



Should you have any questions or concerns please do not hesitate to contact me directly on:

Keelan-edwardsh@ripongrammar.com

Mrs H Keelan-Edwards, Designated Safeguarding Lead (DSL)

Our Local Safeguarding risks include: Child on Child abuse – online
Child on Child abuse – sexual harassment/sexual violence
Child criminal exploitation/County Lines

Please note: Our local Police School Liaison Officer is **Martin Powell**

~~~ Risky Behaviour~~~

Having a teen in the family can be tough, they are not a child anymore and they are also not quite an adult. They may go through lots of different experiences and helping them make positive and informed choices is important.

At times they may wish to experiment and take risks and managing these behaviours can be challenging.

I have included a guidance sheet with this bulletin about Vaping and how to speak to your child.

I have also included in my email several advice leaflets about **online safety**. Copies can be found on the school website in the Safeguarding area.

Key Advice to support your teen:

Listen and talk openly to your teen about the risks and challenges they will come up against, this can help reduce the risks that they face in their day-to-day life.

Give them practical ways to help them stay safe so they do not have to learn through their mistakes.

Let them know that you understand that the pressures teens face can be difficult.

Helping them make informed choices

They may kick up a fuss about being old enough to look after themselves, but the truth is that teens do not always make the right choices and they know this as well as you do. Setting some ground rules makes it clear that they are being looked after and makes them feel safe and secure. Do not just make it a one-off conversation, keep communication open with your teen and talk to them about the risks they may face in certain scenarios.

Relationships and intimacy

Talking to your teen about dating and intimacy can help them make positive choices. First love can be very intense so ask them how they feel and if they are being treated right. If they are in a relationship and things are concerning you, help them to see the bigger picture so they can see things more clearly. If they are being intimate, this may be difficult for you. Ensure they understand about consent, making their own decisions and staying safe.

Talking about alcohol or drugs

It is worth talking to your teen about alcohol to prevent them from binge drinking or curb the amount they drink, especially if they are underage. Listen to your teen's thoughts on drinking and do not be judgmental. You may want to mention the long-term health risks or effects drinking can have. If your teen goes out and you think there will be drinking, remind them no one should be drinking and driving. If you suspect or find out that your child has been taking drugs, do not panic, find out if they are just experimenting or have an addiction. If they do, let them know you will support them to seek help.

Smoking or vaping (guidance leaflet attached about having a conversation about E-cigarettes)

Your teen may try their first cigarette or vape but let them know once they start it is hard to stop. If your teen smokes or vapes, there is a lot of support available such as teen support groups if they are willing to quit. If they refuse, set some boundaries, and remind them of the risks. Quitting will be hard but tell your teen not to give up and that you will help them through this. We are aware that there has been an increase in the availability of vapes that contain THC in the local area. Be vigilant as these are illegal and can cause serious reactions when vaped.

Driving

Your teen or their friends may have passed their driving test recently and got a car. Make sure they do not take risks when it comes to driving. Remind them to drive safely, wear their seatbelt, not to use a phone while driving and not to speed or show off for the thrill of it. If you think they are going to go out drinking, ensure they get a taxi home rather than drive home. Make sure they are aware of the laws of using a mobile phone and driving. The standard penalty for driving while using a mobile phone is 6 points. If your teen has recently passed their test (first two years of driving) they are on probation. If they get 6 points, they will lose their licence and will have to reapply for a provisional licence and become a learner driver again.

Tips to keep your teen safe:

- **Help them say 'no' to pressure** - Point out that their friends might just be showing off. Help them see that they can have a mind of their own. If you are worried about the friends they are keeping or that they may be involved in a gang, try to spot the signs.
- **Make sure they are aware of the risks** - Teens need to understand risks. Lots of young people get in trouble if they are under the influence of drugs or alcohol.
- **Positive messages help** - Your behaviour will influence them most. Try to set a positive environment so it helps them to flourish and feel more secure.
- **Do not expect instant solutions** - If they are displaying risky behaviour, it might be they are possibly struggling with other issues such as bullying, self-esteem, mental health, or relationships. Let them know you are there to listen and help. Avoid trying to solve everything with one conversation. Seek support from others such as your GP, the school, family and friends.
- **Be clear about the boundaries** – Talk to them about what is and what is not allowed in your house and help them understand what your worries are too.
- **Not going out late alone** – Have a conversation about how they will get home. Encourage them to keep in touch by phone and letting you or a friend know where they are going. Go through safety tips with them so they understand what to do if they face an uncomfortable or worrying situation.
- **Keep the conversation flowing** – Keep talking about anything and everything! Having open chats with your teen is important as it lets them know that they can come to you if they are struggling. Think about how you talk to your teen too, keep your tone calm and avoid shouting.

See below for details of an online support course about Trauma support

The Solihull Approach is proud to introduce a new online resource:

Understanding your own trauma

For those who have experienced trauma or who may be supporting a friend or relative to process trauma, Understanding your own trauma is a short online course designed to help learners to:

- understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

By following this course, individuals can gain the knowledge and tools needed to better navigate their personal journey and emotional wellbeing.

Course information:

- Created by experts in trauma and recovery as well as lived experience
- Private, self-paced learning. Available at any time
- Available on www.inourplace.co.uk from 10 October
- Free for North Yorkshire residents using access code **NYfamilies**

THE SAFEGUARDING TEAM AT RIPON GRAMMAR SCHOOL

MRS H KEELAN-EDWARDS – Deputy Headteacher Pastoral and Designated Safeguarding Lead (DSL)

MRS C DAY – Assistant Headteacher/ Head of Boarding and Deputy Designated Safeguarding Lead (DDSL)

MR T FELL – Assistant Headteacher/ Head of Sixth Form and Deputy Designated Safeguarding Lead (DDSL)

MRS E HEWISON – Pastoral Support Officer and Deputy Designated Safeguarding Lead (DDSL)