



St Augustine's RC High School



Dear Parents, Carers, Families and Friends,

As we approach the end of another academic year, and my first term, at St. Augustine's, I want to express my gratitude for your support and commitment to working with us to deliver the best quality of education possible to our young people. A strong partnership between home and school is essential for our young people to flourish and I look forward to continuing this in September.

We give thanks for the work of our staff and pay tribute to those who are leaving us to move on to new challenges and richly deserved promotions. We look forward to keeping in touch with them and hearing about their future successes. At our end of year Masses, celebrated by Fr. Tim and Fr. David, I asked our pupils to make sure they got plenty of rest over the summer and enjoy the time with their families, friends and loved ones. I extend this wish to all of our in our school community and hope that the summer break allows some opportunity to pause and refresh.

With every blessing for a safe and happy summer break,

Mrs Hunt



Key Dates

Friday 19th July – Early Closure at 12.15pm

Thursday 22nd August – GCSE Results Day

Wednesday 4th September – School Re-opens at 08.45am



Prayer for the end of the school year

At the end of this school year we give thanks to God for all the teaching and learning that has taken place in our school, both in and out of the classroom

For the talents and gifts that have been shared and the challenges that have been face

For the burdens that have been lifted and the hurts that have been healed

For the respect and care that has been given.

For the faith that has been lived in our daily struggles

For the hope that has lifted our hearts on the dark days and for the love that has kept us going

We give thanks for the St. Augustine's family that we are proud to be part of as we ask you Lord

Bless our pupils and keep them safe this summer

Bless our families. May our time together over the summer months leave us with memories to cherish

Bless all the adults in our school, that they enjoy a well-deserved rest

Bless all those who may find the school holidays a challenge. May they know they are not alone in their struggles and find comfort in Your love

Pour out your love on us that we may return renewed and refreshed to continue our journey together.

Amen.



Past pupil Theo – now a budding Sports Journalist!

Former pupil, Theo Barrientos, has just had his first article, detailing his recent trip to the Euros; published in The Accrington Observer.

His writing talent has also been recognised by The Lancashire Telegraph who have asked him to submit pieces once the new football season begins - a huge achievement for such a young writer! Everyone at St. Augustine's will be watching his journalism career with pride!

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FRIDAY, JULY 12, 2024 ACCRINGTON OBSERVER

I will cherish memory of England match forever

First hand account of fan's trip to Euros in Germany



● Theo Barrientos with his friend Evan Pinder cheering on the sidelines at the match in Germany

ENGLAND'S travelling fans cheered on their team to the latter stages of Euro 24 in Germany. Before Wednesday's crucial semi final with the Netherlands 17-year-old student THEO BARRIENTOS, of Great Harwood, gave us this account of what it is like to follow the Three Lions in a major tournament.

The anticipation was palpable as we boarded the flight from Manchester to Cologne; the air tinged with the finest airport lager and the hum of engines mirrored the buzz of excitement in my veins.

England were set to face Slovakia in Euro 2024 at the first round of the knockout stages, and I, along with thousands of my countrymen, were ready to witness a weekend of a lifetime.

The plane was decorated with white and red jerseys, a Ryanair flight buzzing in support of the Three Lions.

Around the clinking of plastic cups and murmurs of intense strategy discussions from those on board, I felt a sense of togetherness that transcended the usual anonymity of air travel.

Upon arrival in Germany, Cologne's air felt thick with summer warmth and the scent of brewing optimism.

Me, my dad and 12 others stayed in Essen, a 15 minute journey away from Arena AufSchalke which loomed on the horizon, a beacon of modernity against the backdrop of a concrete jungle.

Fans gathered in Düsseldorf, Dortmund, and Essen as Gelsenkirchen the host for this heavily anticipated game.

England supporters were interviewed live on Sky Sports, Gareth Southgate was praised by some and ridiculed by others.

I gave insights into my advanced knowledge of the game but more importantly we had a long-awaited sensory feast of beer and bread, and so we followed the scent of those Stüber double pinters' not really being able to fathom that we were live on TV back home.

In a sea of colours and chants, the melody of football fever echoed through the city, we marched from bar to bar, if you hadn't been soaked by beer yet, come yourself lucky.

The stadium was lit up with its iconic inflated panels, glowing in the twilight, a modern-day coliseum ready to host a game that means the world to every person in attendance.

