



BOHUNT
WORTHING

Student **Wellbeing**

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Foreword

Success at school will look different for different people. For us at Bohunt School Worthing success is students leaving with choice. Choice to choose what their next step will be whether it be further education, an apprenticeship or straight into employment. Therefore, success is not just about academic performance. Yes, academic success can keep many doors open but we always want to shape independent and resilient young adults who have the interpersonal skills to successfully engage with the citizens of the world.

This booklet is the product of true collaboration which has been shaped by you the parents and contributors include teaching staff, pastoral staff and the students. They have done a fantastic job at bringing together an informative booklet that we hope will help parents support their child at home. We know that navigating the online world and friendships are vitally important to a young person's time at school.

The common theme that I think you will get from reading this is that communication is key. Communication between you as the parent with your own young adult and communication between you and us as the school. There is power in keeping an open dialogue and it is the combined efforts of home and school which is most effective at supporting students to secure success during their time at Bohunt School Worthing.

This booklet has been produced in response to direct feedback from our parents and its focus is to provide a start point for parents to understand some of the issues facing students during their time through secondary school and perhaps more importantly give some ideas and signposting where to go if you ever feel you need a little extra information or help.

If you are ever unsure, contact us.

Mr M Cordwell

Assistant Headteacher - Wellbeing

Mr J Goldberg

Achievement Coordinator - Franklin House

Parent Engagement Group Coordinator

Tackling the big issues

We know that an important part of any students education is helping them understand the 'bigger' picture. Respect forms a part of our motto and we pride ourselves on our desire for all our students to be upstanders not bystanders in their lives. As a consequence there are a number of forums for students to discuss issues that affect them on a local, national and internal scale. Furthermore, behind the back drop of Covid subject teams have been reviewing their curriculums and strengthening them to ensure they are representative and inclusive.

Student Voice at BSW

The Student Council forms an essential link between the voice of our student community and the teaching staff. We are very proud of our Student Council and the work they did to set up the adopt a ward initiative with Broadwater Ward in the summer term.



Despite the in-school academic year of 2019-2020 being cut short by the pandemic, it has been fantastic to see our partnership with the Schools Students and Teacher Network (SSAT) award coming to fruition as our first group of Student Leaders achieved their SSAT Student Leadership Accreditation awards. Huge congratulations to these 50 students for all of the hard work they have put into their leadership areas, contributions to wider school life and the local community

Tutor Time

Votes for Schools became a regular Tutor Time activity last term and each week students examine a topical, cultural or political issue and cast a vote on which side of the issue's main viewpoints they most agree with. Topics students have examined in the autumn term have included human rights, ways to diversify the curriculum and the impact of social media on young people's wellbeing. Cara Plassing 8DHU; "I like Votes for Schools because I get to learn more about issues in the news and then decide my own view. It is also interesting to compare how our school voted compared to other schools in the country".

LGBTQ+

At school we support LGBTQ through a range of different avenues, including LGBTQ+ History month and an LGBTQ+ group. Students have previously been trained as LGBT ambassadors and we are proud to have received the Rainbow Flag Award for our commitment not just to supporting the LGBTQ+ community but also to ensuring our processes and schemes of work are all inclusive.

Online Safety

The advent and subsequent evolution of the internet has resulted in one of the most significant changes in the way we live our lives. The effects are far reaching and we find ourselves ever reliant on the internet. There are many positives that come from the online world and yet there are the downsides, fake news, fake profiles, and potential exploitation for financial or sexual gain.

We should not fear the online world but as parents and a school it is important that we educate ourselves as much as the students we interact with so that we fully understand and therefore are able to support students in giving them the tools and knowledge to successfully navigate the online world with confidence.

The first section of the booklet looks at the major social media platforms, explaining how they operate and more importantly top tips for their safe use.

Each heading has an associated video with further information, to access, press the video button to the right of each heading.

Parent E-Safety Guide

The internet – an inspiring and positive place

The internet is a fantastic resource which allows our students to connect, communicate and be creative in many different ways, on a range of different devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can sometimes be a challenge. You may occasionally feel like your child has better technical skills than you do, however children and young people still need guidance and protection when it comes to managing their lives online. Issues that your child may encounter on the internet will vary depending on their age and online activities.

