

# GAA Families' Safeguarding Newsletter

November 2024

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.

## Rise in online grooming - NSPCC

The NSPCC has published some sadly shocking data in a recent article which reflects the growing number of offences being committed against children online, specifically cases of online grooming. Data shows that there has been an **89% increase** in Sexual Communication with a Child offences in the last 6 years. A high percentage (49%) of offences were through Snapchat and the majority of reported incidents were against girls. The data patterns also identify that primary-aged children are increasingly being targeted by perpetrators.

Common platforms that perpetrators used to target children online, in cases where the means of communication was disclosed.

Snapchat 48%

WhatsApp (Meta) 12%

Facebook and Messenger (Meta) 10%

Instagram (Meta) 6%

Kik 5%.

Perpetrators typically used mainstream and open web platforms as the first point of contact with children. This can include social media chat apps, video games and messaging apps on consoles, dating sites and chatrooms. Perpetrators then encourage children to continue communication on private and encrypted messaging platforms where abuse can proceed undetected.

To read this article: <https://www.nspcc.org.uk/about-us/news-opinion/2024/online-grooming-crimes-increase/>

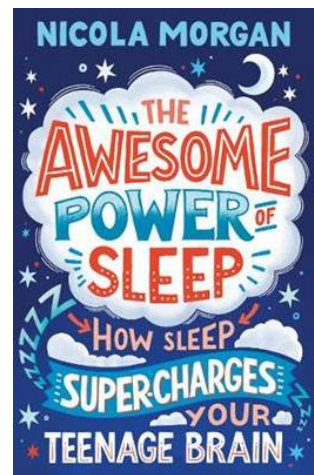


## Sleep and The Teenage Brain:

**The Awesome Power of Sleep**

Author: Nicola Morgan Reading age 12+

The book investigates what happens to the brain during stages of sleep, how sleep – or lack of it – affects learning and the impact of diet and exercise on sleep. It also provides strategies to deal with a variety of sleep issues, including difficulty getting to sleep, waking up in the night and managing bad dreams. There are quizzes to help readers evaluate their own sleep experience and the concept of good sleep hygiene and routines are discussed. An ideal book for teenagers to work through and a good resource for schools to promote discussion about health and wellbeing.





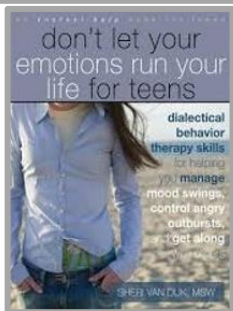
## Recommended by CAMHS Teenage Mental Health:

**Don't Let Your Emotions Run Your Life for Teens.**

**Author: Sheri Van Dijk**

Based in dialectical behaviour therapy, a type of therapy designed to help people who find it challenging to handle their intense emotions, this workbook helps young people learn skills they need to cope with their emotions and feelings.

The book offers easy techniques to help stay calm and mindful in difficult situations, effectively manage out-of-control emotions, reduce the pain of intense emotions and get along with family and friends.



## Teenagers scared to go out due to violence seen online

Hundreds of thousands of teenagers are afraid to go out because of the violence they see on their social media feeds, a major study of children in England and Wales has found. One in four teenagers who see real-life violence, including fist fights, stabbings and gang clashes, online are being served the clips automatically by algorithmic recommendation features, according to the study done by the Youth Endowment Fund (YEF). Only a small minority actively searched for the violent content. TikTok is the most likely place for teenagers to encounter real-life violent content, followed by X, according to the survey of more than 10,000 13- to 17-year-olds. 8 out of 10 of those who saw weapons in social media clips said it made them feel less safe in their local area, and 68% - the equivalent of around 760,000 teenagers – said it made them less likely to go out. 1 in 9 children had seen zombie knives or machetes on social media. The amount of violence the teenagers see appears to far outweigh the actual risk of violence. See <https://www.theguardian.com/media/2024/nov/25/violence-on-social-media-making-teenagers-afraid-to-go-out-study-finds>

## 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)



**Kayleigh Davies**  
Deputy DSL



**Michelle Hughes**  
Deputy DSL

via [admin@gaa.org.uk](mailto: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.