



JULY 2024

## Harmful sexual behaviors

Harmful sexual behavior (HSB) is developmentally inappropriate sexual behavior displayed by children and young people which is harmful or abusive.

### Some useful links about harmful sexual behaviors :

- <https://learning.nspcc.org.uk/child-abuse-and-neglect/harmful-sexual-behaviour>
- <https://www.lucyfaithfull.org.uk/parents-protect.htm>
- <https://www.stopitnow.org.uk/wp-content/uploads/2022/11/Traffic Light Guide Teenager.pdf>

## Supporting your children during their teens

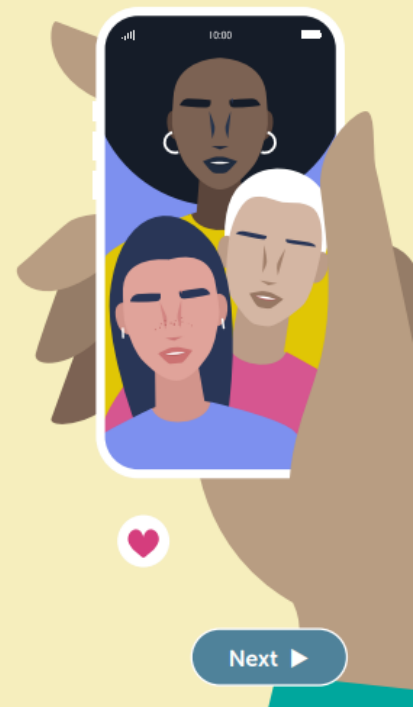
Every child will develop in their own way. During their teenage years most children will go through puberty, start to have sexual feelings, form different types of relationships and look for sexual experiences. As a parent, it can feel uncomfortable to think about this and to know how to help.

Teens get information and ideas about sex and relationships from the media, social media and friends. Teens might find it too awkward or embarrassing to ask their parents questions and often go online to explore and express their sexual identities.

The internet helps young people socialise, make friends and learn, but it also exposes them to risks. Teens can feel pressured to share sexual pictures online, receive explicit messages from strangers and peers, or have sexual interactions through live streaming platforms.

### Things to think about

- Teenagers develop at different rates and typically continue to grow in maturity into young adulthood. Young people are still learning how their words and actions affect others.
- Girls in particular often experience sexual harassment or bullying, including at school, when socialising, or online from strangers or peers.
- Young people who identify as LGBTQIA+ might also be at higher risk of online and offline sexual harassment.
- Young people with disabilities are more likely to experience higher levels of sexual harassment and abuse, both online and offline.
- It is a parent's role to support their children's development, including sexual development, and to keep them safe from harm. Part of this is to notice and challenge any abusive behaviour and the unhelpful attitudes that lead to this, for example victim blaming.



Call our confidential helpline 0808 1000 900

For more information visit [stopitnow.org.uk/helpline](https://www.stopitnow.org.uk/helpline)





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## Snus : Why is it bad for you?

Some useful links:

- <https://www.nhs.uk/live-well/quit-smoking/pan-bidi-and-shisha-risks/>
- <https://www.healthline.com/health/snus-cancer>
- <https://www.webmd.com/smoking-cessation/features/snus-tobacco-health-risks>

Snus is used to avoid the uptake of smoking, to stop smoking, and to reduce smoking.



**Snus: the original reduced-harm tobacco product**

**> 95-99% less harmful than cigarettes**

- 95% less tar
- 99% less nicotine
- 95% less carbon monoxide
- 99% less tar
- 99% less nicotine
- 95% less carbon monoxide

Snus is currently banned across the EU, except for Sweden where it is legal.

It is a proven method of tobacco harm reduction.

**Benefits:**

- Thanks to the quantity of snus in a cigarette substitute, snus is a proven method of reducing tar and nicotine intake.
- A healthy snus habit can reduce the risk of oral cancer by 50%.
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Snus is a proven method of tobacco harm reduction.

