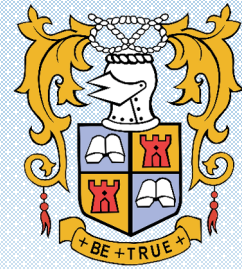


The Wilnecote School Safeguarding Newsletter

Welcome to the latest edition, this newsletter focuses on the Incel Movement in light of the national attention sparked by the Netflix program Adolescent. It also covers important information about sharing nudes and semi-nudes, as well as ways to support children experiencing loneliness and building healthy relationships. The newsletter also shares information about Hate Crime awareness and mental health support during the Easter break.



Understanding the Incel Movement

We want to make you aware of a concerning online subculture called the "incel" (involuntary celibate) movement. While it might seem distant, understanding it helps us protect our children from potential risks.

What is the Incel Movement?

The incel movement is primarily made up of young men who feel unable to form romantic or sexual relationships. While some online spaces offer support for loneliness, others promote harmful ideas that blame women and society for their frustrations. In extreme cases, this can lead to anger, radicalisation, and even violence.

Why Should Parents Be Concerned?

Many incel discussions happen anonymously online, making them hard to spot. Children who are feeling isolated, rejected, or frustrated might be drawn into these communities, where they can be exposed to:

Hateful views towards women: This includes promoting harmful stereotypes and blaming women for their problems.

A sense of hopelessness: This reinforces feelings of being socially excluded and can lead to depression.

The potential for radicalisation: In extreme cases, this can lead to promoting or supporting violence.

What Can Parents Look Out For?

It's important to be aware of changes in your child's behavior and online activity. Look out for:

- Increased negativity or anger towards women.
- Expressing extreme pessimism about relationships.
- Spending a lot of time on online forums that promote male supremacy or blame women.
- Social withdrawal or increased anger during discussions about gender.

What Can Parents Do?

Open Communication: Talk to your children about healthy relationships, respect, and online safety. Create a safe space for them to share their concerns.

Monitor Online Activity: Be aware of the websites and forums your children visit. Use parental control tools if necessary.



PSHE Update:

The following topics have been covered this half-term during tutor time and KS4 PSHE lessons:

Year 7: Community, Stereotypes, Discrimination, Personal values, Diversity

Year 8: Bias, Protected characteristics, Constructive disagreement

Year 9: Respectful behaviour, Consent, Sexual health, Contraception

Year 10 & 11: Revision techniques and exam prep including stress management

Safeguarding Weekly Updates:

Remember to check the safeguarding posters that get sent weekly. These cover online safety, wellbeing & mental health.

This half-term we have covered:

- Online Relationships
- Marvel Rivals
- Whatsapp
- Technology and Reading Skills
- Roblox
- Streamers
- Bluesky
- Instagram

School Safeguarding Team: Mr Simpson, Mr Foskett, Mrs Taylor, Mrs Ager, Mr Herbert, Miss Julius & Mr Croydon

Staffordshire Children Advice Support Service— 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.

Promote Healthy Social Interactions: Encourage your children to participate in activities that foster positive social connections.

Seek Support: If you're concerned about your child's behavior or online activity, don't hesitate to reach out to us or other professionals. We are here to help.

Report concerns: If your child is expressing extreme views that worry you, please inform the school safeguarding team immediately.

By working together, we can help protect our children from the harmful influences of online subcultures like the incel movement.

Further guidance has been provided at the end of this newsletter.



Sharing nudes and semi nudes: What Parents Need to Know

We want to bring your attention to the important issue of young people sharing nude or semi-nude images, videos, or live streams. The Department for Education (DfE) has provided guidance on this topic, which we're sharing to help you understand the risks and how to support your children.

What We Mean by "Sharing Nudes and Semi-Nudes"

This term refers to situations where young people under 18 create, send, or post images or videos of themselves or others in a state of nudity or partial nudity. It's important to understand that the reasons behind this behaviour aren't always sexually motivated. Sometimes, it happens within relationships, or due to other factors.

Aggravated Incidents (Serious Harm)

Adult Involvement: An adult is grooming a child, leading to potential sexual abuse.

Youth-on-Youth Harm: Young people intentionally harm each other through blackmail, threats, or sharing images after a relationship breakdown.

Reckless Misuse: Images are shared without the pictured person's consent, causing emotional harm.

Experimental Incidents (Lower Risk, but Still Concerning)

Romantic: Images shared between partners, not intended for wider distribution.

"Sexual Attention Seeking": While the DfE uses this term, it's vital to remember that young people exploring their identity is normal. We should support them, not blame them.

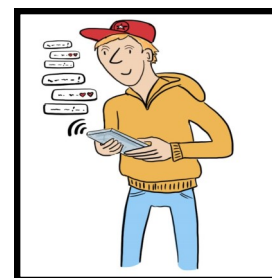
How to Respond if Your Child is Involved

Take it Seriously: Your child may be scared and embarrassed. Listen without judgment and report immediately by contacting a member of the school's Safeguarding Team. We will assess the situation, consider any immediate danger or vulnerabilities, and if necessary, involve the police or Staffordshire Safeguarding Team. We're here to support your child and help them understand the potential consequences of their actions.