Opening Dialogue

[CLICK FOR VIDEO](#)

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online
2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
4. Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
5. Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at:

www.childnet.com/have-a-conversation

The Risks

We have grouped potential online risks into these 4 categories.

Contact: It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk). If your child is bullied online, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

Conduct: Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Encourage your child to be respectful and responsible when communicating with others online, and to consider how what they share may reflect on them. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.

Commercialism: Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within apps. Encourage your child to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms. Make your child aware of scams that may seek to gain access to their accounts, and advise them to be wary in following links or opening attachments in emails that appear to be from organisations such as banks and service providers.

Content: Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

Parents Guide to TikTok

[CLICK FOR VIDEO](#)

What is TikTok and How Does it Work?

TikTok is a video sharing platform that gives you the opportunity to create, share, and watch videos. It is a free social media app that users can download and access from their mobile devices. Each video that is uploaded to TikTok is a maximum of 15 seconds long, although users can string these together to make stories of up to 60 seconds. You can also upload longer videos if they weren't recorded within the app.

The videos that are uploaded to TikTok all vary in content, which is understandably what makes the platform so versatile and popular. The content that users upload is entirely up to them and can range from lighthearted content to something much more serious. Some of the most popular types of content on TikTok include lip-syncing to music and sound bites, short dance routines, and comedy performances. Most videos have background music which can be sped up or slowed down, and videos can be edited with filters.

Does TikTok Have a Minimum Age?

According to TikTok's terms and conditions, 13 is the minimum age for creating an account. Despite this, and as with most social media platforms, somebody could enter a false birthdate to create an account.

Although the minimum age is 13, it's actually recommended that the app is only used by people who are aged 15+ due to privacy issues and mature content. Additionally, anyone who is under 18 must have the approval of a parent or guardian to use the app. However, a recent survey conducted by Ofcom found that TikTok was used by 13% of all 12-15 year olds in 2019.

Child Safety Tips for TikTok

While there are dangers, there are many ways to reduce the risks and safely use TikTok. Although TikTok accounts are public by default, you can switch to a private account. If you do this, users won't be able to see your videos unless you allow them to follow you.

To turn a TikTok account from Public to Private, go to your profile tab, tap the settings icon in the top right corner (which looks like three dots in a horizontal line), and tap 'Privacy and Safety' and turn on 'Private Account'.

While there may be some explicit content on TikTok, you do have the ability to block accounts and report content. This includes reporting messages, comments, videos, and accounts. You can find how to do this on TikTok's dedicated support page.

Finally, you should ensure that your children are aware of the dangers of being online. Explain the importance of only interacting with people they know, and explain to them that the number of reactions and virtual approval does not equate to their personal worth. Reassure them that they can always talk to you about anything they see online and anything they're struggling with or worrying about.

Parental Controls on TikTok

Although we've outlined the dangers that can come with being on TikTok and online in general, TikTok are clearly well aware of these and are putting measures in place to prevent them. They have also introduced a 'family safety mode' which is designed to give parents greater control over what their children are doing on the app.

To activate the family safety mode, you (as a parent) need to create your own TikTok account and then link this to your child's account. This will allow you to have direct control over their safety settings, meaning that you can turn features on and off remotely. This includes being able to turn on and off the settings for:

Restricted mode – this means you can hide content that's inappropriate.
Messages – which you can limit so they can only be received from friends or turned off completely.

Screen time controls – which limit how long the app can be used for each day.

Parents Guide to Instagram

[CLICK FOR VIDEO](#)

What is Instagram and How Does it Work?

Instagram is a social media network that primarily operates on photo sharing. Users can upload photos as often as they want, either to their profile permanently (unless they choose to delete them) or through stories that last 24 hours.

Instagram is incredibly popular to users of all ages. According to recent statistics, 13-17 year olds only make up around 6% of all Instagram users. The highest percentage of users are 18-24 year olds, who make up 30%, and 25-34 year olds, who make up 35% of all users. The popularity decreases through older age groups.

Does Instagram Have a Minimum Age?

You must be 13 years old to create an Instagram account. However, like many other social media platforms, underage users can easily lie about their age if they want an account. Instagram will delete underage accounts if somebody notifies them.

