they're experiencing abuse?

There are many different reasons why people stay in relationships when they're being abused. You might feel frightened to leave, as you worry the person abusing you will try to stop you, and become even more violent. You might also rely on the person abusing you for practical or financial support, or you may worry about losing your home and access to your children. You may enjoy the good times you have with them and keep hoping it won't happen again.

Never forget it is a crime for someone you know to abuse you in your own home or anywhere else – whether they're your partner, a family member or someone you share your home with.

Whatever the person abusing you might say, physical and emotional violence like this is never your fault.

Nobody has the right to hurt you in this way. You may be made to feel responsible and guilty for the abuse, but the source of the problem is the abuser, not you.



Support from Women's Aid with advice and support for people who feel they are not able to leave their abusive situation. Click on the picture to take you to the webpage.

Men's Advice Line is a team of friendly Advisors who will listen and believe you. Our team are available to offer you non-judgmental support, practical advice and information. Our focus is to increase the safety of men experiencing domestic abuse (and the safety of any children) by providing confidential support.

<https://mensadviceline.org.uk/>

Respect
Men's advice line



Our confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

<https://mankind.org.uk/>

Galop works directly with thousands of LGBT+ people who have experienced abuse and violence every year. We specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, honour-based abuse, forced marriage, so-called conversion therapies, and other forms of interpersonal abuse. We are a service run by LGBT+ people, for LGBT+ people, and the needs of our community are at the centre of what we do.

<https://galop.org.uk/>



In 1993, Karma Nirvana became the first specialist charity for victims and survivors of Honour Based Abuse in the UK.

Since then, we have led the campaign against Honour Based Abuse – supporting, empowering and educating those impacted, so they can live a life free of abuse.

<https://karmanirvana.org.uk/>

How students manage exam-time stress can have a huge impact on their ability to perform under pressure. Exam time has always been stressful, but loss of sleep, increased caffeine consumption and snacking are sure-fire ways to create a less than optimal exam-time performance.

Lack of sleep can end up clouding judgement or increasing the number of mistakes made. Students should try to get at least seven to nine hours of sleep a night, particularly on the night before an exam.

Here are The Sleep Charity's tips to surviving the exam season:

- **Sleep well:** Most people need at least six to eight hours of sleep every night – so no pulling an all-nighter to cram for an exam! Lack of sleep results in poor coping strategies for managing stress and 'fuzzy' thinking. The best bet by far is to study often and in advance and build in a good rest before the big day. Sleeping on a comfortable, supportive bed can really help with a good night's sleep.
- **Get physical:** Physical exertion provides an outlet for mental stress. Let off some steam by walking, running, getting involved in a sport, etc. It helps you to sleep better.
- **Prioritise:** The sheer amount of revision to be done can sometimes seem overwhelming. Set priorities and work on the most urgent first. Break tasks down into manageable chunks and set goals that are reasonable.
- **Practise a relaxation technique:** Relaxation techniques can help to create a sense of calm and are simple to perform in the bedroom without any special equipment. Deep breathing with your eyes closed is a simple way to remedy stress. Focus on your breath as you deeply inhale and exhale.
- **Ditch the devices:** While it's important to stay connected to friends during a stressful time, make sure to factor in a digital detox every evening. Turn off devices at least an hour before bed so you're not tempted to talk about exams, revision or stay mentally stimulated by watching videos, etc.
- **Change the scenery:** Persistence is key when it comes to studying, but a change of scenery can reduce stress levels. Head outdoors to breathe in some fresh air and, if possible, take a walk to a picturesque place with trees, flowers or other comforting surroundings. Sprucing up your space is another way to change the scenery when you can't break away. Hang new pictures on the wall, or add some new cushions to the room.
- **Socialise – a little:** Getting together with friends is another healthy way to blow off steam and chat with others who know just how you feel. Sometimes, just being around other people who understand is enough to feel better – at other times, talk about your stress and ask for help from family and friends.
- **Eat well:** Stress eating can seriously disrupt eating habits. Keep easy-to-eat snacks around, such as nuts or fresh fruit, and don't overload on caffeine to try to stay awake.
- **Positive self-talk:** Thoughts, feelings, and behaviour are connected so it's important to monitor self-talk, focus on the present, set realistic goals, and remain appropriately optimistic.



Support for parents and carers to help your child sleep better.

<https://teensleephub.org.uk/parents-carers/>

Home

Looking for advice on how to sleep better? Tweak your routine and understand the science behind your sleep patterns.

The impact of exam stress

Exam season can be a really daunting time for some young people. You may also be feeling under pressure as you want them to be able to do their best and put the effort in. You may find that helping them get organised for revision is a uphill struggle but it is important to note that each young person has their own way of revision that often works for them. Preparing for and sitting exams can be a very pressured time, and then, once the exams are finished, it's a countdown to the results which can be equally stressful for everyone. As a parent you can really help your children through this time, just by being there for them and encouraging them to talk about their feelings and fears. Arrange some downtime for them in between the exams so they can fully recharge before the next exam. Having some balance is very important and can help them manage their stress and anxiety levels.