Security checks were brisk, and soon, I was inside, noise in all I can say, noise like I've never heard it before, the roar from the festival of red and white was a living entity, abuzz and flowing with the rhythms of pre-match anticipation.

Concourse rituals had begun.

Kick-off was close now, the quarter final was close, what was a dream up to now had become reality.

Our came the teams, with that brought an explosion of noise, the culmination of weeks of anticipation.

England fans sang the nation anthem loud and proud as always.

We were under way, England's attack started slow, every pass, every tackle, every decision was wrong, something wasn't working, and then... just like that Slovakia break on the counterattack, Schmechel received the ball high in England's half, a swift exchange of play with his teammate and he was one-on-one with Pickford.

My greatest fear had arrived, England had conceded, the scenario I had dreaded had come to my heels.

Balls were hit, and again instructions were belted down by the 50 thousand English in view.

This was an emotional spectrum of football fans on full display.

For the first time since 1996, England managed a half of football without a shot on target, a stat I didn't think was possible for this calibre of players.

The Slovaks were disciplined and resolute, they did their job well with equal vigour turning the match into a gripping contest.

Minutes ticked away, it felt like we had run out of time, the tension was almost unbearable.

The best of the best were playing for my country yet why wasn't it working? Fans began to leave the stadium as the fourth official announced there will be six minutes added time, six minutes to save our tournament.

A minute of added time remained.

Wulter had a throw deep into the Slovakian half, a missile was launched into the air, along with it were the hopes and desperate prayers of millions watching.

Goal! Not, conceding and sending the ball further, then time stopped.

Then succeeded a young man with maturity and skill beyond his years, an overread kick born in Birmingham was brought to light in Gelsenkirchen.

In the dying moments of the game John Bellingham had equalised for his country, breaking the hearts of the Slovaks who had seen their team defend a 1-0 win for the majority of this agonisingly close game.

Words do not even come close to the celebration in view, pure ecstasy, a touch of class from who else, right?

The stadium erupted as Bellingham performed his iconic celebration.

Strangers embraced, tears of joy mingled with the sweat of anxiety, and for that moment, we were one.

John Bellingham had taken his country to extra time in a game they were simply not good enough in.

The English fans were deafening through the quick interval.

Once again, we were under way, this time with more hope and belief than ever before, you could feel a sense of aggression about the players now, a drive that wasn't there 20 min-

utes prior.

A free-kick was whipped in with pure from Palanca.

The ball fell to Eberechi Eze who skewed a shot right into the path of his fellow major tournament debutant Ivan Toney, the Brentford man sat Ivan Toney, the Brentford man covered above the Slovakian defence, the ball was glanced on and met with venom at the far post.

Harry Kane was there, Kane had done it, England had done it, somehow, some way they had turned this game upside down.

The skipper had won it for his country, and for me, whose dream was to see England play in a major tournament.

I've seen many attempts at following football, but that will never be topped, all we had to do was hold on and reach that final whistle.

And so, we did.

England were through, into the quarter final of Euro 2024.

Victory belonged to us that night.

Sweet Carolina echoed around after the final whistle, a song known to quite literally every person to ever come out of my country.

Post beyond imagination.

And back in Essen celebrations continued long into the night.

The next evening I made my way to the airport, my heart still pounding with the rhythm of last night's chaos.

The flight back to Manchester was quiet, the exhaustion of celebration giving way to a serene satisfaction.

We had come, we had seen, and we had conquered. The memory of this match, this journey, will be a cherished chapter in the story of my life.

Germany had been a gracious host, their hospitality and passion for the game leaving a lasting impression.

As the plane touched down in Manchester, I felt a renewed sense of peace and belonging.

Euro 2024 had given us more than just a football match; it had given us a story, a memory, a moment in time when I stood together with thousands of my compatriots remembering the very reasons why we all fell in love with the beautiful game.