Instagram Parental Controls

Although there is growing demand for Instagram to have parental controls, these don't exist as such. However, there are a certain number of controls that you and your child can take to make the application safer.

Under Data Protection laws, parents now have greater control over how sites such as Instagram process their child's data and whether advertisers can target them. If a child chooses to personalise Instagram ads to ones that are more relevant to them, then they can request your approval.

Should you see a picture of your child that you want Instagram to remove, you can report it on the app if you have an Instagram account. If not, you can fill in [this form](#). You can also help your child to change their account from a public profile to a private one, which we will explain in the next section.

Top Instagram Safety Tips

Instagram is a fun and popular app and, although we highlighted some risks of using it, your child can still enjoy it safely. In this section, we outline a number of tips that you can follow to ensure safety and enjoyability.

Private and Public Profiles

Anybody who's signed into Instagram can see the posts on someone's public profile. If you only want approved followers to view your child's post, you'll need to set their account to private. Once this is set, anyone who isn't a follower and wants to see your child's posts will have to send them a follow request, which they can either approve or ignore.

To set posts to private on an iPhone or other iOS device (like an iPad):

- Go to the user's profile by tapping the button in the bottom right hand corner. The button is the outline of a person.
- Click on the three horizontal lines in the top right corner.
- Tap the settings cog.
- Click onto 'Privacy' and then 'Account Privacy'.
- Tap to toggle 'Private Account' on.

To set them to private on an Android device:

- Go to the profile by pressing the button in the bottom right hand corner, the same as on iOS.
- Tap the three vertical dots in the top right corner.
- Click onto 'Account Privacy'.
- Tap to toggle 'Private Account' on.

Following, Unfollowing, and Blocking

You can easily choose to follow or unfollow someone by clicking onto their profile and selecting the follow/unfollow button next to their picture.

If your child's account is set to private, you can remove people from their followers list:

- Go to your child's profile.
- Press 'Followers' at the top of the screen.
- Find the follower that you'd like to remove and simply press 'Remove'.

To block a user and stop them accessing your profile and posts:

- Tap their username to go to their profile.
- Select the three vertical dots in the top right corner.
- Tap Block.
- If you later want to unblock a user, follow the first two steps above, and then tap Unblock.

Reporting

If you or your child discover inappropriate material on Instagram then you should report it. This includes things like nude photos, abuse, or extremist materials.

To report a photo:

- Tap the three horizontal dots (on an iPhone and Windows Phone) or the three vertical dots (on an Android) above the photo you'd like to report. Then, tap 'Report'.

To report a comment:

- Swipe left on the comment you'd like to report.
- Tap the exclamation mark (!) button.
- Choose whether the comment is Spam or Scam or Abusive Content.

Parents Guide to Snapchat

[CLICK FOR VIDEO](#)

What is Snapchat and Why is it so Popular?

Snapchat's primary purpose is to send pictures and videos, or 'snaps'. The sender of a snap can decide how long the recipient will be able to view it for, which can be between 1 and 10 seconds or for an 'infinite' number of seconds. Once you have clicked off the snap, you have an option to replay it once should you wish. If you close the app, however, you lose this opportunity. As well as sending pictures and videos, Snapchat can also be used to 'chat' to other users.

Does Snapchat Have a Minimum Age?

You must be thirteen years old to create a Snapchat account. If you enter your date of birth and you are under thirteen years of age, Snapchat will prevent you from making an account.

However, it is very easy to lie about your age by entering a date of birth that makes you seem much older.

How to use Snapchat Safely

Snapchat does not have to be dangerous. There are many ways to reduce the risks and enjoy it safely. You should educate your child generally in safe ways to use the internet, and the potential dangers of being online. In terms of Snapchat specifically, some ways that you can reduce the risks are:

- Tell them to only message and send pictures to people that they know and trust.
- Inform them that if they are being bullied, harassed, or notice anything suspicious, they must always inform you.
- Show them how to block an account that they are friends with. To do this, they should: Go to their profile screen, go to "My Friends", tap the name of the user they wish to block, tap the settings cog, and select "Block".
- Show them how to block an account that has chatted with them, but is not a friend. To do this, they should: Go to the chat screen and swipe left on the name of the user who chatted to them, tap the three horizontal blue lines, and select "Block".
- Show them how to block an account that tried to add them. To do this, they should: Tap "Added Me" on the profile screen, tap their name, tap the cog next to their name, and select "Block".
- Show them how to report unsuitable content. To do this, go to the Snapchat Support page and report the content there

SMART Rules for Students

[CLICK FOR VIDEO](#)

Our team of Digital Leaders here at the school advise students to follow the SMART with a Heart guidance online

Safe:

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too.

