

Safeguarding Bulletin

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Body Image

How children and young people feel about themselves and their bodies can have a big impact on their wellbeing – evidence shows that poor body image can affect physical and mental health, and engagement with school, community, and social activities and experiences.

We know from pupil insight across the county that body image is a significant concern for our children and young people at both primary and secondary age, and staff also report seeing challenges relating to body image in school.

To support our young people, Torbay Council and Devon County Council Public Health teams have teamed up to develop some resources in partnership with the Mental Health Support Teams (MHSTs).

Below is a link to a pre-recorded workshop produced specifically for parents and carers. This video explores why Body Image is a subject we should be thinking about, where we all get messages about Body Image and, perhaps most importantly, what we can do to support our children, young people, and perhaps ourselves.

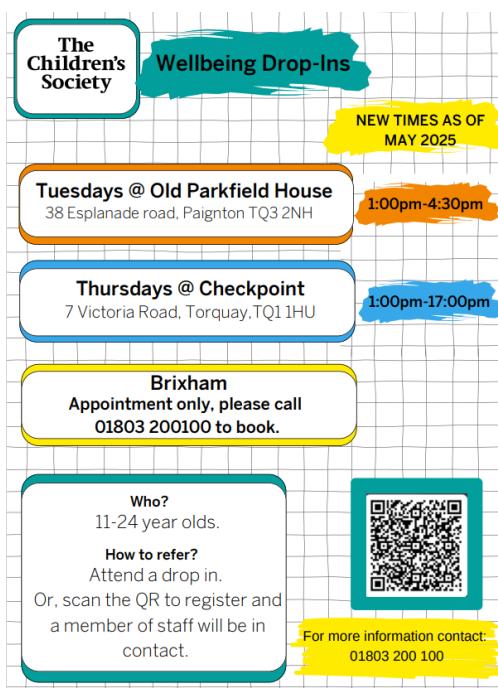
Some of the things discussed will be things that anyone can do to support a child, even if you do not have parental responsibility, whether you are an uncle, aunt, grandparent or other adult in a child's life. They are important even if your child does not share worries about this.



[Parent carer body image workshop - Mental Health Support Team \(MHST\)](#)

Wellbeing support- updated

Many young people struggle with low mood or anxiety. Growing up is hard and it is important to remember that these feelings are normal. When some additional support is needed, The Children's Society can help with a range of issues including; dealing with hard feelings, relationships, identity/ culture, plans for the future and more. The quickest and easiest way to access this support is via their drop-in service available across Torbay. Below is an updated timetable.



Location sharing

We all know that location sharing can be a really good thing, but only when that sharing is managed appropriately and only with very specific known persons, not to everyone. As a timely reminder for parents to check their child's device the Canadian Cyber Tip Line has put together a [very informative article](#) which is useful for everyone, regardless of where you are in the world.



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](#).

Torbay school nursing team

Did you know the school nurse team can provide advice and support on issues including behaviour, emotional health and wellbeing, newly diagnosed health conditions, sexual health and more.

We are hoping to soon establish drop in appointments for students in school but as parents you can request support by phone on 0300 333 5352 (Monday – Friday 9am to 5pm) or email us tsdft.0to19@torbay.nhs.net

Online parenting advice

[Parent Talk](#) by action for children offers free, down-to-earth advice for parents of children aged 0-19. All content is written or curated by parenting coaches, based on their experience working with children, young people and their families.

Parents can browse articles, or chat to a parenting coach for individual advice and emotional support. It's all free, and no topic is too big, small, or embarrassing.



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



If you have any specific topics you would like support/ advice on or feel should be included in these bulletins, please do contact me via email;

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