Summer Mental Wellbeing

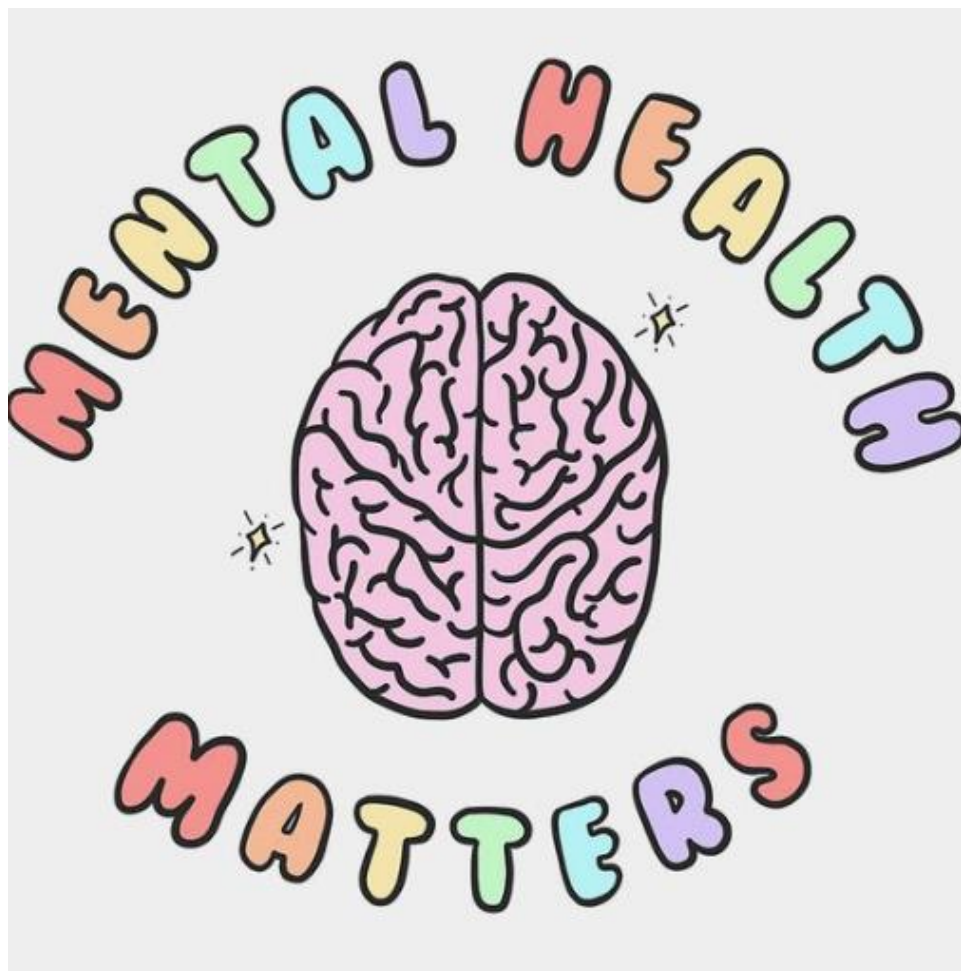
The summer holidays can be a time to relax, recharge and take a break. However, pupils can find it difficult to switch off during summer, young people may struggle with the loss of structure and not seeing their friends every day.

It's important that young people look after their mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, you have techniques you can turn to in stressful times.

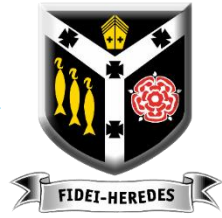
Below is a toolkit packed with activities and guidance to help support and boost mental wellbeing over the summer and beyond.

[Summer Wellbeing Toolkit](#)

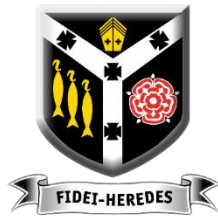
The next page of the newsletter also signposts external agencies that are available to support your young person over the summer break.



