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Safeguarding & Wellbeing

Student Guide



September 2025

Who can I go to with an issue?

All staff in the school are trained in wellbeing and safeguarding – you can come to anyone with a worry or concern no matter how big or small. **All staff** have completed training on numerous wellbeing and safeguarding issues such as how to spot signs of abuse, what to do if someone discloses to them, as well as specialist trained staff in supporting a wide range of different issues including bereavement, self harm and identity. Training is updated at least annually. You also have your **Tutor** and **Year Team** to go to with any concerns.

Our **Designated Safeguarding Leads (DSLs)** are:



**Mrs Nadine
Moore - DSL**
Assistant Head
Based in her
office by the lift



**Miss Ria Patel
- Deputy DSL**
Head of Sixth Form
Based in her office in
the Sixth Form Study
Centre



**Mr Peter John
- Deputy DSL**
Assistant Head
Based in his office
opposite the SEND
Suite



**Miss Jo Harrison
- Deputy DSL**
Pastoral Support
Manager
Based in Student
Services



**Mrs Kim Pullon -
Deputy DSL**
Y9-11 Leader
Based in her office by
the lift or in the PE
Office

You can also speak to your Year Team:

Year 7&8 Team:



Mr John
Assistant
Headteacher



Mrs Collins
Y7&8 Leader of
Student Experience



Miss Ruther
KS3 Manager

Year 9 Team:



Mrs Moore
Assistant
Headteacher



Mrs Pullon
Y9-11 Leader



Mr Steels
Y9 Leader of
Student Experience



Miss Ruther
KS3 Manager

You can contact
Mrs Easton,
SENDCo, for help
with special
educational
needs and /or
disabilities



Year 10&11 Team:



Mrs Moore
Assistant
Headteacher



Mrs Pullon
Y9-11 Leader



Miss Hooper
KS4 Manager

Year 12&13 Team:



Miss Patel
Head of Sixth Form



Mrs Bowman
Assistant Head
of Sixth Form



Miss Arstall
Assistant Head
of Sixth Form



Mr Brewster-Lowry
Assistant Head
of Sixth Form



Claire Williment
KS5 Manager



Kerry Taylor
KS5 Pastoral
Coordinator



Julia Merrett
KS5 Administrator

What happens if I tell the school about a concern?

- If you have a concern about yourself, your friends, or a member of your family, please share this with a member of staff within the school
- Depending on the issue, the school will look at supporting you in the right way
- If someone is at **risk of harm**, then staff must share that with the DSL team. Staff cannot promise to keep safeguarding concerns confidential, but they will only share it with the DSL
- The DSL would then speak to the person to find out more and look at the best way to keep them safe. **They will always include them in the decisions about this.** The priority is to keep them safe!
- You are never in trouble for raising a concern, whether it is about yourself or a friend

Will the school tell my parents?

- The answer to that depends...
- Working with parents/carers is crucial in keeping you safe and well, so we always encourage you to be open with them or allow us to share things with them
- We aren't there with you at home so sometimes parents need to know things to keep you safe
- If it is about your safety, then we are likely to talk to your parents, **but we would not do that without you knowing or being there**
- If it is not a safety concern, then we do not need to contact home and we will respect your choices in this

Safeguarding you after school

- We understand that you may sometimes not feel safe in other places which are outside of school
- We endeavour to understand the places you go and the people you meet and ensure that school is a safe place where you can raise concerns if you have any
- For example the school can help if you have an issue at an external sports club, scouts, where you live, in a public space etc. You can come and talk to us about your issues and we can support you
- We work with many local establishments and our local PCSO team and often liaise with them regarding any concerns students have raised
- Contextual safeguarding also applies to your safety online

Online Safety

- The internet can be a wonderful force for good, but illegal and harmful content and activity is widespread online. This is why we need to help you keep yourself safe online and know how to report anything that happens that puts you at risk of harm

The 4 Cs of Online Safety

Content

Content is anything posted online - it might be words or it could be images and video. You may see illegal, inappropriate or harmful content when online. This includes things like pornography, fake news, racism, misogyny, self-harm, suicide and other extremist views