Meet:

Do not meet up with someone you only know online, even a friend of a friend, as they are still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/ videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

Accepting:

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) and do not accept something if you are unsure who the person is or what they've sent you.

Reliable:

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. Always compare 3 websites, check-in books and talk to someone about what you find online.

Tell:

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. You could talk to a teacher, parent, carer or a helpline like Childline 0800 11 11.

Heart:

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

Where to go for help in and out of school

Reporting a concern

At BSW we understand that navigating secondary school for most students will generally be smooth sailing. However, it is likely that at some point all students will need a little extra support for themselves or have concerns about their friends or another peer. Every student has regular contact with their tutor and this can be their first port of call if they have any general worries. In most instances the tutor will take the lead in signposting the student to the most relevant member of staff for support and continue to monitor the situation keeping parents informed of any developments, improvements or further concerns. Tutors are supported by 1 of three achievement coordinators and there is also a team of non-teaching staff on hand to support as well.

Reporting bullying

Bullying is not tolerated at BSW, Full stop. Students should be encouraged to always come forward to let us know if they are or someone they know is being bullied. As a school we will never turn a blind eye to bullying. Below is more information on how we promote positive student relationships.

Supporting positive student relationships at BSW

A students peer group will naturally change over the course of their time in school and a part of the change may be isolated moments of conflict. Whilst unpleasant and upsetting this is not bullying. Bullying is defined as repeated behaviour that seeks to cause physical and or emotional harm to another person. We do not tolerate bullying. Students and parents are encouraged to share in confidence if they have concerns that they or someone they know is being bullied. As a school we will always support the student who has been harmed and we also support the bully. We investigate any complaint and where necessary apply sanctions to the parties involved. Whilst a sanction may be applied, the bully will also receive a package of support to move on their thinking and change their future behaviour.

We are proud that incidences of bullying are rare here at BSW. In our most recent parent survey 98% of parents felt we did a good job in support students who had friendship concerns. That does not mean we are complacent, our pastoral team continues to work proactively to support students from all backgrounds to help them all be able to form safe and respectful relationships. As we know that a child who feels safe and happy, is more likely to thrive in their learning.

To report a bullying concern students can speak to any member of staff in confidence, equally they can come down to G40 to speak to the pastoral team, before/ after school or at break / lunchtime. As an alternative, they can report concerns directly to: help@bohuntworthing.co.uk

We would also ask that parents are proactive in getting contacting the school if they have concerns that their son / daughter is being bullied. Whilst we may not be able to

Getting the right support

At Bohunt, we recognise for students to be successful academically the students need to be supported to help achieve positive peer relationships and be able to take steps to secure their own physical and mental health. In school the pastoral team are able to run a wide range of different interventions. However, from time to time we will look to external agencies to provide additional support. Some of these services can also be accessed by parents and a list can be found below.

Support Contacts

Samaritans

www.samaritans.org
jo@samaritans.org
Call: 116 123



The Samaritans offer emotional support 24 hours a day, in full confidence. They offer a safe place for you to talk any time you like in your own way, about whatever is getting to you.

The Mix

www.themix.org.uk
Call: 0808 808 4994
1-2-1 chat available on their website



The Mix is the UK's leading support services for young people. We are here to help you take on any challenge you're facing- from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online chat or our free confidential helpline.

School Nurse Text Service

Text: 07480 635424
Available Mon-Fri: 09:00-16:30

Confidential advice and support via text, offered by the school nurse team.

Childline

www.childline.org.uk
Call: 0800 1111
Open 24/7



Download the Childline app to access 1-2-1s and forums

You can talk to Childline about anything, no problem is too big or too small. However you choose to get in contact, you are in control. The service is fully confidential and you do not have to give your name if you do not want to.