LOCAL COUNSELLING & ONLINE/TELEPHONE SUPPORT SERVICES



- ☺ <https://www.pendleside.org.uk/family-support-and-bereavement> **01282 440102**. Free family Support Service provide support and counselling to adults, children and families who are caring for a loved one or who have been affected by a bereavement (or expected bereavement) and who live within the Burnley and Pendle community.
- ☺ <https://maundyrelief.org.uk/therapies/> **01254 945 209** Free counselling service for adults and young people in Lancashire.
- ☺ <https://www.gatewaytrustcounselling.co.uk/> **07849 047479**
 - Free/low cost counselling service for residents in the Ribble Valley Borough.
- ☺ <https://frvf.co.uk/> **Foundation for Ribble Valley Families** Aims to provide swift, easy and effective access to mental health and emotional wellbeing support. Offers support to any family member with a child under the age of 18 years of age (25 with SEND) who lives in the Ribble Valley Borough.
- ☺ <https://www.freeflowcounselling.co.uk/> **07551 444 641 or 01282 450545** Free counselling service for adults and young people in Lancashire.
- ☺ <https://www.lscft.nhs.uk/services/service-finder-z/wellbeing-helpline-and-texting-service> Freephone out of hours, listening environment for people in Lancashire requiring emotional support in relation to their own wellbeing and mental health or that of someone they know. Call service is available Monday to Friday 7pm-11pm and Saturday to Sunday 12pm to midnight. Text service is available Monday to Friday 10am-11pm and Saturday to Sunday 12pm to midnight.
- ☺ <https://www.lancashiremind.org.uk/services/> Various support services for young people/adults/families
- ☺ www.youngminds.org.uk Information/support for children and young people about mental health and wellbeing. **Free 24/7 crisis messenger – text YM to 85258**
- ☺ <https://www.youngminds.org.uk/parent/parents-helpline/> Free Parents Online Support and Helpline - **0808 802 5544**
- ☺ www.childline.org.uk Free confidential service to help young people under 19 with any issue they are going through. **Helpline – 0800 11 11**
- ☺ www.kooth.com Free, safe & anonymous online support for young people
- ☺ www.itsgoodtotalk.org.uk Listings of local counsellors in private practice
- ☺ www.bacp.co.uk British Association for Counselling & Psychotherapy
- ☺ www.themix.org.uk The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 **Helpline: 0800 808 4994**
- ☺ <https://coramvoice.org.uk/> Advocacy, information and support for looked after children and young people. **Helpline: 08088005792**
- ☺ www.samaritans.org Crisis support for anyone in emotional distress or thinking about suicide.
 - **Helpline: 08457 90 90 90**
- ☺ www.papyrus-uk.org Confidential advice and support for young people who feel suicidal **Helpline 08000684141/ Text 07786209697**
- ☺ www.thecalmzone.net Support for young men who are down or in a crisis.
 - **Helpline 0800585858**
- ☺ <https://nationalcareers.service.gov.uk/> Information, advice and guidance about learning, training and work
- ☺ <http://www.centreplace.org.uk/talkzone.htm> Counselling, live chat on-line or telephone
- ☺ www.the-lookout.org.uk Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- ☺ www.mind.org.uk/information-support/for-young-people Information and support for mental health and wellbeing issues.



New Attendance Legislation

You may be aware that the Department for Education has recently announced national changes to penalty notices issued for unauthorised absence and lateness in term time. These changes will come into effect on 19 August 2024.

Therefore, we can't stress enough the continued importance of not only attendance, but also arriving to school on time. Any absences for your child, whilst school is open as normal and all other pupils are in attendance learning, means gaps in their knowledge can form in relation to their peers and could mean they will find it more difficult to catch up and meet their full potential.

Absences can and do have a lasting effect on learning. Missing a week of school for example means your child will miss 25 hours of learning. Whilst requests for absence can still be made using our appropriate form, it is only in the most exceptional of circumstances that any requested absence will be authorised. Holidays will continue not to be considered an exceptional circumstance

May school take this opportunity to thank you for your continued support in working alongside us here at St. Augustine's to stress to your child, the importance of not only their attendance at school, but their punctuality too; ensuring they are in school on time, in their lessons, learning alongside their peers. It continues to be very much appreciated.

PENALTY NOTICE FINES FOR SCHOOL ATTENDANCE IS CHANGING

1

FIRST OFFENCE

The first time a Penalty Notice is issued for Term Time Leave or irregular Attendance the amount will be:

£160 per parent, per child if paid within 28 days
Reduced to £80 per parent, per child if paid within 21 days.

2

SECOND OFFENCE (WITHIN 3 YEARS)

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:

£160 per parent, per child to be paid within 28 days. No reduced rate will be offered.

The following changes will come into force for Penalty Notice Fines issued after **19th August 2024.**

3

THIRD OFFENCE AND ANY FURTHER OFFENCES (WITHIN 3 YEARS)

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

10 SESSIONS (5 DAYS) OF UNAUTHORISED ABSENCE IN A 10-WEEK PERIOD

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10-week period.