EXAM!



Revision tips

It is important to remember that every teenager will approach their exam season in their particular way and whether it is listening to music whilst revising or studying with friends together in a group. There are some things you can do to help such as ensuring they have a comfortable place to work and study which is quiet. If you do not have a suitable spot, make it easy for them to study elsewhere, like the library or at someone's home. It may be better to go out and let them have the house to themselves at crucial times for an hour or so. It may help to talk to the school so you can get the best tips on supporting them.

Other tips that can help:

- Accept that some people can revise better with music or the TV on in the background
- Establish a revision routine by re-arranging the family's schedules and priorities, that works for your young person
- Be lenient about chores and untidiness as much as you are able to
- Give them a break and understand lost tempers and moodiness
- Try to avoid nagging them as it can help them lose focus
- It is never too late to study, revise or ask for help
- Don't go in for bribes; encourage them to work for their own satisfaction
- Research good study sites such as BBC Bitesize for tips and ideas

Help your teen by keeping calm, positive and reassuring and put the whole thing into perspective. Schedule small and frequent rewards for the effort they are putting in. Arrange some downtime so they can have a break from revision and exams and enjoy some much needed family time.



Preparing for an exam



Get them ready for an exam with plenty of planning and support. Encourage them to get all their pens, pencils and equipment ready the evening before. Try to get them to go to bed early so they are able to have a restful sleep. In the morning, arrange for them to have a healthy and nutritious breakfast to help them focus and concentrate. Go through a checklist to make sure they have everything they need. Give your child lots of encouragement so they feel more positive before they leave. Let them know how proud you are of them regardless of how they think they do.



After the exam



After each exam, allow them the opportunity to talk about how they have done and allow them to do the talking while you listen. Encourage them not to dwell on mistakes they may have felt they have made. They may want some space to compare notes with other friends. You may want to share your experiences of exams as this may reassure them. Exam results mark the end of one phase in your child's life, and the beginning of another. This can be unsettling and difficult so let them voice their worries and expectations and listen out for any underlying serious issues. Plan an event to mark the results, whatever they are and have some fun now with your child. Make it clear that you love and value your child for who they are, and not for what happened in an exam.



EXHALL GRANGE

SPECIALIST SCHOOL

Be your best self

Designated Safeguarding Team



Andy Commander
Deputy Headteacher
Designated Safeguarding Lead



Helen Seickell
Headteacher
Deputy Designated Safeguarding Lead



Helen Hughes
Assistant
Headteacher
Primary



Geoff Goode
Assistant
Headteacher
Year 7, 8 & 9



Janet Bacon
Assistant
Headteacher
Year 10 & 11



Caroline
Parkhouse
Assistant
Headteacher



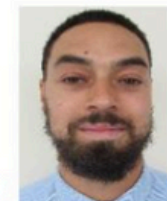
Fiona Holliland
Family / Pupil
Support



Julija Andrejeva
Family / Pupil
Support



Lauren Pinfield
Pupil Wellbeing
Lead



Roy Owen
Emotional Wellbeing
Key Worker



Faye Commander
Lead Consultant Teacher
Warwickshire Vision Support Service



Alicia Pegg
Learning Pod Manager

Pupils: All staff have a responsibility to keep you safe and you can talk to any staff member if you are concerned or worried about anything. The 12 staff members above can give you extra help and support.
Staff: If you have concern for a pupils safety and welfare, report immediately to a member of the Designated Safeguarding Team.

Useful mental health services



- 24/7 text helpline for mental health and suicide
- Machine learning - detects suicide intent/thoughts
- Machine learning - informed prioritisation protocol (the system can prioritise certain behaviours to receive support)



- Free to use 24/7 access to phone line
- One to one communication
- 24 hour response time on email access
- Confidential - no contact details are displayed to volunteers



- Helpline - 0800 58 58 58,
- Webchat <https://www.thecalmzone.net/help/webchat/>
- Instant response between 5pm - midnight phone and web chat helplines
- Free offer practical support and vital intervention for those in crisis
- One to one communication



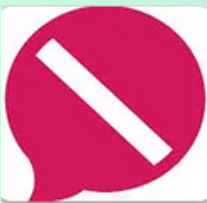
- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone
- Qwell is Kooth for adults over the age of 25 who need some support.



- Calm - free app to download.
- Can access lots of things to support mental health and wellbeing, however there is a subscription charge for access to the whole app.
- Meditation and other techniques to support mental health and wellbeing



- Calm Harm - free app to download.
- Support for young people who are self-harming
- Helps reduce the urges to harm and offers practical solutions and distractions
- Comfort, Distract, Express Yourself, Release, and Random.



- notOK App® is a free digital panic button to get you immediate support via text,, phone call, or GPS location when you're struggling to reach out.
- Pre-crisis tool
- Other resources available online too.



- Combined Minds is an app to help parents, family, friends support a young person who is in distress
- Share plans and guidance amongst support system to ensure the young person can access the right support at the right time.