Key Takeaways for Parents

- Open communication with your children about online safety is crucial.
- Educate them about the risks of sharing personal images.
- Let them know they can always come to you or a trusted adult for help.
- It is important to remember that even if there is no intent to harm, the sharing of these images can cause significant emotional damage.

We understand this is a sensitive topic, and we're committed to working with you to keep our children safe.



Further Support

The following websites provide further advice and guidance:

- [DfE Guidance](#): Advice for education settings
- [IWF](#): Report Online Child Sexual Abuse
- [Childline, Report Remove](#)
- [Lucy Faithfull Foundation](#): Supporting educators
- [NSPCC](#): Sexting & sharing nudes

Simpson, Mr Foscett, Mrs Taylor, Mrs Ager, Mr Herbert, Miss Julius & Mr Croydon

School Safeguarding Team: Mr

Staffordshire Children Advice Support Service – 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child

Understanding and Addressing Children's Loneliness

It's easy to assume children are always happy and surrounded by friends, but loneliness can affect them deeply. Sometimes, even with lots of people around, a child might feel isolated or misunderstood. The Campaign to End Loneliness explains this as a feeling of "lack or loss of companionship," even when they aren't physically alone.

If you sense your child might be feeling lonely, please know you're not alone in wanting to help. Starting a gentle conversation about their feelings can make a big difference. The NSPCC has recently published new resources with practical advice on how to support your child through these feelings. You can access the resources here: [Click here...](#)

Building Healthy Relationships: A Parent's Guide for Teens

Teen years are a social whirlwind! Here's how to support your child in building healthy relationships, Mr Simpson recently presented an assembly to all students about the importance of healthy relationships:

Understanding Teen Relationships

Multiple Connections: Friends, romantic partners, and family all play vital roles.

Online interactions are significant; Discuss safety and respectful communication.

Peer Influence: Help them develop critical thinking to navigate peer pressure.

Your Role as a Parent

Open Dialogue: Create a safe space for conversations.

Model Healthy Behavior: Lead by example.

Guidance, Not Control: Offer advice, but allow them to learn.

Recognise Red Flags: Teach them signs of unhealthy relationships.

Seek Support: Don't hesitate to involve professionals.

Boost Self-Esteem: Encourage their confidence

Key Elements of Healthy Relationships

Respect: Mutual respect for boundaries and opinions.

Communication: Open, honest, and assertive communication.

Trust: Building trust over time.

Equality: Relationships should be balanced.

Consent: Clear and enthusiastic consent is essential.

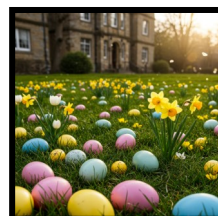
Boundaries: Setting and respecting personal space.



Time to relax...

As we head into the Easter holidays, we want to remind parents of the importance of keeping our young people safe. Holidays can bring changes in routine, and it's essential to remain vigilant. Please take time to discuss safety with your children, including online safety, staying safe when out with friends, and being aware of their surroundings.

We hope you have a safe and enjoyable Easter break!



Incel Culture *PARENT GUIDE*

The recent Netflix drama **Adolescence** has highlighted the troubling rise of incel (involuntary celibate) communities and their influence on young people. As a parent, it is important to understand this online subculture, recognise warning signs, and engage in open conversations with your child. This guide explains incel ideology, key terms, signs to look out for, and conversation starters to help you support your child. You can find further support on our website.

What is an incel?



The term **incel** stands for 'involuntary celibate' and refers to men who believe they are unable to form romantic or sexual relationships despite wanting to. Some incel communities foster resentment towards women, blaming them for their perceived misfortune. These forums (often online) can promote misogyny, victimhood, and, in extreme cases, radicalisation.

Key Incel Terminology

Red Pill – From The Matrix, refers to 'waking up' to the 'truth' of gender dynamics, as incels perceive them.

Chad – An attractive, successful man who is desirable to all women.

Stacy – An attractive woman who is seen as prioritising men like Chad.

Becky – An average woman, often contrasted with a Stacy.

Femoid/Foid – A dehumanising term, implying women are inferior.

Black Pill – Belief that nothing changes with self improvement or effort.

80/20 Rule – A theory suggesting that 80% of women are attracted to 20% of men, fuels resentment.

Andrew Tate – A key promoter of incel ideology.

Signs to Look Out For:

- Low self-esteem
- Use of incel language
- Hostility towards women
- Isolation and secrecy
- Increased frustration & anger






















Conversation Starters:

- What do you think makes a healthy relationship?
- Do you think it's fair to blame one group of people for personal difficulties?
- How do you decide whether something you read online is trustworthy?











