

Safeguarding Bulletin

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Supporting Young People's Mental Health

We are seeing increasing concerns nationally around young people's mental health and wellbeing. As a school, we are committed to supporting students through our pastoral and safeguarding teams; however, we are not mental health professionals and cannot provide specialist therapeutic support. The most effective support happens when school and home work together.

Parents and carers can help by:

- Creating regular opportunities to talk and listen
- Maintaining routines (sleep, nutrition, exercise)
- Monitoring online activity sensitively
- Seeking early help if concerns persist

If your child may need additional support beyond what school can provide, we encourage families to explore MyWay, a new service offering online advice, resources and in-person support for young people.

MyWay support.



If you are ever concerned about your child's immediate safety, please contact your GP, NHS 111 or 999 in an emergency. Together, we can ensure young people receive the right support at the right time.

Tips to promote positive body image

Internet Matters have some great, practical advice for parents about self-image, body image and identity which you can find [HERE](#).

Torbay HAF activities

HAF Holiday Activities are free for children who receive Benefit Related Free School Meals. This may include remote sessions. There are also some paid activities for children who are not eligible. Booking is now open [here](#).

Torbay Youth Trust are setting up a youth group for young women in Brixham.

They're running an introductory session next week in the half term (Wednesday 18th Feb.)

SHE AND BRIXHAM YOUTH GROUP DISCUSSION
DATE: Wednesday 18th February
TIME: 2- 4PM
LOCATION: A Kick Up The Arts Gallery, 6 Bolton Street, Brixham TQ5 9DE.
Torbay Youth Service would like to invite young women aged 13-17 who live in Brixham to 'A Kick up the Arts' Gallery. (By the traffic lights on the left as you come round the corner from Fore Street)
We are setting up a new young women's group in Brixham and we would like to get your thoughts and ideas. Come and have a chat with our youth workers Bryony and Rose!
Please contact if you have any questions or would like to book a place.
Bryony (Youth Support Worker): 07485363240
TORBAY COUNCIL

Parent webinars on county lines and criminal exploitation

The Ivson Trust (formerly Pace) is a national charity working to keep children safe from exploitation by supporting parents, disrupting exploiters, and working in partnership with police and family services.

During March 2026, the Ivson Trust is delivering a series of live webinars for parents and carers focused on county lines and criminal exploitation.

The sessions help parents understand how exploitation happens, how children are groomed, what warning signs to look out for, and where to access advice and support. Each webinar includes local context, time for questions, and input from a parent with lived experience.

More information and booking details are [here](#).

Emotional safety on Roblox

The Jed Foundation have put together a great guide for parents regarding emotional safety/wellbeing on Roblox. Although the guide refers to US teens, I would say this guide is appropriate for all children, not just teens. It covers cyberbullying, signs a teen might be struggling online and what parents can do. You can find the guide [HERE](#).



Lemon8 app

Lemon8 is an app which seems to be growing in popularity. Calling itself a 'lifestyle community' app the terms and conditions, as per most social media, is 13+.



The company which owns Lemon8 is ByteDance, who also own TikTok and it's essentially a mix between Instagram and TikTok. Reviews generally seem to be quite positive but one of the big downfalls is that parental features are a little lacking.

It's worth checking if your child is using Lemon8 and if so have a look at this in-depth [Lemon8 review](#).

A reminder....

Did you know we have our own online safety hub? You can find it [here](#).

There are lots more tips for keeping young people safe online available on the [Safer Internet Centre website here](#).

We would really appreciate your feedback

To ensure we continue to provide the highest standards of safeguarding, we are gathering feedback from parents. Safeguarding is most effective when schools and families work together, by completing this questionnaire, you'll help up strengthen the systems and support we have in place.

[Safeguarding questionnaire – Fill in form](#)

- There is lots of additional support, signposting and information on the [Torbay Family Hubs website](#).