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## Useful links for parents and carers :

[Mind-Aid-SH-Routine.pdf](#)

[Kooth Poster.pdf](#)

[WM Resources Parents Carers.pdf](#)

[School based anxiety  
parent workbook  
\(English\).pdf](#)





## PARENTS PLUS

# Childrens Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 5 to 11 years.

An 8-week course taking place every Tuesday  
From 24<sup>th</sup> September 2024 to 19<sup>th</sup> November 2024 (excluding half term break)

It will take place in Cadbury Heath Children's Centre from 10am - 12:30pm. The course will be facilitated by family support workers from the Families Plus 5-18 Team

For more information, or if you would like to make a referral, please contact our Compass team through Access and Response on 01454866000



# PARENTS PLUS

# Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

An 8 week course taking place every Thursday  
from 26<sup>th</sup> September 2024 to 21<sup>st</sup> November 2024 (excluding half term)

It will take place in Staple Hill Children's Centre from 6pm – 8:30pm  
The course will be facilitated by workers  
from Families Plus Team

For more information, or if you would like to make a referral, please  
contact our Compass team through Access and Response on  
01454866000



# Cost of Living support in South Gloucestershire



 **Freephone 0800 953 7778**

 [www.southglos.gov.uk/CostofLiving](http://www.southglos.gov.uk/CostofLiving)

  
South Gloucestershire  
Council

**Delivering for you**





## Finance



### Financial support from South Gloucestershire Council

- i** We may be able to help with emergency and long-term grants and support if you are struggling with financial pressures. Help is available whether or not you are in receipt of benefits.

 Visit a **One Stop Shop**

 Freephone **0800 953 7778**

 [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

### Already on benefits and your income has changed?

- i** If you are already receiving benefits and your income drops or increases you must notify the Department for Work and Pensions as soon as possible. They will then reassess how much you are entitled to receive.

 Freephone **0800 328 5644**

 [www.gov.uk/report-benefits-change-circumstances](http://www.gov.uk/report-benefits-change-circumstances)

### North Bristol Advice Centre

- i** Free and independent advice and support. Debt and welfare benefits specialists, including representation at appeal.

 **0117 951 5751**

 [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

### Accessing benefits for the first time – Universal Credit

- i** Universal Credit is a working-age benefit for people on low or no income. You need to apply online to the Department of Work and Pensions (DWP).

 Freephone **0800 328 5644**

 South Gloucestershire Council  
Freephone **0800 953 7788**

 [www.southglos.gov.uk/universalcredit](http://www.southglos.gov.uk/universalcredit)

### Talking Money

- i** Free and independent advice on debt, energy debt, benefits and income maximisation.

 Freephone **0800 121 4511**

 [www.talkingmoney.org.uk](http://www.talkingmoney.org.uk)

**Council Tax reduction**

**Universal Credit**



**Housing benefit**

**Emergency payments**





## Bristol Law Centre

- i** Free legal advice in specialist areas of social welfare law, and also represents clients in court.

**☎ 0117 924 8662** between 9.30am-4.30pm to discuss the help you need

**🌐 [www.bristolawcentre.org.uk](http://www.bristolawcentre.org.uk)**

## Citizens Advice

- i** Free and confidential advice on a range of areas including benefits, employment, debt, energy issues and housing to help you find the way forward.

**☎ Freephone 0808 278 7947**

**🌐 [www.southgloscab.org.uk](http://www.southgloscab.org.uk)**

## Employment & Training



### Job centre plus

- i** Support in finding employment and applying for benefits.

**☎ Freephone 0800 169 0190**

**🌐 [gov.uk](http://gov.uk) for job centres and employment support**

### South Gloucestershire Council support

- i** You can find out about free Community Learning courses running in your area to help upskill and learn.

**☎ 01454 864613**

**🌐 [www.southglos.gov.uk/schools-and-learning](http://www.southglos.gov.uk/schools-and-learning)**

## Skills Connect

- i** For employment and skills support, whether you're in work or unemployed, Skills Connect has different programmes and friendly advisors offering 1 to 1 coaching to support you on your employability journey.

