

THE APPLETON SCHOOL

Safeguarding Newsletter - Autumn term



SELF-HARM: ESSENTIAL GUIDANCE AND STORIES FOR PARENTS AND CARERS

Are you supporting a young person who is self-harming? This powerful resource from The Charlie Waller Trust offers real-life stories from parents and practical, non-judgmental advice. Learn how to manage your own difficult emotions like shock and guilt, understand the best ways to open a conversation (with tips straight from young people), and find five practical steps you can take to support your child's recovery and access professional help. A crucial read for anyone in a safeguarding or caring role.

Click here for support and advice: [Self harm: stories from parents and carers](#)

FOODBANK SUPPORT

Facing food worry? Trussell will guide you to local foodbanks and offer emergency food parcels via a voucher system. To Get Help: Contact the Foodbank or a local referral agency (like Citizens Advice) to get your voucher.

Website: [Trussell Foodbank](#)

SUPPORT FOR PARENTS: CHALLENGING BEHAVIOUR

Feeling overwhelmed by a young person's antisocial behaviour? Family Lives offers vital, confidential support. They provide help like their dedicated "Challenging behaviour in teens" online course and direct support via helpline, live chat, or WhatsApp (07441 444125). Access expert advice to manage conflict and improve communication today.

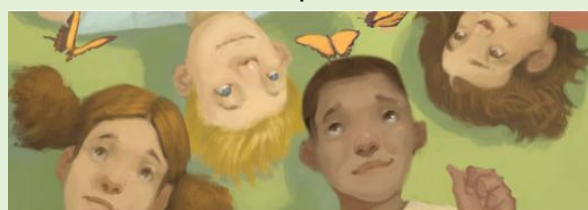
Find practical support: [Family Lives](#)



DISCUSSING DISCRIMINATION AND DIVERSITY



Access the free, expert guide, Beyond the Golden Rule, to confidently talk to your children about race, prejudice, and diversity. It provides age-specific strategies (from preschool to teen) to help parents raise children who understand bias, value inclusion, and know how to stand up for fairness.



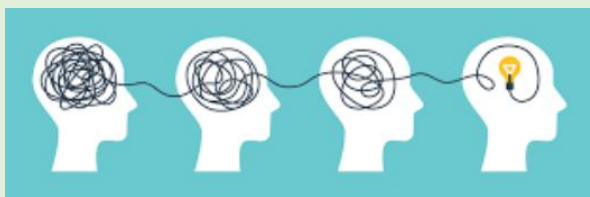
Resource Link: [Beyond the Golden Rule](#)

KEEP UP TO DATE: ONLINE SAFETY



It's crucial for parents to stay informed on rapidly changing online safety risks. Read More: For practical, up-to-date advice and a parent's guide based on what young people wish their parents knew, visit the **UK Safer Internet Centre: [Parents and Carers - UK Safer Internet Centre](#)**

SELF-REGULATION: THE ANTICONFLICT SKILL



Self-regulation is the ability to manage your feelings instead of letting them lead to fighting or conflict. It helps children choose a calm response over an impulsive one. Parents can teach it, and we wanted to provide a great to support with this. Your child can 'borrow' your calm!

Find Support Here: For a detailed guide on emotional regulation, see this resource from NHS Lothian: [Finding the Calm - Emotional Regulation](#)

SAFEGUARDING CONCERN OUT OF SCHOOL HOURS?

FOR NON-URGENT CONCERNS CLICK [HERE](#) TO USE THE 'NEVER ACCEPTABLE' CONCERN FORM. THIS WILL BE PICKED UP BY A SAFEGUARDING LEAD.

FOR URGENT CONCERNS CONTACT THE ESSEX CHILDREN'S AND FAMILIES HUB USING THE CONTACT DETAILS VIA [THIS LINK](#), OR THE POLICE ON 999.

ACT

ACTION
COUNTERS
TERRORISM

UNDERSTANDING AND PREVENTING RADICALISATION IN YOUTH

Radicalisation is where a person comes to support **extremism**, which is holding views intolerant of others and actively opposing core British Values. This can lead to **terrorism**, which is the use of violence or threat of violence to advance those extreme political, religious, or ideological views.

The ACT Early campaign provides parents with confidential, essential knowledge on:

- The different types of extremism (e.g., Extreme Right-Wing, Islamist).
- The behavioural and online warning signs to look out for.
- How to get free, expert support if you are concerned.

For in-depth guidance and confidential support, visit: [ACT early UK](#)

What is misogyny?

Prevent and tackle hate online against girls

Misogyny is form of online hate that targets women and girls. It's promoted in different communities online where influencers promote a narrative that women should be treated as less than men. Explore where misogyny is introduced to young people online and the effective actions you can take to challenge these ideas with this guide.

Internet Matters provide advice, guidance and resources for parents carers at: [Tackle Hate Online Against Girls](#)