EMOJI'S EXPLAINED

FROM SECRET SLANG TO CODED MESSAGES, EMOJIS ARE OFTEN USED TO CONVEY MEANINGS THAT PARENTS MIGHT NOT RECOGNISE. UNDERSTANDING THESE HIDDEN MESSAGES CAN HELP BRIDGE THE GAP BETWEEN GENERATIONS AND ENSURE OPEN, INFORMED CONVERSATIONS.




















DRUGS RELATED

 Cocaine	 Cocaine	 Cocaine	 Cannabis	 Cannabis	 Cannabis	 Joint
 MDMA	 MDMA	 Heroin	 Heroin	 Meth	 Mushroom	 Ketamine
 Gassed	 Lit	 Dealer	 Dealer	 Dealer		









VIOLENCE

 Weapon	 Weapon	 Weapon	 Crime	 Crime	 Murder	 Murder
	 Threat	 Locked Up	 Snitch			







SEX

 Penis	 Penis	 Genitalia	 Bum	 Vagina	 Vagina	 Nudes
 Porn	 Orgasm	 Orgasm	 Oral Sex	 Lust	 Lust	 Anal Sex
 Intercourse	 Fingering	 Playful	 Horny	 Lets Hump		

















SELF HARM

 Cutting	 Cutting	 Burning	 Trapped	 Sad	 Down	 Anxious	 Not Eating
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EXTREMISM

 Neo Nazi	 Neo Nazi	 Neo Nazi	 15 Extremist	 15 Extremist	 Far Right
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INCEL CULTURE

 Red Pill	 Black Pill	 Hopeless	 Emotional Detachment	 Men are bligs	 Extreme Masculinity	 Power	 Older woman
 Lone Wolf	 Incel	 Incel	 Incel	 Incel	 Anti-Women	 Anti-Women	 Anti-Women

HEARTS

 Love	 Horny	 Friends	 Interested	 Loyalty	 Platonic	 Pretty	 Trust
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Hate Crime Awareness Training



- Improve your knowledge, confidence and understanding of hate crime
- Improve your ability to respond to concerns about hate crime
- Improve your ability to signpost and refer victims of hate crime to specialist support

Free for Professionals and Communities in Staffordshire
and can be delivered online or in person.

For more information visit www.usah.co.uk/training

email us at

help.usah@staffsvictimsgateway.org.uk

or call us on

0330 0881 339

Hate. Let's put a stop to it.



**UNITING.
STAFFORDSHIRE.
AGAINST.
HATE.**

PART OF THE VICTIM GATEWAY SERVICE

**Have you been a victim of
Hate Crime? Call it out.**



For more information and support contact us on

help.usah@staffsvictimsgateway.org.uk

or call us on

0330 0881 339

Telephone lines open from Monday 9:30am to 4:30pm, Tue to Thu 9:30am to 7:00pm,
Friday and Saturday 9:30am to 4:30pm

www.usah.co.uk

Hate. Let's put a stop to it.

THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Monday 14th April - Friday 25th April
(excluding weekends and bank holidays)

If your child is experiencing low level mental health difficulties, we may be able to help. Call us* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.



Burton and Uttoxeter
01283 504487

Cannock and Lichfield
01283 352113

Stafford
01283 352097

Tamworth
01785 301027



*Please note that these contact numbers are not to be used in an emergency.

TAMWORTH MHST

Schools we work with:

- Kettlebrook Short Stay
- Landau Forte Academy Qems
- Moorgate Primary Academy
- St Elizabeth's Catholic Primary
- Two Rivers High School
- Oakhill Primary School
- Glascote Academy
- Lakeside CP School
- Amington Heath Primary
- Two Rivers School
- Anker Moor Primary Academy
- Landau Forte Amington
- Two Gates Primary
- Hanbury's Farm Primary
- Tamworth Enterprise College
- Landau Forte Academy 6th Form
- Ashcroft Infants School
- Florendine Primary School
- Dosthill Primary School
- Landau Forte Academy Greenacres
- Anker Valley Primary School
- The Woodlands Community Primary
- Birds Bush Primary
- Three Peaks Primary Academy
- Stonydelph Primary
- The Wilnecote School
- Wilnecote Junior School
- Heathfields Infant Academy

@SouthStaffsMHST

Mental Health & Wellbeing Support



If you have a safeguarding concern during the holidays or outside of school hours, please refer to the information provided below.



Midlands Partnership
MHS Foundation Trust
A Keele University Teaching Trust

24h Mental Health Access Team – urgent NHS mental health service who will provide support and advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☎ 111

EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☎ 999 OR GO TO A&E



The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☎ 0808 808 4994 (4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>

YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☎ 116123 (24/7)

✉ Email:
jo@samaritans.org

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

shout 85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉ Text: SHOUT to 85258 (24/7)

<https://giveushout.org/>

childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>

Staffordshire Children Advice Support Service — 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.