



SAFEGUARDING NEWSLETTER

MISOGYNY

Prior to half term, Mr Mason was conducting assemblies on the above topic. Students have learnt what misogyny is; how extreme and dangerous ideas can become acceptable and how sexual harassment is always **unacceptable**.

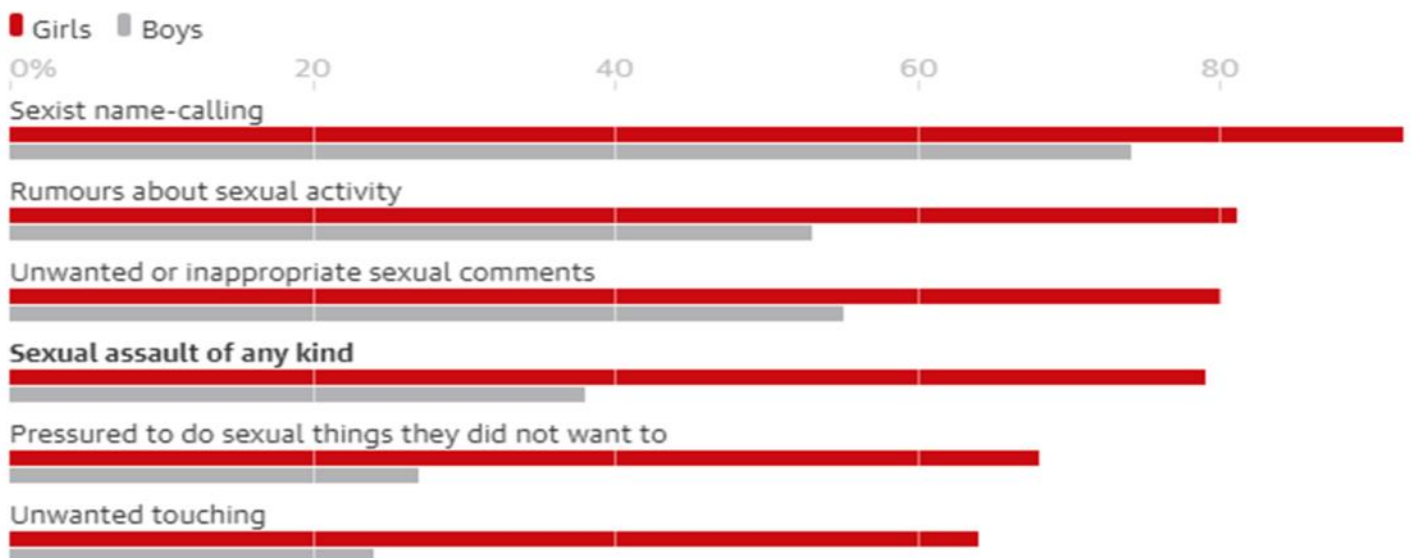
What is Misogyny?

Misogyny is the hatred, dislike, or mistrust of women.

It is a form of prejudice that is often rooted in gender stereotypes and traditional gender roles. Misogyny can manifest in many different ways, ranging from subtle condescension and belittling of women to more overt forms of violence and discrimination.

Sexual harassment takes place at SGB - It is unwanted conduct that can occur online and offline.

Almost 80% of girls say sexual assault happens a lot or sometimes between people their age at secondary schools and colleges





- Sexual harassment is **ALWAYS** unacceptable.
- Lack of awareness about the impact it can have is **never as excuse.**
- Any issues can be reported to school by using the **help@sirgrahambalfour.staff.sch.uk** email; the drop boxes outside the Pastoral office, in Reception or in the DAC; leave a note on Mr Mason's, Mrs Metcalfe's, Miss Marshall's or Mrs Norman's desk.
- You will always be listened to.
- It will always be taken seriously and sensitively.
- It will always be investigated.
- We will not be afraid to involve the Police and Social Services if the issue is serious or repeated.

Sexual harassment includes a really wide range of behaviours, such as:

- Sexual comments or noises – for example, catcalling or wolf-whistling.
- Sexual gestures.
- Leering, staring or suggestive looks. This can include looking someone up and down.
- Sexual 'jokes'.
- Sexual innuendos or suggestive comments.
- Unwanted sexual advances or flirting.
- Sexual requests or asking for sexual favours.
- Sending emails or texts with sexual content – for example, unwanted 'sexts' or 'dick pics'.
- Sexual posts or contact on social media.
- Intrusive questions about a person's private or sex life.
- Someone discussing their own sex life.
- Commenting on someone's body, appearance or what they're wearing.
- Spreading sexual rumours.
- Standing close to someone.
- Displaying images of a sexual nature.
- Unwanted physical contact of a sexual nature – for example, brushing up against someone or hugging, kissing or massaging them.
- Stalking.
- Indecent exposure.
- Taking a photo or video under another person's clothing – what is known as 'upskirting'.