Cruise Bereavement Care

www.cruise.org.uk
Call: 0808 8081677
Email hopeagain@cruise.org



Cruise Bereavement Care is the leading national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone dies, and work to enhance societies care of bereaved people. Cruise offers face to face , telephone, email and web support.

YOUTH GROUPS

ONE-TO-ONE SUPPORT

ADVOCACY

How are we keeping COVID-safe?

- Following National Youth Agency & Government guidelines
- Social distancing measures in place
- PPE for staff, young people & volunteers
- Youth groups meet in large, open and clean environments
- Working with Local Authorities to keep you safe
- Continually monitoring risks for young people, staff, volunteers, groups and venues

Find out more at www.allsortsyouth.org.uk
or email youth@allsortsyouth.org.uk

Registered Charity: 1123014

Advice for students living in Adur and Worthing

Call: 07841 861340

adurworthingfio@westsussex.gov.uk

If you are aged 11-25 living in Worthing and Adur, you can get support from us for a wide range of wellbeing issues.

We can help you by providing information, advice and guidance. We can also support you to make effective referrals to many local services.

If you want to talk to someone in confidence we can support you with:

- mental health and emotional wellbeing
- physical or sexual health
- family and peer relationships
- education and employment
- housing and homelessness
- criminal or sexual exploitation
- substance misuse.

This might be through:

- Information, advice or guidance
- Referral for assessment or support from one of our partner services, such as Youth Emotional Support, YMCA Dialogue, West Sussex MIND and others Bi tesize Support - up to 4 fortnightly sessions with a youth worker, offering you direct assistance or support as you move on to receiving help from another



Beat Eating Disorders

www.beateatingdisorders.org.uk

fyp@beateatingdisorders.org.uk

Helpline (18+ only): 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711



We are here for you if you or someone you love is suffering from an eating disorder or experiencing symptoms. We are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

Our Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes our lines are busy. If you can't get through immediately, please do try again or try our one-to-one web chat.

WORTH Specialist Domestic Abuse Service

DomesticAbuseServicesCentral@westsussex.gov.uk

Call: 07834 968539 or 033 022 28181

WORTH Specialist Domestic Abuse Service supports people at high risk of harm or homicide as a result of domestic abuse.

They have teams of IDVAs (independent domestic violence advisors) across West Sussex who work to identify, assess and assist people at risk.

Multi-Agency Safeguarding Hub (MASH)

Call: 01403 229 900.



The Multi-Agency Safeguarding Hub (MASH) aims to provide a single and consistent point of access to advice, guidance and decision-making about the right level of help needed to keep each child safe or achieve change.

If you're worried about something that's happening to you or to a friend, there are a lot of people who can help you. It's good to talk to people you trust about your worries. If you have spoken to someone you trust or ChildLine and you are still concerned contact the MASH team during office hours.

Wellbeing Top Tips

Below is a list of top tips for promoting good wellbeing. If a student or parent ever wishes to discuss ways to boost their wellbeing please contact your tutor or drop in to G40 to speak with pastoral team for some guidance!

Physical Wellbeing:

- Power of routine – A good night's rest and giving yourself time to wake up in properly in the morning allows for the best possible start to the day.
- No energy drinks before school!
- You know the saying. You are not yourself when you are hungry! Bring some snacks to nibble on at break.
- Hydration – Bring your own water bottle so you can top up in school
- Break and lunch – Take a walk outside and talk to friends! Take a break from those devices!
- Exercise – Whether it be walk, jog, run, ride, dance or play. Regular exercise not only supports a healthy body but supports positive mental health as well.

Mental Wellbeing:

- Sleep – Everything feels worse when we are exhausted
- Talk – To your parents, to your friends and to u
- Ignore the gossip. We know a lot of information gets thrown around online. If in doubt go to the source and speak calmly to find out where the truth lies. We are always on hand and happy to help facilitate conversations between students if there has been a misunderstanding or a falling out.
- Keep going with your hobbies. Sport, arts and crafts, gaming, reading – we all need a way to de stress. School work is important. But so is play!



Student **Wellbeing** 2021

