

Parent / Carer Safeguarding Newsletter

March - April 2025



Welcome back to the fifth edition of our safeguarding newsletter. Keeping children safe at Handsworth Grange Community Sports College (HGCSC) is our number one priority, we know that the most effective way for us to support our young people is to work in partnership with their parents / carers.

With context and risks changing all of the time, we know parents have been finding it beneficial to have access to information and guidance on key topics and how to access support.

We want to take this opportunity to keep you updated with staff changes as we congratulate Natalie Tuffnell for progressing to Safeguarding and Inclusion Manager at Netherthorpe School. We feel sad to see her go as in the short time she has covered Rochelle Robert's maternity leave, she has been a vital source of support to so many students and parents. Thank you for everything Natalie, and good luck!



As always, please don't hesitate in contacting the safeguarding team by requesting a contact via;
<https://hgsc.co.uk/contact>

Missing children

The Children's Society report that every year more than 100,000 children and young people go missing or run away from home. Many feel they have no one to turn to, and parents / carers are left extremely distressed and at a loss of what to do.

If your child is missing (you don't know where they are, they aren't responding to calls or texts, other friends and family members do not know where they are) you should report them as missing to police via 101. The police will ask you a series of questions to identify if your child is high risk, medium risk, or low risk.

South Yorkshire Police now treat a missing episode as an indicator that a child may be at risk of harm or exploitation.

Once a child is found, there are professionals in Sheffield who complete Return Home Interviews with the aim to prevent any further missing episodes. The Return Home Interview should be carried out within 72 hours of the child returning home.

The safeguarding team in school can support you through this process, you will find our contact information at the bottom of this newsletter.

Mental Health support

With GCSE exams looming, we thought it would be a good idea to re-share information around mental health support available in Sheffield / in school. In our third parent newsletter we shared useful tips for parents in how to talk to your child about their mental health, this time we want to signpost you to services that either you, school or the child themselves can refer in to.

Kooth



Kooth is an online platform where children can access online counselling, discussion forums, and psychoeducation. Kooth is constantly monitored by mental health professionals to ensure it is a safe space for young people to use.

<https://www.kooth.com/>

Door 43 (for children aged 13 and over)



This service sits under Sheffield Futures at Star House (43 Division Street). They focus on early intervention and low-level support. Staff complete mental health assessments and can provide one-to-one wellbeing / mental health sessions.

<https://sheffield-futures.org.uk/door43/>

Wellbeing café

Chloe Reeves (Deputy DSL) runs a weekly wellbeing café in school every Tuesday after school 3.10pm - 4pm, in the Seminar room. They start with a hot chocolate and a cookie and then complete a therapeutic activity (painting, board games, etc).

Golddigger Trust

A charity on Ecclessal Road at The Refinery who help with confidence and self-esteem. They run group sessions, they have a wellbeing café 3pm-6pm Mondays and Tuesdays.

<https://www.golddiggertrust.co.uk/>

Calm Harm app

Calm harm is an award-winning app to help manage the urge to self-harm by providing comfort / distraction techniques. It's free to download. The app was developed by a Clinical Psychologist.

Crisis text service

Text 'SHOUT' to 85258. This is the UK's first and only 24/7 text service for any young person in crisis, they provide free, confidential mental health support over text.



The Manosphere



The Netflix drama 'Adolescence' has recently made TV ratings history but more importantly, it has started the debate nationally around Incel culture, misogyny and the online Manosphere. Parents and carers, staff, and students have been talking about the show with us in school, so we wanted to share some vital information about the risks online.

INCEL = involuntary celibate. A man (usually young) whose identity is defined by his lack of sexual experience with women. These men blame women and society for this.

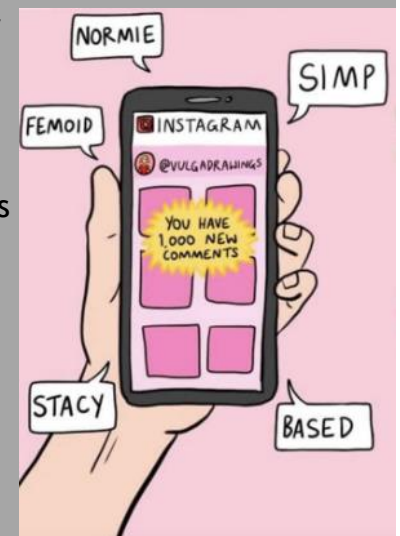
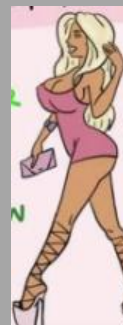
INCELS hate men too. They refer to conventionally attractive men as a **CHAD**, men who have sex with women. Chad means someone is an alpha male, muscly, top of the social hierarchy.