Please follow the link for the Publication that will start from 19th August 2024.
www.gov.uk/government/publications/working-together-to-improve-school-attendance

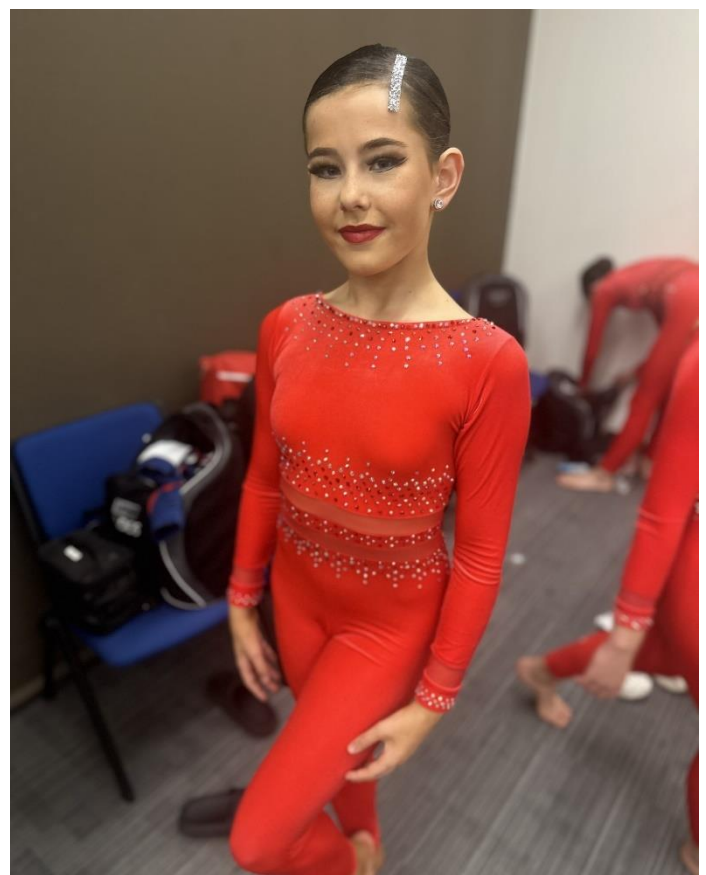
Well Done Mya!

After auditioning, Mya from Year 7 was selected to represent Team England in the 2024 Dance World Cup Finals in Prague. Mya represented Team England with her school 'Vale Studios' in both child and junior categories competing in a total of 16 Team England dances. Over 10,000 competitors took part from 54 countries!

Mya came away with an astonishing amount medals including 15 dances placing top 6 in the world! Mya came home with a total of 9 medals, including 4 gold! Three of Mya's dances were awarded golden tickets to dance in the final children's and junior's gala's with overall awards given including:

- Artistic Director's Award
- Most Outstanding Children's Small Group
- Most Outstanding Children's Large Group

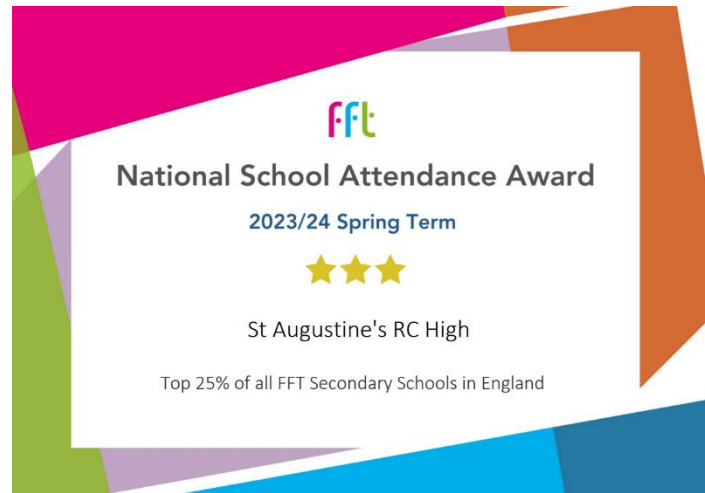
What a fantastic achievement Mya!





FFT Attendance Award

We are really pleased that as a school we have been recognised for FFT for a National School attendance award for the Spring Term for being in the top 25% of secondary schools in the country for good attendance.



The Spirited Arts Project

A huge well done to pupils in Mrs Grove's class who have been creating Spirited Arts projects in lessons last week on 'Sacred Spaces'. The winner was Darcy who built a fantastic church. Her work will be officially entered into the national competition!



Year 7 Rewards Pizza Party

In Year 7 students are encouraged to read a wide variety of texts, from fiction and non-fiction books to newspaper articles, graphic novels and comics. Each reading material they complete is a topping to their Reading Pizza, the more Pizzas they top the more reward points they collect. At the end of the year we celebrate those students that have excelled with a Pizza Party in the library. Well done to all those students that enjoyed their well-deserved Domino's last week!



