



Safeguarding Bulletin

Spring, 2025

Welcome to the Spring term safeguarding bulletin.

In the last bulletin we explored Professional Curiosity and reporting and recording in detail. We hope you found this useful. How have your staff been able to improve their professional curiosity in order to be part of your school's collective accountability for the safeguarding of children and young people? Do let us know some examples and also if we can be of help in providing further training opportunities.

In this issue we explore Child Sexual Abuse, focussing on abuse that happens in the home. We think about how social media can harm mental health. We also think about the upcoming Internet safety day – a key date in the calendar in protecting children and young people from harm online.

Child Sexual Abuse - a focus on abuse that happens at home

Recent research suggests that as many as 1 in 10 children are victims of child sexual abuse with many of these subject to unimaginable trauma in their homes and families. Victims of intrafamilial child sexual abuse (including abuse committed online) often struggle to tell anyone what is happening to them and when they do try, the adults that they tell are often not skilled enough to understand what is being communicated to them. When we talk about intrafamilial abuse this refers to abuse that happens at home usually by a family member or a close family friend.

For children and young people school can often be a safe place where they are away from the abuse that they are being subjected to at home. This is particularly key for those who are victims of sexual abuse. Schools and teachers, therefore, need to be confident that they can recognise what is happening to a significant number of children in our care and know what to do to report and then support these children.

Strong leadership of safeguarding culture in schools should enable clear guidance, supervision and support to ensure that intrafamilial child sexual abuse is identified early, the risk of further harm is prevented and the impact of child sexual abuse is reduced.

Schools need to provide training for teachers so that they:

- Know what signs to be aware of e.g. behavioural changes, regular absences from school, relationship issues in school, small disclosures that don't give the full picture.
- Know how to create opportunities to enable a child to tell or communicate e.g. by being open, building relationships, understanding behaviour as communication and by not closing down conversations no matter when and where they might happen.
- Know who is most likely to be a risk to children in their family, what is likely to increase the risk and that abuse might include the making of online child sexual abuse material.
- Know how to support a child when they have been sexually abused ensuring that their feelings of distress are validated and they reassured that is not their fault.

Further resources that might be useful to support teachers to better recognise and support children who are being sexually abused:

<https://www.csacentre.org.uk/research-resources/practice-resources/>

Spotlight on...

Have you seen our Spring Safeguarding INSET for support staff to support them with their safeguarding responsibilities? This training enables you to introduce those staff who have little experience of safeguarding to what it means and how they can carry out their professional roles. It is particularly important for those staff who live in the communities where pupils live.

Our spring pack also includes a safeguarding activity for you to use with all staff to ensure that their knowledge is up to date. The 'quiz questions' are designed to be used by small groups of staff in a staff meeting where they discuss the possible answers and then check back to see if they are correct. You could even give a prize for the team that does the best!

Bespoke courses offered by Veema:

- [Safer Recruitment Training for School Leaders and Governors](#)
- [Designated Safeguarding Leadership Training for both new leaders and refresher courses](#)
- [Safeguarding training for non-teaching staff and those managing extracurricular clubs at your school](#)
- [Safeguarding and Managing Safeguarding Incidents for DSLs and Heads of Year](#)

Social Media

Social media can negatively impact mental health in a number of ways. It is particularly important to recognise this after school holidays when children and young people might have spent more time on their devices than usual.

Issues that might be prompted by the use of social media:

- **Depression and anxiety:** Children and young people who spend more than three hours a day on social media are twice as likely to experience depression and anxiety.
- **Body image:** Social media can make children and young people who feel worse about their body image.
- **Cyberbullying:** Social media can lead to cyberbullying, which can cause depression.
- **Sleep quality:** Social media use can lead to poor sleep quality.
- **Loneliness and FOMO:** Social media can contribute to feelings of loneliness and fear of missing out (FOMO).
- **Imposter syndrome:** Social media can cause feelings of chronic self-doubt and impostor syndrome.
- **Distorted memory:** Social media can distort the way people remember events from their lives.
- **Substance use:** Problematic social media use is associated with higher levels of substance use.

Social media can also be addictive. Some people, including children and young people, use social media as a coping strategy for feelings of loss, social isolation, and anxiety



Themes to support mental health

Safer Internet Day 2025...what do you need to know?