INCELS refer to a **STACEY** as the female version of a Chad, an attractive woman but shallow and a gold-digger.

Look out for these memes online, Chad and Stacey:

The Chad and Stacey memes often have blonde hair and blue eyes.

A **BECKY** is an average woman. A **FEMOID** is a dehumanizing term, meaning women are inferior to men.



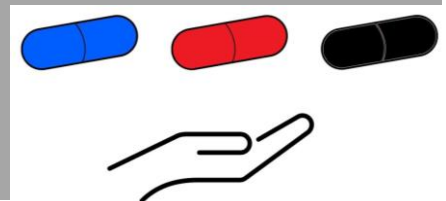
THE PILL / MATRIX =

INCELS group themselves by what level of extremism they subscribe to using the pill system in the matrix.

Blue pill - least extreme referred to as 'normies' who are ignorant to the real world and follow mainstream feminism.

Red pill - they believe female oppression is a myth and men are the most oppressed.

Black pill - most extreme, they believe the system is broken as conventionally attractive people will always succeed and INCELS will always suffer. They believe you can either LDAR (lie down and rot) or turn to violence.

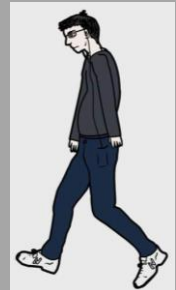


The Manosphere continued...

INCELS believe looks and genetics determine your success with women. They call this **LOOKISM**

They believe that the top 80% of women are selectively dating only the top 20% of men. This is called **HYPERGAMY**

Another meme INCELS refer to is the '**virgin walk**'



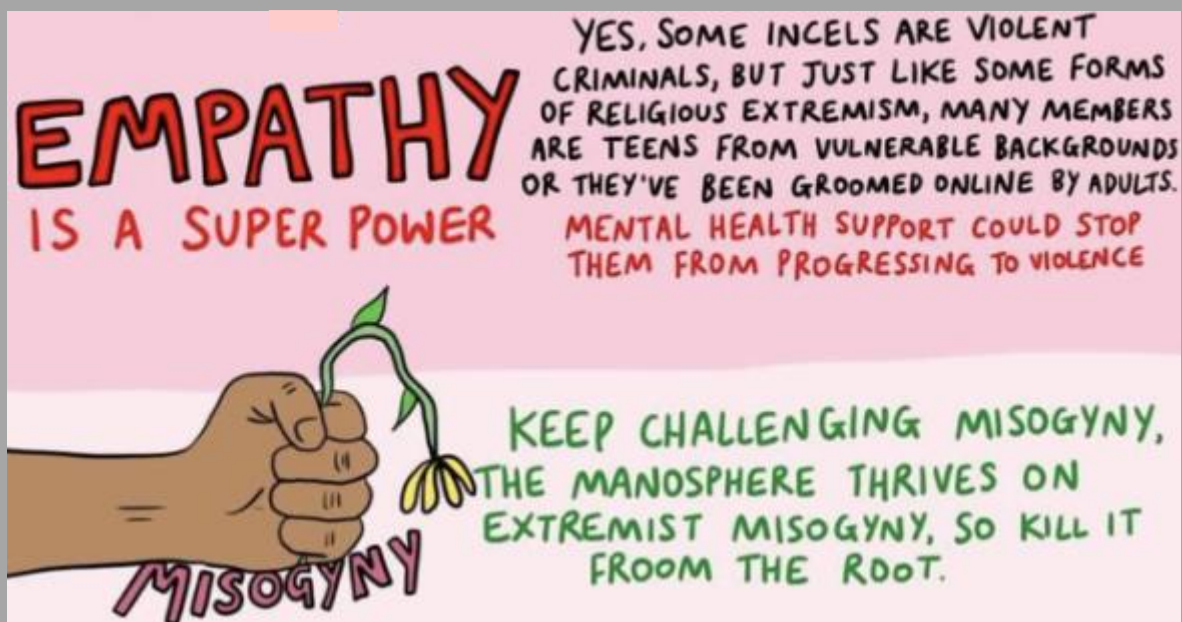
What can we do about it?

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?





Handsworth Grange Safeguarding Team

Here at HGCSC, we believe in exceptional education for every student every day and as such
Every Person Matters.

We all must take responsibility for looking after each other and making sure we are safe and happy.

If you are worried about something or someone then you should share it.

The Designated Safeguarding Lead (DSL) at HGCSC is Mrs Hirst



Designated Safeguarding Lead / Designated Teacher for Children Looked After / Online Safety Coordinator
Deputy Headteacher

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The Deputy Safeguarding Leads are Chloe Reeves, Rochelle Roberts and Sophie Lewis



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