Year 9 Library Fun

As well as completing library loyalty cards, Year 9 have enjoyed a variety of activities in the library as part of their English lessons, from a Murder Mystery, to newspaper article quizzes to ending the year getting very competitive with Book Basketball!



Hilarious Hijinks with the Rubbish Shakespeare Company: 5 Stars!

On Tuesday, June 25th, 2024, St. Augustine's RC High School buzzed with excitement as the Rubbish Shakespeare Company took to the stage. With their unique blend of humour and modern twists, the talented troupe of Lee Hithersay, Alex McDonald, Ryan Byrne, and Rob Bond delivered delightful performances that had both Year 8 and Year 9 students in stitches.

The day began with a rollicking rendition of *A Midsummer Night's Dream* for the Year 8 pupils. The actors' comedic timing and contemporary references transformed Shakespeare's classic into a laugh-out-loud spectacle. The students were completely captivated by the company's clever and comical interpretation.

The afternoon saw the Year 9 students treated to an uproarious update of *Romeo and Juliet*. In this timeless tale of star-crossed lovers, the Rubbish Shakespeare Company struck a perfect balance between poignancy and punchlines. Lee Hithersay and Alex Byrne shone as the titular characters, their chemistry and comic nuances breathing new life into the tragic romance. The audience, initially sceptical, soon found themselves swept up in the fast-paced fun, proving that even the Bard's most tragic tale could be terrifically entertaining.

Overall, the Rubbish Shakespeare Company's visit was a tremendous triumph. Their hilarious and heartfelt interpretations of *A Midsummer Night's Dream* and *Romeo and Juliet* not only made Shakespeare accessible, but also profoundly enjoyable for the pupils of St. Augustine's. The day was a testament to the enduring power of Shakespeare's works, especially when delivered with such dazzling dexterity.



Summer water safety

Accidents are mostly preventable with the correct knowledge and judgment and here are our tips to staying safe in the water during the summer:

To enjoy the water safely and make the right call...

- **Enter slowly and carefully**
Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers*. Are you really a good swimmer?
- **Stay within reach**
Don't go too far and stay within a standing depth.
- **Always be supervised**
Over 70% of fatal accidents occur in the absence of professional supervision. Seek life guarded areas and always make sure some one is available to raise the alarm.

Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is equipped to handle and there is a lack of professional supervision.

In an emergency...

- **Call 999**
Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.
- **If you're in trouble FLOAT and call for help**
Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT



Annual Sports Presentation

Eddie the Eagle is guest of honour at the St. Augustine's RC High School Sports presentation!

This is the first time the coveted awards evening has taken place since covid and was our 14th annual sports presentation, and what a way to bring it back! Eddie the Eagle, an English ski jumper and Olympian who in 1988 became the first competitor to represent Team GB in Olympic ski jumping, finishing last in the Normal Hill & Large Hill events. He held the British ski jumping record from 1988 to 2001.

Pupils and parents were absolutely thrilled at the opportunity to meet such a national treasure!

The Sports Presentation evening was a great success and it was the culmination of our pupils' hard work and dedication to sport this past year. The evening showcased some of the fantastic talent and ability within our school and was sponsored this year by Pendle Ski Club.

St. Augustine's are extremely privileged to have some real sporting success stories; sisters Louisa and Helena R, who have been selected for the British Schools Ski Squad for 2024/2025 representing St. Augustine's both indoor in the UK and Alpine in Italy in February; George K who is now the schoolboy's U46kg Hull International Box Cup Champion; Sophia B who played for England against the Netherlands over the half-term and George W, who was crowned Lancashire Schools U18's Individual Golf Champion and Charlie P, who was crowned Sports Personality of the Year for 2024

Mr Parkinson, Head of P.E. said, "An unbelievable night as we held our 14th Annual Sports Presentation Evening at St. Augustine's - our very Special Guest was the one and only Eddie the Eagle who was as generous and inspirational as anyone could be. A HUGE congratulations to all of our pupils!"



PROM 2024





SHREK THE MUSICAL



SHREK THE MUSICAL

We are so proud of all the cast and crew of Shrek who have given 3 stunning performances. Their talent and sheer enthusiasm were on clear display. Well done to all involved - we have some bright stars of the future.



