Safe Heard Valued

HIGHAM LANE
NORTH ACADEMY
SAFEGUARDING

Anti Bullying Week

BREAK THE SILENCE
#ANTIBULLYINGWEEK

16th-20th November

At Higham Lane North Academy, we take the way we treat one another extremely seriously. One of our core values is being compassionate, and we expect every member of our school community to treat others with kindness and respect. We have a zero-tolerance approach to bullying and are committed to ensuring that every student feels safe, valued and that they belong.

This November, Anti-Bullying Week's theme is Break the Silence, reminding us of the importance of recognising bullying, speaking up and supporting those who may be experiencing it.

Bullying is different from a one-off disagreement, argument or isolated incident of unkindness. Children and young people sometimes fall out, make poor choices or say things that upset others. These incidents still matter and should be addressed, but they do not automatically constitute bullying. Bullying is repeated behaviour that is intended to hurt, intimidate or undermine another person.

Your child does not need to know whether something meets the definition of bullying before telling us about it. If something is upsetting them, affecting their confidence or making them feel unsafe, we want to know so that we can help.

In secondary school, a significant proportion of the unkindness and bullying concerns we deal with originate outside the school day, particularly through WhatsApp groups and other social media platforms.

We strongly encourage all parents and carers to:

- Check your child's phone regularly. Do not assume that because your child appears happy or is using their phone openly, everything they are seeing and receiving is appropriate.
- Be aware of the WhatsApp groups your child belongs to, who is in them and the nature of the conversations taking place.
- Talk about screenshots and sharing. Explain that messages, photographs and comments can be copied, forwarded and shared far beyond their intended audience.
- Notice changes in behaviour.
- Talk about their own online behaviour. Remind your child that joining in with hurtful conversations, reacting with laughing emojis, forwarding messages or encouraging others can contribute to bullying, even if they are not the person who started it.

Please reassure your child that asking for help is never a sign of weakness. They should never feel that they have to manage difficult situations alone or tolerate behaviour that makes them unhappy or uncomfortable.



Why might teenagers stay silent?

Your child may worry about:

- Being labelled a 'snitch' or making the situation worse.
- Losing friendships or being excluded from their social group.
- Adults overreacting or taking control of the situation.
- Having their phone or access to social media taken away.
- Not being believed, particularly when the behaviour is subtle or happening online.

If your child shares a concern with you, listen calmly, reassure them and encourage them to speak to a trusted adult in school. If the concern involves online messages or group chats, please preserve any relevant screenshots or evidence rather than deleting them.

Working together: Break the Silence

At HLNA, we want every student to know that they will be listened to, taken seriously and supported. We cannot address concerns that we do not know about, which is why it is so important that students feel able to speak up and that parents and carers share any concerns with us.

If you are worried that your child is experiencing bullying, is involved in bullying others or is struggling with friendship difficulties, please contact us. We would always rather hear about a concern early so that we can understand what is happening and take appropriate action.

soluna by Kooth

Kooth has become Soluna

Soluna by Kooth is the new name and updated platform for the mental health and wellbeing support previously called Kooth. Although the name and appearance have changed, it continues to offer the same trusted, professional support for young people. It provides a safe, confidential space where you can access advice and information about mental health, friendships, anxiety, stress and other challenges, use interactive self-help tools, explore helpful resources and connect with qualified mental health practitioners through one-to-one online text chats. The service is free for eligible young people and can be accessed through the website at www.solunaapp.com/uk or by downloading the Soluna by Kooth app. You can access support at your own pace, without needing a referral.

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Where can I turn for help outside of school?



Access free and anonymous mental health support. Including free online counselling.
www.solunaapp.com/uk

HEADSPACE

Meditation and mindfulness app to help manage stress, build focus and improve sleep.
www.headspace.com

mind Coventry and Warwickshire

Mental health support for young people.
www.mind.org.uk
Telephone: 02476552847

shout 85258

A free, confidential text-based support service for anyone in the UK in crisis
Text: 'SHOUT' to 85258

PAPYRUS

A charity that works to prevent suicide amongst young people.
Telephone: 0800 068 4141

Anxiety UK

A charity that supports young people experiencing anxiety.
Website:
www.anxietyuk.org.uk

RISE

A branch of CAMHS providing services to support emotional wellbeing and improved mental health.
www.cwrise.com

NSPCC
Speak out. Stay safe.

Confidential advice on safety, bullying and family issues.
www.nspcc.org.uk
Telephone: 0808 800 5000

Cruse Bereavement Care

Support for young people and their families following a death.
www.cruse.org.uk

ChildLine 0800 1111

You can talk to ChildLine about anything. No problem is too big or too small.
Telephone 08001111

SAMARITANS

The Samaritans offer a 24 hour service if you need emotional support.
Telephone 116 123

SANE

Specialist emotional support for under 16s.
Telephone 0300 304 7000