Safer Internet Day takes place on Tuesday 11th February, 2025 and is a chance to focus on the online safety and wellbeing of children and young people. This year's theme is 'Too good to be true? Protecting yourself and others from scams online'

There are huge number of really useful resources here: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025> and more information about the global internet day activity here <https://better-internet-for-kids.europa.eu/en/saferinternetday/about> and here <https://www.esafety.gov.au/newsroom/whats-on/sid/education>

Children and young people are increasingly at risk online – these quizzes would be best used in a class assembly where the teacher can gauge pupils understanding and identify areas that school needs to teach in order to better protect.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/quiz-for-3-7-year-olds>

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/quiz-for-7-11-year-olds>

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/quiz-for-11-14-year-olds>

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/quiz-for-14-18-year-olds>

Most recent Safeguarding Resources available to you on your Leadership Hub



- [Safeguarding Questionnaire](#)
- [Inset pack to train and develop your staff's safeguarding awareness \(Spring Term\)](#)
- [Safeguarding Webinar Series](#)

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Forthcoming Events

We provide bite-sized professional development events each month for school leaders and teachers. Most of these events are free to those working in schools, but others are only available as part of our membership or payment before joining.

As a member, you will have access to all recordings on your member dashboard, plus follow-up reflection materials and CPD certificates.

What can be expected from these sessions?

- ✓ You'll get practical ideas and strategies to use right away.
- ✓ Handy resources to add to your staff training programme and staff meetings.
- ✓ A taste of what Veema provides and the range of personalised training and support we offer schools.
- ✓ A chance to learn and connect with subject specialists, school leaders, and teachers all around the world.
- ✓ A CPD-certified certificate is awarded when you attend a non-free event.

Call us today on +44 20 3637 4232 or Email cpd@veema.co.uk

Get in touch

Explore our **membership packages:**
Practitioner: £257.40/year
School-Packages: £1014.00/year (starting price)

Sign up this term for 2024/25 and get immediate access! Also, take a look at our online CPD schedule for 2024/25, which includes information about all our member events and what's available to you..

Online Schedule 2024/25

How to make the most out of pre-recorded Webinars



Create an online portal so teachers can access the webinars and resources when convenient for them.



Use footage from the webinars during your own in-house training days.



Encourage colleagues to use the webinars during departmental meetings. Allow time to discuss the ideas covered and agree on which to try out with pupils.



Set up a programme so teachers can observe each other trying out techniques and ideas from the webinars. Allow time for dialogue.



Teaching sensitive issues in PSHE



Advancing Teacher Programme – Helping Teachers to Thrive



Talk Less Teaching—Practical, easy-to-use Strategies You Can Use Every Day

Forthcoming Events

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EXCELLENCE IN EDUCATION

Member Event

Latest Sater Recruitment Updates for International Schools

Pre-recorded session

Delivered by:
Debbie Innes-Turnill
Safeguarding & Leadership Consultant

Call us for more info
+44 (0) 20 3637 4232

Visit our website
www.veema.co.uk

30 JAN THU 3:30PM - 4:00PM (UK TIME)

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EXCELLENCE IN EDUCATION

Member Event

Secondary School Improvement: Strategies for Effective Monitoring

Two Episodes

Delivered by:
Dr Julia Batters
Leadership Consultant

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30 JAN THU 3:30PM - 4:00PM (UK TIME)

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Explore Veema's forthcoming free 90-minute webinar

CPD members receive 10 minutes of bonus footage & a reflection task with each webinar

Talk-Less Teaching-Practical, easy-to-use Strategies You Can Use Every Day

To sign up or learn more about our forthcoming webinars, please visit <https://veema.co.uk/forthcoming-events/>

Tuesday, 25 Feb 2025
3:30 pm - 4 pm (UK Time)

Delivered by:
Isabella Wallace
Teaching & Learning Trainer, Author, Keynote Speaker

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EXCELLENCE IN EDUCATION

Member Event

The Best Ways to Study - Strategies to pass on to your students in the build-up to their exams

Delivered by:
Costa Constantinou
Director of Education, Veema Education

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18 MAR TUE 1:30PM - 2 PM (UK TIME)

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Member Event

Meaningful Book Scrutiny: A Guide for Senior and Middle Leaders

Delivered by:
Isabella Wallace
Teaching & Learning Trainer, Author, Keynote Speaker

Call us for more info
+44 (0) 20 3637 4232

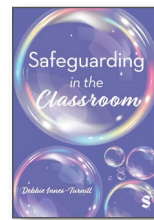
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06 MAR THU 3:30PM - 4:10PM (UK TIME)

Written By,



Debbie- Innes-Turnill
Safeguarding Trainer, former Deputy Headteacher and author of "Safeguarding in the Classroom".
E: debbie.innes-turnill@veema.co.uk



If there is anything that you would like to see or share in this bulletin, please contact us at cpd@veema.co.uk



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+44 (0) 20 3637 4232



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