



## SAFEGUARDING NEWSLETTER

Spring 2025- Issue 2

**Latest advice for parents and carers**

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information and support on where to get support, explains information related to a popular new TV series, local support groups and workshops, supporting healthy relationships and online safety.

### **'Add Everyone' - WhatsApp Alert**

Recent concerns have been highlighted regarding a WhatsApp group known as 'Add Everyone'. Schools and regional police forces across the UK have warned that this group exposes children and young people to explicit and harmful material. 'Add Everyone' group chats can go by many names, but their purpose is often the same. These WhatsApp groups are spaces where children and young people are invited to join a chat that contains content such as sexual images, material promoting self-harm, sexual violence, racism and other inappropriate content.

The chats may be created by adults seeking to connect with younger users or by young people themselves as a seemingly fun activity. However, it is difficult to control who becomes a member of these groups, in some case, the group owners ask for children to add their contacts to the groups, 'except their parents'.

As WhatsApp has lowered its minimum age from 16 to 13 this year, the risk of young users encountering inappropriate content and adults may increase. Reports indicate that these groups have targeted children as young as 9.

More advice can be found here: [https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsapp-group/?utm\\_medium=email&hsenc=p2ANqtz--qFIU8Qfvhi8iLOFFqFvj9UtAERHoodglaXpEXfDE4-bAWnCYvh0I6YzT2DkFd7XD5ZgHpvRCj9vmtz\\_xsNNqmpAppPNmbg\\_VfTz-KJPgCEhpaGGs&hsmi=331780625&utm\\_content=331780625&utm\\_source=hs\\_email](https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsapp-group/?utm_medium=email&hsenc=p2ANqtz--qFIU8Qfvhi8iLOFFqFvj9UtAERHoodglaXpEXfDE4-bAWnCYvh0I6YzT2DkFd7XD5ZgHpvRCj9vmtz_xsNNqmpAppPNmbg_VfTz-KJPgCEhpaGGs&hsmi=331780625&utm_content=331780625&utm_source=hs_email)



## Adolescence Show

In light of Netflix's newest popular show - Adolescence. CR2 Security would like to take this opportunity to help raise awareness surrounding the online security and safety of your child/teenager.

Online, young people are communicating in ways that most adults completely misunderstand. What looks innocent could potentially have a very different meaning.

Here are some of the 'codes' which may be being used by your child:

- Red Pill – "I see the truth." Used in toxic male spaces to mean waking up to supposed hidden 'truths' about women and society, often linked to misogynistic ideologies.
- Blue Pill – Represents those who are "blind to the truth" or still believe in mainstream views about relationships and gender dynamics.
- 💣 Dynamite Emoji – An "exploding red pill," meaning someone is a radicalised incel.
- 🥵 Kidney Bean – A symbol linked to incel culture, sometimes mocking women.
- 💯 100 Emoji – Tied to the "80/20 rule," the belief that 80% of women are only attracted to 20% of men.
- 🕳️ Black Hole – Used to express depression, hopelessness, or being sucked into negative online spaces.
- 🌀 Tornado – Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.
- 🐸 Frog Emoji – Associated with alt-right and extremist meme culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.
- 🦅 Eagle – A symbol of extreme nationalism, sometimes used in far-right online spaces.
- 💀 Skull – While often just slang for "that's funny" or "I'm dead (from laughing)," in certain groups, it can signal darker themes like nihilism or self-harm.
- ❤️💜💛💖💔 Heart colours and what each one can represent.
  - ❤️ = Love
  - 💜 = Lust
  - 💛 = "Are you interested?"
  - 💖 = Interested but not in sex
  - 💔 = "You'll be okay"



## Adolescence Show

So what should parents do and some advice?

- 1 Get Curious, Not Combative – Ask open-ended questions: “I saw something about emojis meaning different things. Have you heard of this?” Keep the conversation light.
- 2 Create a Judgment-Free Zone – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not just lecture.
- 3 Decode Together – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don’t assume—ask.
- 4 Teach Critical Thinking – Help them question online content. “Why do you think some groups push this idea? Who benefits?” Arm them with questions, not just rules.
- 5 Monitor Without Spying – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
- 6 Be Real About Manipulation – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’
- 7 Build Their Offline Confidence – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.