**🌐 [www.skillsconnect.org.uk](http://www.skillsconnect.org.uk)**

## Future Bright

- i** Future Bright offers free, one-to-one career coaching and advice to help you create a personalised action plan, so that you can start making positive progress right away.

**🌐 [www.westofengland-ca.gov.uk/what-we-do/employment-skills/future-bright/](http://www.westofengland-ca.gov.uk/what-we-do/employment-skills/future-bright/)**







## Getting enough food to eat



### Food banks

- i** Short-term, emergency support with food during a crisis. Most food banks need a referral, you cannot just show up. Apply for a food bank voucher through the councils One Stop Shop.

 Freephone **0800 953 7778**

 [www.southglos.gov.uk/oss](http://www.southglos.gov.uk/oss)

Or call the 'Help through Hardship' helpline delivered by The Trussell Trust and Citizens Advice.

 Freephone **0808 208 2138**

### Healthy Start

- i** If you're pregnant or have a child under 4, this scheme can help you buy milk, infant formula, fruit and vegetables. Speak to your health visitor, GP or Children's Centre about how to apply to the scheme.

 [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



### Community meals

- i** South Gloucestershire community meals, which is sometimes called 'meals on wheels', is a meal delivery and welfare check subscription for residents who have difficulty preparing food or need help to have regular, nutritious cooked meals.

 **01454 865996**

 [www.southglos.gov.uk/communitymeals](http://www.southglos.gov.uk/communitymeals)

### Free School Meals

- i** **Universal Infant Free School Meals (UIFSM)**  
All children in reception, year 1 and 2 can have free school meals.

#### Free School Meals (FSM)

Apply for FSMs from when your child is in reception if you receive qualifying benefits as this will support your child's learning and enable the school to claim Pupil Premium, it could also entitle you to other support.

 [www.southglos.gov.uk/schoolmeals](http://www.southglos.gov.uk/schoolmeals)

### Southern Brooks

- i** Food bank vouchers, mental health and wellbeing support, and much more.

 **01174 034 238**

 [www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)





## Emotional, physical and wellbeing support



### One You South Gloucestershire

- i** Our friendly team can provide telephone and/or email support to enable you to build your healthier future and work towards goals such as manage your weight, quit smoking, move more, improve your wellbeing or drink less.

 01454 865337

 [oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk)

### Age UK South Gloucestershire

- i** A range of local services including Activity Day Centres, Advice & Information including benefits guidance, Befriending, Walking groups, Digital Inclusion and Home from Hospital.

 01454 411 707

 [www.ageuk.org.uk/southgloucestershire](http://www.ageuk.org.uk/southgloucestershire)

### Community Welcome Spaces

- i** There are more than 50 Community Welcome Spaces across South Glos. that offer hot drinks, activities and support, find one near you on our directory.

 [www.southglos.gov.uk/community-welcome-spaces](http://www.southglos.gov.uk/community-welcome-spaces)

### Next Link Domestic Abuse Services

- i** Providing local domestic abuse support services to men, women and children. This includes safe accommodation and support in the community.

 0800 470 0280

 [www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)

### Safe Link ISVA Service

- i** Providing support to men, women and children who have been victims of sexual violence. Independent Sexual violence Advisors offer emotional and practical support, including support reporting to the police if wanted.


 0333 323 1543


### Local NHS 24/7 Support & Connect Helpline

- i** Free and confidential, practical NHS therapies to help those who are feeling low, worried or stressed. You can contact Talking Therapies directly – there is no need to go to your GP.

 **Freephone 0333 200 1893.**

Translators can support a call if English is not the callers first language. The line is also equipped for those with speech and language difficulties.

 **Text "YOU" to 88802**

 [www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/)





## Housing



### Homechoice

- i** The council offers free and impartial advice and support to people who are homeless, or threatened with homelessness. Support is also available if you are being harassed by your landlord, or threatened with unlawful eviction. The team also manage the housing register and lettings process for people who want to move into social housing.