The Dangers of Vaping

What are E- Cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Using an e-cigarette is sometimes called “vaping.”



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How do E-cigarettes work?

- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings, and other chemicals that help to make the aerosol.
- The liquid used in e-cigarettes often contains nicotine and flavourings. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”
- Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.
- E-cigarette devices can be used to deliver marijuana and other drugs.

Why is Nicotine unsafe or children, teens & young adults?

- Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
- Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.
- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.



How does nicotine addiction affect youth mental health?

- When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.
- [Nicotine withdrawal symptoms](#) include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.³ People may keep using tobacco products to help relieve these symptoms.
- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress.

- What may start as social experimentation can become an addiction.
 - * The most common reason that high school students give for *trying* an e-cigarette is “a friend used them.”
 - * The most common reason youth give for *continuing* to use e-cigarettes is “I am feeling anxious, stressed, or depressed.”
- Youth e-cigarette and cigarette use have been associated with mental health symptoms such as depression.

What are the other risks of E-cigarettes for children, teens and young adults?

- Scientists are still learning about the long-term health effects of e-cigarettes.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centres for e-cigarettes are for kids 5 years of age or younger.

What can I do to prevent my child from using E-cigarettes or to help them stop?

- Set a good example by being tobacco-free and ensure that your child is not exposed to the second hand emissions from any tobacco products, including e-cigarettes.
- If you use tobacco, it’s never too late to quit.
- Talk to your child or teen about why e-cigarettes are harmful for them.
- Start the conversation early with children about why e-cigarettes are harmful for them. Let your child know that you want them to stay away from all tobacco products, including e-cigarettes, because they are not safe for them. Seek help and get involved.

Health Risks of Vaping

LOSS OF ABILITY TO FIGHT INFECTIONS

Vaping can be harmful to your genes and your immune system. Studies show that people who use e-cigarettes have lower activity in cells of genes that fight infection.

MASKED FORMALDEHYDE

Within the vapor of e-cigarettes is a chemical known as formaldehyde. This chemical is a known carcinogen. Prolonged exposure to masked formaldehyde can contribute to lung cancer.

E-CIGARETTES CAN EXPLODE

E-cigarettes do come with a unique health risk: they can unexpectedly blow up. Since these devices typically use lithium-ion batteries, there is a always going to be a potential for explosions to occur, especially when improperly mixed with high temperatures.

VAPING AND NICOTINE

You can control how much nicotine you ingest while vaping, but any amount of nicotine can be harmful. Nicotine can worsen heart disease, affect your blood vessels, increase risk of heart attack, and harm reproductive health.

VAPING CHEMICALS STILL HARMFUL

Researchers have discovered acetyl propionyl and acetoin in many of the most popular e-cigarette flavors. These chemicals have been known to cause lung and brain damage. Another chemical, diacetyl, is known to cause Popcorn Lung, which is when the lungs' smallest airways are destroyed.

Social Media

We are experiencing significant issues with the use of mobile phones;

- Fallouts between friends on social media which are taking place in the evening/ weekends where school has little or no influence but where problems then come into school
- Inappropriate videos being put on social media platforms such as tiktok
- Students sending inappropriate pictures of one another in group chats/on a one-to-one basis
- Students being forced into sending inappropriate pictures of themselves to people they do not know
- Group chats that lead to an individual being targeted



We recognise that during the pandemic parents may have given their children mobile phones to help them stay in touch with their friends. This may have been before the children were ready to cope with the responsibility that comes with having a mobile phone. We believe that children (and potentially parents) may not have received the education that is needed about the negative impacts of social media. We therefore are putting on a evening on Wednesday 26th April at 5pm to help support and educate parents about the dangers of social media.

In the interim remember that Apps such as tiktok/snapchat have an age limit of 13. Therefore, school will not deal with any issues in school where students under the age of 13 have had social fallouts on these platforms. Also, school find it incredibly difficult to sort out problems that have originated on social media, especially when this takes place when the school as no or little control over the actions of students. We will of course deal with bullying and the sending of inappropriate pictures.



Relationship and Sex Education Topics

Year 7

Drug and Alcohol Education including caffeine, alcohol and nicotine

Year 8

'Running the Lines'. The students are watching a series of short films showing how teenagers can find themselves falling into crime and gangs

Year 9

Investigating relationships on-screen and how these are often unrealistic but do influence children's understanding of relationships.

Year 10

Investigating how to identify coercive behaviours in a relationship. We will be watching a series of films which shows how a relationship develops and how to identify 'red flags' in the way someone treats another

Year 11

The myths and misconceptions around consent. These lessons go into depth and detail regarding the complexities that surround consent and where the responsibilities lie with individuals.