

Safeguarding Bulletin

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Ways to support your child with exam stress

We know that exams and tests can be a real challenge for both students and parents.

The NHS have shared some key ways you can support your child and ease the stress- [HERE](#).

Remember, sleep aids concentration and thinking and a balanced diet is essential.

Transitions

We're talking to our students about preparing for their next move in the new September term, be that their new year group, Sixth Form, College or an apprenticeship/traineeship. This can be unsettling for some, while others might be excited for the change. You may want to think about how you can support your teen at home to prepare for their transitions. There are a range of resources by psychologists and child therapists online at www.inourplace.co.uk, including a hub of freely available resources about moving up in school, which you might find helpful. Our school sits in a free access area meaning they are completely free to you.



Tips to promote positive body image

Internet matters have released some great practical tips and advice for parents and carers to promote positive body image.

It can be hard for children to understand what is and isn't real online- often they may try to live up to unrealistic and edited standards.

Did you know, 1 in 10 girls aged 9-10 say that being online makes them worry about their body size/ shape. Research from [Stem4](#) found that ¾ young people are unhappy with how they look.

You can read the full [guide and tips here](#).



Talking to your child about mental health

Young people tell us they want adults to listen, but starting conversations isn't easy. Lots of young people need support to open up about how their feeling and this can be a challenge for parents and carers.

Sometimes, you might know something is bothering your child but keep hearing 'I'm fine'. Lots of parents go through this and it can be hard to find a way to move forwards.

Young minds have lots of [resources for parents](#), including a guide specifically about starting conversations on mental health. You can find it [here](#).



Upcoming events and support

June 4th 2025 (Weds)- Cost of living surgery- advice with benefits, housing and finances. Speak to a housing officer or benefits advisor at The Barn, Brixham. [Booking required- here](#).

June 10th 2025 (Tues)- Neurodiversity parent support programme, autism and anxiety. Face to face at Parkfield house or online. [Further information and booking- here](#).

June 19th 2025 (Thurs)- Cost of living surgery- advice with benefits, housing and finances. Speak to a housing officer or benefits advisor at The Beehive, Paignton. [Booking required- here](#).

July 8th 2025 (Tuesday)- Neurodiversity parents support programme, transitions. Face to face at Parkfield house or online. [Further information and booking- here](#).

For alternative dates and more events please refer to the [Torbay Family Hubs website](#).



Barnardo's Exceed Workshops

Session 01 Introduction and talk about the life of a Teenager

The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

Session 02 The exploitation of children and young people

Grooming—what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

Session 03 Digital Dangers

Social media, sexting and nude selfies How can we be better digital parents/carers?

Session 04 A safe place to share ideas about parenting

Parenting top tips - Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

Here at Brixham College we have been working alongside Barnardo's to provide workshops to year 9 students. The sessions are designed to help young people gain knowledge and confidence to have healthy relationships. The sessions cover online safety, consent, understanding exploitation, their rights and the law and self esteem.

Barnardo's also offer a free 4-week online parenting workshop which compliments the programme.

If you would like more information or to sign up, please email exceed@barnards.org.uk

Further information, resources and online sign up can also be found on the Barnardo's padlet- [HERE](#).