

December 2024

# Safeguarding Newsletter

## Safeguarding Cover

Julie Swift – 07903632307

23rd & 27th Dec

Diane Hague –  
07903632298

2<sup>nd</sup> & 3<sup>rd</sup> Jan

Dan Griffiths -  
07903632307 30<sup>th</sup> Dec

## Helpful Numbers.

101 – Police

01142734855 –  
Safeguarding Hub

111 – NHS

0800 1111 –  
Childline



*Your safety is important to us....*

Support if you are struggling during the Christmas Break

[How to Protect Children From Domestic Abuse | NSPCC](#)

[Help through Hardship helpline | Trussell](#)

[Grants and benefits to help you pay your energy bills - Citizens Advice](#)



## DOOR43

DROP-IN SERVICE AND SAFE SPACE FOR YOUNG PEOPLE TO TALK ABOUT THEIR EMOTIONAL HEALTH...

...AND A WEEKLY WELLBEING CAFE ON TUESDAYS 5-7 WITH CRAFTS AND ACTIVITIES

CHECK OUR SOCIAL MEDIA OR RING AHEAD FOR DETAILS OF DROP-IN SESSIONS @DOOR43\_

Sheffield Futures  
Star House, 43 Division Street,  
Sheffield, S1 4GE

Call: 0114 201 2774  
Email: [door43@sheffieldfutures.org.uk](mailto:door43@sheffieldfutures.org.uk)  
See: [www.sheffieldfutures.org.uk](http://www.sheffieldfutures.org.uk)



Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:

- Magazine**  
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**  
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**  
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**  
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



## Mental Health

Things I can do to look after my Emotional Wellbeing....

Sheffield Parent Hub  
Helpline 0808 800 2222

Sign up for free at [Kooth.com](https://www.kooth.com)

## New this term – Online Social Explores Group.

This year we have started a working group with some of our students looking at young people's online life. The work is centred around being safe and gaining a better understanding of what our students experience when being online. We have identified through the work that most young people are spending a significant amount of time online when not in school, this averages out at around 12 – 14 hours a day, most of this is gaming, YouTube and TIKTOK.

From the work being done we have also identified that many of our students are exposed to HATE language which is hurtful and those who are susceptible to poor influence can impact on how they respond towards others. School have addressed this via assembly and personal development time which was well received.

We ask you has parents to speak with your children about their experiences and activity online and their knowledge of being safe and how to report any inappropriate behaviour. School is always here to help our students and parents if an issue arises, please contact us and we will support.

During the next term we will complete a survey with our students to gain more details of their experiences and emerging needs with their online life, in addition a parent survey will be sent out and we ask if you can support us by completing it.

Please see helpful information to further keep your children safe online.

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

<https://parentzone.org.uk/>

<https://www.childnet.com/parents-and-carers/>

# Hate Speech

## What Is Hate Speech?

Hate speech goes beyond casual rudeness or disagreements. It targets specific groups or individuals with intent to harm, belittle or provoke. While free speech is a cornerstone of democratic societies, hate speech crosses the line by promoting intolerance and division.

Hate speech can occur in person, on social media, or even in the school setting, making it critical to recognise and address it when it is seen or heard.

## What is the impact?

In today's digital age, hate speech has become a growing concern in schools, online spaces, and communities. Defined as language to demean or incite hatred against individuals or groups based on race, religion, gender, sexual orientation or other characteristics, hate speech can leave lasting scars on young minds.

For students, encountering hate speech can lead to feelings of isolation, fear, and anger. Prolonged exposure can lead to feelings of low self-esteem, depression and self-harm. For parents, it raises questions about how to support their children while addressing the broader societal issue.

## Discussing Hate Speech with Your Child

Conversations about issues like hate, racism, sexism and xenophobia can be uncomfortable for many parents. But it is important to try to create a safe space for your child to be able to speak to you and share anything that is on their mind.

Conversations will look different for every family but remember: You know your child best. Use age-appropriate language, be a good listener and allow space for them to share even if it is slow and not in just one conversation. Watch their reactions and be sensitive to their level of anxiety.

Explore together what hate speech is, so your child can identify it, whether it happens to them or someone else. Here are some questions you can explore together:

- What do you think hate speech is?
- Who is hate speech aimed at?
- Why do you think people use hate speech?
- How does it make you feel?
- How do you think it makes the person or people targeted feel?
- How do you think the person who sends the hate speech feels?

The role of adults: Our children and young people need positive role models to allow them to feel safe, supported and valued. Unfortunately, these positive role models don't always exist on the social media platforms and on the internet our young people are exposed to.

By remaining positive and using respectful language, even when frustrated or unhappy, we, as responsible adults, can teach our young people to feel empowered to face challenges in the right way and develop in an environment where community, collaboration and kindness are valued over conflict and hate.

Encourage your children to have an open attitude and honest curiosity about other people because some instances of hate speech are based on ignorance or false information.

Teaching your children about the difference between intent and impact – that what we say can hurt others even if we didn't mean to – is an important lesson.

With younger children, you can introduce the topic by talking about fairness and about treating others as they want to be treated.

With older children, you can explore historical examples to see how hate speech has set the stage for many conflicts and human rights violations.



**Merry Christmas:  
Stay Safe and Be Kind**

