

# Safeguarding and Wellbeing at Shenfield High School



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With spring bringing the start of longer days and brighter evenings, alongside young people becoming more independent, we recognise the importance in supporting them in making safe choices in the community.

This issue of the Shenfield High School's Safeguarding and Wellbeing newsletter focuses on practical strategies and helpful resources to keep your child safe, confident and aware while out and about.

If you have any questions about the issues highlighted here or any relevant issue that you would like to raise with us, please do contact us using the email in the bottom right-hand corner of this newsletter.

## Tips to Teens for Keeping Safe

### 1. Travel Smart

- Plan routes in advance and share them with a parent/carer.
- Encourage travelling with friends when possible.
- Remind them to keep phones charged and accessible.

### 2. Stay Aware in Public Spaces

- Headphones at low volume so they can stay alert to their surroundings.
- Keep valuables out of sight.
- Trust their instincts—if something doesn't feel right, move away and seek help.

### 3. Using Public Transport Safely

- Wait in well-lit areas and near other passengers.
- Know what to do if they miss a bus or train.
- Avoid engaging with anti-social behaviour.

### 4. Healthy Friendships & Peer Influence

- Talk openly about peer pressure and safe decision-making.

#### Useful links:

- <https://www.itsnotokay.co.uk/children/keep-safe/>
- <https://www.youngminds.org.uk/young-person/coping-with-life/friends/>

## Need to talk, share a concern or ask a question?

### Who can students talk to at school?

- Form Tutor
- Class Teacher
- Pastoral Manager
- Head of Year
- Support Staff
- Safeguarding Team
- Senior Leadership Team
- Any member of staff



Mr Bolitho

Safeguarding Lead



Mrs Nelson

Deputy Safeguarding Lead