Contact

Contact is about the risk of harm you may face when interacting with other users online. This includes things like peer-to-peer pressure. Sometimes adults pose as children or young adults with the intention of grooming or exploiting a child or young person for sexual, criminal, financial or other purposes

Conduct

Conduct means the way people behave online. Some online behaviour can increase the likelihood, or even cause, harm - for example, online bullying. Conduct also includes things like sharing or receiving nudes and semi-nude images and viewing or sending pornography

Commerce

Commerce is about the risk from things like online gambling, inappropriate advertising, phishing or financial scams. You may be exposed to these risks directly

- Any concerns should be reported to any member of staff just like any other worry
- **Miss Jo Harrison** is our online safety lead and works to upskill students and staff to understand latest potentially negative trends on apps etc
- Full online safety curriculum in PSHE
- Online safety group with students from different year groups to support the work in school



What support is available?

- There is a lot of support available in school if you need it:
 - Your tutor
 - Your Key Stage Team
 - Student Services
 - Peer Mentors - Fully trained older students, often in Year 12, who can help you with any worries
 - Mental Health First Aiders (MHFA)
 - School Nurse
 - Counsellor
 - External agencies eg Teens In Crisis, Young Gloucestershire

Who are the MHFA?

- We have members of our Support Staff who are fully trained as **Mental Health First Aiders**, and this may be a provision that you are offered
- This is someone within school you can go to, to chat through your worries and concerns with. This will run for 6 weeks - longer if needed

How can I report a concern or access support?

- Use the **Wellbeing Tab on ClassCharts** - Choose the emoji, put some text if you want to and select a category. This goes to your tutor and Key Stage Team who will talk to you about it as soon as they can
- Use '**Whisper**' - link on Wellbeing page of school website. This is an anonymous way to report concerns. Please remember that we cannot follow up for you unless you add your name. Please give us as much information as we need
- **Email** a member of staff or pop by **Student Services**!

What should I do if I experience harassment/public sexual harassment?

- In the moment, and if you do not feel safe, you should try to get away from the scene as soon as you can
- You should report the issue to the police on **101** – they will ask for details of the incident such as date, time, any person involved, location, actions etc
- **If you are in immediate danger call 999**
- You should also let your parents know as well as any member of staff at school.
- SHS and Marling have joint protocols to safeguard both sets of students and staff meet regularly to discuss any concerns

Useful numbers, websites, apps...

NHS Mental Health Support Apps



DistrACT - quick and discreet access to information and advice about self-harm & suicidal thoughts



My possible self - create music to reflect emotions like joy, sadness & anger to help express how you feel



Thrive - use games to track your mood & teach yourself methods to take control of stress & anxiety



Calm Harm - reduces urges to self-harm and manage emotions in a more positive way



Cove - create music to reflect emotions like joy, sadness & anger to help express how you feel



Blue Ice - reduces urges to self-harm and manage emotions in a more positive way

SHOUT

Just text **SHOUT** to **85258** about abuse, depression, bullying, loneliness, anxiety, self harm/suicide

The trained Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are in a calm, safe place. You might be provided with some signposting to other services that can provide you with further help, so that you can continue to get support.

The Door

Call **01453 705350**

Chat online [the door.org.uk/chat](https://www.thedoor.org.uk/chat)

- For young people aged 11-25 years old
- Monday-Friday 5-7pm

If you need someone to talk to online or on the phone to offload about your day, or if you need someone to listen to you and help work things out.

TIC+ CHAT

Live message chat **0300 3038080**

- 9-21 year olds
- Sunday-Thursday 5-9pm
- Not a crisis service

SANeline

Call **0300 3047000**

- If you're experiencing a mental health problem or supporting someone else
- 4.30-10.30pm every day

kooth.com

You can sign up to Kooth and chat to someone about anything that is on your mind. These are either trained counsellors or volunteers.

Sexual Assault or Harassment

Please report this to a member of staff or call 101 (non-emergency police).

If you are in immediate danger, dial 999.



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