The digital world is evolving faster than most adults can keep up. But we don’t have to be in the dark!

PERIODIC TABLE OF SINISTER EMOJIS BY AMIT KALLEY															
DRUGS												INCEL			
Cocaine	Cocaine	Cocaine	Cocaine									Incel	Incel	Incel	Incel
				For Working Parents											
				WWW.FORWORKINGPARENTS.COM											
VIOLENCE												EXTREMISM			
Marijuana	Marijuana	Weapon	Weapon									Neo-Nazi	Incel	Incel	Incel
Marijuana	MDMA	Crime	Crime	Penis	Penis	Sum	Swinging	Nudes	Cutting	Neo-Nazi	Incel	100	Incel	Incel	Incel
MDMA	Ketamine	Murder	Murder	Genitalia	Vagina	Vagina	Oral Sex	Porn	Burning	Neo-Nazi	Anti-Woman	1488	Anti-Woman	Anti-Woman	Anti-Woman
Mushrooms	Heroin	Threat	Locked Up	Lust	Lust	Lust	Oral Sex	Orgasm	Feeling Low	IS Extremism	Anti-Woman	IS Extremism	Anti-Woman	Anti-Woman	Anti-Woman
NO2	Dealer	Trap Music	Snitch	Intercourse	Intercourse	Fingering	Anal Sex	Orgasm	Not Eating	IS Extremism	Anti-Woman	IS Extremism	Anti-Woman	Anti-Woman	Anti-Woman





## Male Eating Disorders

When we think of eating disorders, we tend to think of these only happening to women and girls. The learning discussion looks into the unique body image pressures experienced by men and boys, aiming to provide a comprehensive understanding of the increase of eating disorders and related symptoms in men and boys. It helps identify important warning signs, along with offering practical recommendations for addressing concerns about a potential eating disorder in boys and men.

This session encourages participants to gain insights into the complex issues of eating disorders in this often overlooked population.

For more information click on: [Can boys and men have eating disorders?](https://acamhlearn.org/Learning/Can_boys_and_men_have_eating_disorders_Delving_into_prevalence_and_warning_signs/9629e4fb-6da6-4f14-88e6-d5b591f844b3)

[https://acamhlearn.org/Learning/](https://acamhlearn.org/Learning/Can_boys_and_men_have_eating_disorders_Delving_into_prevalence_and_warning_signs/9629e4fb-6da6-4f14-88e6-d5b591f844b3)

[Can\\_boys\\_and\\_men\\_have\\_eating\\_disorders\\_Delving\\_into\\_prevalence\\_and\\_warning\\_signs/9629e4fb-6da6-4f14-88e6-d5b591f844b3](https://acamhlearn.org/Learning/Can_boys_and_men_have_eating_disorders_Delving_into_prevalence_and_warning_signs/9629e4fb-6da6-4f14-88e6-d5b591f844b3)

## Children with Parents in Prison

Children Heard and Seen is a charity aimed at improving the issues caused by parental imprisonment. It aims to bridge an existing gap in the provision of support for children and young people in these circumstances. They currently offer one-on-one support from trained practitioners, assistance for parents and carers, peer support groups and more. If you are caring for a child with a parent in prison and would like to access support for yourself or your child, please get in touch at: <https://childrenheardandseen.co.uk/>





## Child Exploitation

### Parent webinars – county lines and criminal exploitation

Join interactive webinars where parents and carers can learn from panels of experts what criminal exploitation is, how to spot signs it may be happening their child and how to seek help.

The interactive webinar will also gives the audience the opportunity to ask questions, share concerns and connect with others.

- Learn what county lines is
- Understand what is happening in your local area
- Understand the signs that your child might be at risk
- Learn how offenders groom and exploit children

The webinars are hosted live over zoom, once you have registered we will send you the log in details for joining.

## Domestic Abuse



Disagreements in relationships are normal but when they become frequent and begin to form a pattern, it might be a sign that something is wrong, and possibly abusive – a word that is hard for many people to think about or even say out loud.

