

GAA Families' Safeguarding Newsletter

June 2023

Welcome to Great Academy Ashton's safeguarding newsletter for parents and carers. We send these out every half term and they are also available on our website.

We hope you find it useful and welcome any feedback you might have.

For Pride this year KOOOTH Digital Health will be hosting a **webinar for parents and carers across Greater Manchester** on how to be a good ally to your LGBTQ child.

Webinar title: How to be a good ally to your LGBTQ child

Date and time: **Wednesday 28th June 6:30-7:30pm**

Webinar contents: The webinar will explore the umbrella of the LGBTQ community, and the positives/challenges that come with belonging to this community.

It will also feature voices of lived experience from the community sharing their advice to parents and carers. Finally it will provide an overview of Kooth's wellbeing services and how they can support both parents/carers and their children.

[How to be a Good Ally to your LGBTQ+ Child - A Kooth and Qwell Webinar Tickets, Wed 28 Jun 2023 at 18:30 | Eventbrite](#)



Raising awareness of male domestic violence - MANKIND

Domestic abuse can often be perceived that the male person is violent towards the female person. However, men too can be affected by domestic violence, and in general are far less likely to come forward for help.

This is also the case for teenage young men in their relationships.

The Mankind Initiative is a UK organisation, seeking to raise awareness of female-to-male domestic violence, with a view to helping more men get out of abuse relationships. The Mankind organisation, was the first organisation in the UK dating back to 2001 and they're still going strong. To find out more, please follow this link:

<http://www.mankind.org.uk/>

ALSO
It's a crime
to beat a ~~woman~~

New video from Dove – eating disorders

Over the years Dove have released a number of videos in relation to the negative effects of social media, particularly to girls.

Two years ago there was the [Reverse Selfie](#) which was good for a conversation starter in school or at home.

Their newest video is about eating disorders and as with previous videos it is all about getting the conversation started.

You can find the video on YouTube: <https://www.youtube.com/watch?v=2ngESNoacxM>

There is also a link for here with NHS advice for parents:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/advice-for-parents/>



GENUINE ★ RESPECT ★ EXCELLENCE ★ ACHIEVING ★ TOGETHER

Bitesize Parents' Toolkit – to support wellbeing

The toolkit is packed with stories, guidance and activities for parents of primary and secondary school age learners, aiming to help them support their children. There's a whole collection of articles and films devoted to [wellbeing tips and advice](#) for children, teens and parents.



Are you or your child struggling with anxious thoughts? Psychologist Dr Anna Colton explains [seven quick, easy and simple techniques](#) that you can try at home, with your child or by yourself, to manage these thoughts and tackle day-to-day anxiety.

Healthy coping strategies – video for young people

This resource, from the Anna Freud Centre for Children and Families, is aimed to support young people from the age of 14+ years. This video introduces different practical coping strategies and how to use them. Having tried and tested coping strategies to deal with intense and difficult emotions is an important skill for young people. In the video, Anna Freud Centre clinician Hannah Woods discusses the importance of healthy coping strategies for mental health. She then demonstrates three different types of coping strategy:

- A grounding exercise
- A breathing exercise
- A CBT-style reframing thoughts activity



The video also features Sophie, a young person who explains how her chosen coping strategy, visualisation or guided imagery, helps her. [Watch it here](#)

[42nd Street](#) is an innovative Greater Manchester young people's mental health charity with 40 years' experience of providing free and confidential services to young people who are experiencing difficulties with their mental health and emotional wellbeing. It is open on Wednesdays in Ashton from the TOG Mind Katherine Street branch, from 4pm - 8pm.

Reporting a safeguarding concern

If you are concerned about the welfare of a student please contact a member of GAA's safeguarding team:



Rachel Gill
Designated
Safeguarding
Lead (DSL)



Gill Baines
Senior Deputy
DSL



Rebecca Holroyd
Deputy DSL



Michelle Hughes
Assistant SL

via admin@gaa.org.uk or tel: 0161 241 9555

Thank you for reading.

Watch out for the safeguarding video clip we will be sending out in 2 weeks' time.