 **01454 868005**

 **[homechoice.southglos.gov.uk](http://homechoice.southglos.gov.uk)**

### Privately Rented Housing Advice and Support

- i** This site offers support for both owners and tenants of privately rented housing, including multiple occupancy housing. It gives advice around safety measures, waste & recycling and disputes.

 **[www.southglos.gov.uk/housing/private-housing](http://www.southglos.gov.uk/housing/private-housing)**

### Shelter

- i** Shelter are a national charity who help those who are struggling with poor housing or homelessness with impartial advice, support, and legal services.

 **Freephone 0808 800 4444**

 **[www.england.shelter.org.uk](http://www.england.shelter.org.uk)**

### Warm and Well

- i** This service provides free energy efficiency advice to all householders and landlords, including grant funding to eligible residents on behalf of South Gloucestershire Council.

 **Freephone 0800 500 3076**

 **[www.warmandwell.co.uk](http://www.warmandwell.co.uk)**

### Lendology

- i** South Gloucestershire Council work in partnership with not-for-profit lender Lendology CIC to provide eligible homeowners with low cost loans for essential home repairs. Apply for help today.

 **01823 461099**

 **[www.lendology.org.uk](http://www.lendology.org.uk)**

**SignLive is a free app which connects people to a qualified online British Sign Language interpreter.**

 **[signlive.co.uk](http://signlive.co.uk)**



This leaflet provides information about financial, housing, food and other support available in South Gloucestershire. If you would like this information in a different format, for example: Braille, audio format, large print, computer file or a language other than English, please contact Tel: **01454 868009**



# Safeguarding finding support

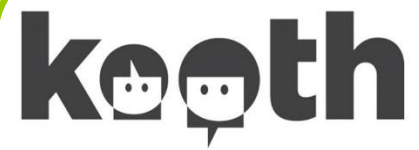


[www.police.uk/streetsafe](http://www.police.uk/streetsafe)

For our latest HWA Safeguarding Newsletter

go to:

<https://hanhamwoodsacademy.clf.uk/key-information/safeguarding-information-2/>



**Kooth**—Your online mental wellbeing community. Free, safe and anonymous support.

<https://www.kooth.com>



**Childline**—a free, private and confidential service where you can talk about anything.

<https://www.childline.org.uk>

**YOUNG MINDS**  
fighting for young people's mental health

National charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.

Parents Helpline: 802 5544

Website: [youngminds.org.uk](http://youngminds.org.uk)

Young Minds Crisis Messenger Service for free 24/7 support across the UK if you are experiencing a mental health crisis.

Text YM to 85258.

**shout**  
**85258**

here for you 24/7

**Shout**—Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

**Text SHOUT to 85258**

**OTR**

**Off The Record**—mental health social movement by and for young people aged 11–25.

<https://www.otrbristol.org.uk>



**Mind**—If you're struggling to cope, you're not alone.

<https://www.mind.org.uk/>



**Place2Be**—We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. In addition, we also offer expert training and professional qualifications.

<https://www.place2be.org.uk/>



# HWA Safeguarding Team



Mrs. Tushingham  
Assistant Principal  
Designated  
Safeguarding Lead  
Mental Health Lead



Mrs. Hendra  
Vice-Principal  
Protected  
Characteristics  
Prevent



Miss. Dickson  
Deputy DSL  
Online Safety



Mr. O'Callaghan  
Principal  
Principal



Mrs. Thurston  
KS4 Pastoral Leader  
Attendance



Ms. West  
Academy Counsellor



## SAFEGUARDING TEAM Hanham Woods Academy

safeguarding@hwa.clf.uk  
or TEXT us on 07749723552  
3:00pm – 5:00pm Mon - Fri



www.kooth.com  
Free online emotional &  
mental health support.



Share a concern, anonymously.



Find the 'Speak Up!' tile on the student navigator.