### If you need to talk to someone...

If you want to access support over the phone, you can call:

National Domestic Abuse Helpline – 0808 2000 247 – [www.nationaldahelpline.org.uk/](http://www.nationaldahelpline.org.uk/) (run by Refuge)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327 (run by Respect)

The Mix, free information and support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428 (run by Galop)

Samaritans (24/7 service) – 116 123

Rights of Women advice lines, there are a range of services [available](#)



## PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

### BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

### FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

### ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

### CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

### YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

### ASDA

Kids eat for £1 every, with no adult spend.

### TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

### WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

### BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

### IKEA

Kids get a meal from 95p daily from 11am

### PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

### COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

### PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

### MORRISONS

Kids Eat FREE all day, every day with a £5 spend

### LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

### TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

### PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

### HUNGRY HORSE

Kids eat for £1 on Mondays

### THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

### SA BRAINS PUBS

Kids eat for £1 on Wednesdays

### FUTURE INNS

Under 5s eat for free with any adult meal.





# Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



## Wellbeing matters

for primary school aged children

One-day workshops for primary-aged young people where you will cover topics including wellbeing, emotions, self-esteem, resilience, and relationships with others.

**Spaces are limited, secure your place now!**

For more information, to find your nearest session or to book a place, **scan the QR code.**

If you need help completing the form or registering your interest please contact us by:

- Email: **[familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)**
- Phone: **01296 383293**

Proud to be part of  
**Family Hub  
Network**  
Buckinghamshire

**SCAN  
ME!**





# Nurture Programme

## Parenting group

The Nurture Programme is a parenting group that aims to empower parents to:

- build positive relationships
- encourage co-operative behaviour
- develop resilience, empathy, and self-esteem in themselves and their children



### Get in touch



01296 383293



familyhubgroups@  
buckinghamshire.gov.uk

Groups are available across Buckinghamshire's Family Centres, we offer a 2-day, 3-day or 5-week program. Please scan for dates available in your local area.

**Places must be booked prior to the course starting.**

**To register for the programme please email, phone or scan the QR code.**



**Buckinghamshire  
Council**



**SCAN  
ME** 





# Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



Proud to be part of

**Family Hub  
Network**  
Buckinghamshire



## Primary Play Space

A free session for primary-aged children and their parents/carers. There will be a variety of crafts, games and activities for you to explore as a family. Snacks and drinks provided.



**Berryfields  
Family Centre**  
**Tuesdays**  
3:15 to 4:45pm



**Elmhurst  
Family Centre**  
**Thursdays**  
3:15 to 4:45pm

**SCAN ME**



**No booking required**



# Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



## Bucks Mental Health Support Team

NHS

Oxford Health  
NHS Foundation Trust

# I WANT GREAT CARE

**COME AND SHARE YOUR  
EXPERIENCE WITH US**

**JOIN US FOR OUR COFFEE MORNING**



- I Want Great Care is our survey which allows you to tell us about your experience with us
- Your views can help to shape the service
- Your chance to discuss your personal experience on the day



**LOCATION: SUE NICHOLLS CENTRE, BIERTON ROAD,  
AYLESBURY, HP20 1EG**

**DATE: 16TH APRIL 2025**

**TIME: 10AM - 12PM**

**No booking required - turn up on the day**

Young people, parents and carers welcome







## 'FIVE A DAY'

### YOUR TIPS FOR A HEALTHIER SCREEN TIME



*'How much is too much  
screen time for children?'*

'Studies have shown a clear  
link between **excessive screen  
time** and issues such as  
**delayed speech** and **language  
development**, **communication  
difficulties**, **reduced  
concentration spans**, **poor sleep**  
and **mental health problems**.'