"My confidence has never been so big and bright! It warms my heart to know that an amazing crew of staff and just as amazing bunch of actors can boost someone's passion for theatre so high."

(Chloe A, Year 8)

"I have really enjoyed my experience of taking part in Shrek the Musical. The rehearsals were so much fun and I liked getting to see everything come together in the last few weeks of rehearsals."

(Ruby M, Year 8)



SHREK THE MUSICAL



2024 Half Term 1 Key Dates

- 4th September: School open for all pupils
- 11th September: Year 7 and Year 9 photographs
- 11th September: Year 10 Welcome Back Event (Parents 6-7pm)
- 12th September: Year 11 Welcome Back Event (Parents 6-7pm)
- 13th September Partial School Closure (School open for Years 7 and 11 only) *
- 24th September: Year 11 photographs
- 26th September: 7 Welcome Mass @ 18.30 (all Year 7 pupils and families are invited)
- 27th September: SARCHS Sponsored Walk
- 3rd October: Early Closure @ 12.15
- 3rd October: Open Evening 6.30-8.30pm
- 18th October: School closes for Half Term

* **Date to be confirmed.**





A Guide to Parental Controls

[This guide](#) will help you set up parental controls and adjust privacy settings to provide your child with a safer online environment. Parental controls can help to protect your child from seeing something that they shouldn't — although it is important to emphasise that no system is effective all of the time, so it is important to engage with your child and talk to them about their online life regularly.

The guidance has also been emailed to families via Talaxy.

A guide to Parental Controls

Produced by Knowsley CLCs
www.knowsleyclcs.org.uk

FREE

Thursday 8th August Parent Webinar 6pm - 7pm Children's mental health in the digital age Workshop

We would like to invite parents/carers of young people to a workshop which explores Children's mental health in digital age



The workshop explores :

- Evidence around social media, technology and mental health
- Moving with the times
- Impact on mental health
- Thoughts, feelings, behaviour cycle
- What can you do to support your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID: 346 178 468 430

Passcode: mkeVjt



What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called ‘sexortion’ (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person’s reputation. This can lead to bullying, social ostracisation and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It’s crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It’s vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand *why* certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years’ experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: [what-parents-need-to-know-about-sharing-intimate-images](https://nationalcollege.com/what-parents-need-to-know-about-sharing-intimate-images)

Useful Resources and Support

Useful Online Safety Websites

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

Useful contacts to report a concern

If you are worried and need help, then please contact one of the following:

Tel: 0800 1111

www.ceop.police.uk

Web:

www.childline.co.uk

childline



Kooth is a free, safe and anonymous online mental wellbeing community which includes a live chat with the team feature, discussion boards, magazines and helpful articles and a daily journal.



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141 or text 07860 039967 (opening hours: 9.00am – 12.00am, 365 days a year)



Samaritans are here to listen 24/7, 365 days a year. Call 116 123 for support

Online Resources

There are apps available, such as 'Calm Harm' and 'Clear Fear' that you can download to your mobile, or if you have a tablet. These can provide useful distraction techniques for managing anxiety and thoughts of self-harm.

Useful Contacts

- The Mental Health Crisis Line in Lancashire are available 24/7 over the phone and can be contacted on 0800 953 0110
- The Well-Being Helpline is available Monday – Friday, 7.00pm – 11.00pm plus Saturday & Sunday 12.00pm – 12.00am, it is staffed by volunteers who can offer emotional support or if you would like to chat about your mental health. This helpline can be reached on 0800 915 4640 or by texting the word 'Hello@' to 07860 022846
- Hopeline UK is a young person's suicide prevention charity. They can be called on 0800 068 4141 or text 07860 039967
- www.youngminds.org.uk Information for children and young people about mental health and wellbeing. Free 24/7 crisis messenger – text YM to 85258
- <https://www.nhs.uk/every-mind-matters/> advice and practical tips to help look after your mental health and wellbeing.
- www.itsgoodtotalk.org.uk Listings of local counsellors
- www.themix.org.uk The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 Helpline: 0800 808 4994
- www.thecalmzone.net Support for young men who are down or in a crisis. Helpline 0800585858
- <http://www.centreplace.org.uk/talkzone.htm> counselling, live chat on-line or telephone
- www.the-lookout.org.uk Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- www.mind.org.uk/information-support/for-young-people Information and support for mental health and wellbeing issues.
- <https://mermaidsuk.org.uk> - Helping gender-diverse kids, young people and their families