HEALTH PROFESSIONALS FOR SAFER SCREENS



SCAN ME





*'Bedtime stories  
are the best and  
healthiest way  
to settle your child'*

## Birth to 5 years

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'



0-24  
months



2 - 5  
year olds



Bigger is better



*Watching lots of short videos  
is being linked to concentration  
difficulties in children.*



*Try a cuddle  
or a game*



*Phones, tablets and computers  
should not be in any child's  
bedroom overnight.*

### RECOMMENDATIONS:

1

**NO screen time** between **birth - 24 months** except for video chatting with family and friends.

2

**30 MINS screen time.** Children aged **2 - 5 years old** should not be on screens for more than **30 min per day**.

3

**BIGGER screens.** If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen**. These cause less visual strain than a phone.

4

**AVOID** using a device **to settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**

5

**\*SLEEP HYGIENE.** Under 5's should **not use a screen** for at least **2 HOURS BEFORE BEDTIME**, to aid their natural sleep pattern.



# Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



'Walk, run, ride a bike, anything that gets kids up and about and off their screens'

'Try and ensure screen-free time together'

Ditch screens at mealtimes!  
'Studies show that eating in front of screens leads to higher obesity risk as children consume more unhealthy food!'

# 6 to 10 years

Studies show there is a clear link between **excessive** screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct physical changes in the developing brain.\*



No screens

M	T	W	T	F	S	S
not more than 1-2hrs/day						up to 2hrs/day



Keep active



Screen-free time together



Reports suggest adults touch their phones over 2000 times a day.



\*Sleep Hygiene.  
No screens  
1 hour before bedtime

## RECOMMENDATIONS:

### 1

#### WAKING UP WITHOUT screens

It is recommended that social media/screens are not used for the first hour of the day.

### 2

**1-2 HRS PER DAY** is the suggested screen time in the week and not more than **2 hours on weekends**.

### 3

**STAY ACTIVE** Encourage physical activity for **1-2 hours a day**.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

### 4

#### SCREEN-FREE time together

Children will often mimic behaviours of the adults around them. **Consider your own social media usage/ phone checking behaviour.**

### 5

It is recommended that screens **should not be used 1 HOUR** before bedtime. **Phones, tablets and computers should not be in a bedroom overnight.**



\* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.





# Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



'Buy an alarm clock so that screens are not in the bedroom'

'Encourage connection with friends in person, wherever possible'

# 11 to 17 years

'Studies show there is a clear link between **excessive social media** and screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct **physical changes** in the developing brain.'



No screens



Stay active.  
More green time,  
less screen time

M	T	W	T	F	S	S
Up to 2hrs/day				Up to 2-3 hrs /day		



Screen-free  
time together



No screens at least  
1 hour before bedtime



Be careful of violent or frightening content especially before bed.

## RECOMMENDATIONS:

### 1

#### WAKING UP WITHOUT screens

It is recommended that social media/screens are **not used for the first hour of the day**.

### 2

**SCREEN TIME** As a general rule, it is suggested that screen time **should not exceed 1-2 hours per day** in the week and not more than **3 hours on weekends**.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

### 3

**STAY ACTIVE** Encourage physical activity for at least **an hour per day**.

### 4

**SCREEN-FREE time together** Children will often mimic behaviours of the adults around them. **Consider your own social media usage**.

### 5

**Phones, tablets and computers should not be in a bedroom overnight**.



HEALTH PROFESSIONALS FOR SAFER SCREENS





## EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

**Parents: Supporting Young People Online (Childnet)**

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here <https://www.childnet.com/resources/supportingyoung-people-online>

- |           |              |
|-----------|--------------|
| • Arabic  | • Punjabi    |
| • Bengali | • Somali     |
| • English | • Spanish    |
| • Farsi   | • Turkish    |
| • French  | • Urdu       |
| • Hindi   | • Vietnamese |

## ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

## USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

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

## Keeping your child safe in sport—safeguarding for parents



### Child Protection in Sport Unit

A free e-learning course for parents

We've designed this course to help you understand your role in keeping children safe in sport and to let you know who to turn to if you have any worries.

The course is free to take and is suitable for any parent of a child who takes part in sport, regardless of your level of safeguarding knowledge. It should take you around 10 minutes to complete.

<https://thecpsu.org.uk/parents/keeping-your-child-safe-in-sport-e-learning-course>