



Barnsole Bulletin

TERM 4 | WEEK 4 | Friday 20th March 2026



Dear Parents & Carers,

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Today was one of our scheduled INSET days, when the school was closed to pupils but staff are very much hard at work, continuing our professional development. These days are an important part of ensuring that we provide the very best education and care for every child at Barnsole. This particular INSET day is especially exciting, as we are taking part in the Maritime Educational Conference 2026, organised by our Trust, the Maritime Academy Trust. Colleagues from all twelve schools across Greenwich, Bexley, Kent and Medway are coming together to learn, share ideas and reflect on our practice. The theme of today's conference is Through the Lens of a Child. This is a reminder of why we do what we do, bringing our focus back to what matters most – the children whose lives we have the privilege to shape each day. Throughout the day, we will be exploring key themes such as belonging, inclusion and early education, and considering how we can continue to create a school where every child feels valued, supported and able to thrive. We are also fortunate to hear from an inspiring keynote speaker, Rachel Johnson from PiXL, alongside a range of workshops led by our colleagues from across the 12 schools. These sessions give us valuable opportunities to reflect on our work, explore new approaches and take practical ideas back into our classrooms. At Barnsole, we see ourselves as lifelong learners, just like the children. Days like today allow us to be inspired, challenged and energised so that we can continue to give our very best to your children. We look forward to welcoming the children back on Monday and putting our learning into action.

Best wishes,

Mr J Smales

Headteacher



House Points (Overall Total for the Academic Year)



3496

Invicta

3279

Medway

2264

Gordon

2408

Adams





If you have concerns about a child in school, please contact one of the Safeguarding team:

Designated Safeguarding Lead: Mr Smales (Headteacher)

Deputy Designated Safeguarding Lead: Mrs Kramer (Deputy Headteacher)

Deputy Designated Safeguarding Lead: Mrs Barber (Assistant Headteacher)

Deputy Designated Safeguarding Lead: Ms Tollervey (Assistant Headteacher)

Deputy Designated Safeguarding Lead: Mrs Kagan (FLO)

Deputy Designated Safeguarding Lead: Ms Rixon (Office Manager)

If you are concerned about a child outside of school, either after school, at the weekends or during a school holiday, you can contact the following to report your concerns:

Helpful Contact Numbers

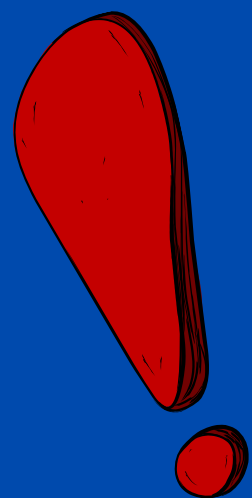
Medway Children Services – 01634 334466

Out of Hours Duty Team Medway – 03000 419191

NSPC – 0800 800 500

Police – 101

[Medway.gov.uk/mscb/](https://www.medway.gov.uk/mscb/)



Nursery

This term's theme is Dangerous Dinosaurs. We started our topic with a dinosaur safari. Leaving base camp the children had to search the room for the dinosaurs hiding high and low.



Year R

We had a special visitor come to see us and tell us all about how to keep safe on the road. We learnt the Green Cross Code 'Stop, Look, Listen and Think' and the Golden Rule of always holding a grown up's hand. We also enjoyed looking around the book fair and enjoyed a story together.



Year 1

Year 1 pupils have been learning to estimate where numbers to 50 belong on a number line, using their counting knowledge to make sensible guesses. They have also explored different types of weather and investigated simple ways to measure temperature, wind, and rainfall, helping them observe and record changes in the environment as part of their science curriculum learning.



Year 2

We are excited to be starting a new English unit in Year 2, where the children will be learning how to persuade others to eat healthy snacks.

We believe that what better way to enhance their vocabulary and persuasive skills than by actually tasting the snacks themselves! We have been impressed with their ability to orally persuade someone to eat their snack so far and look forward to seeing their writing for it.



Year 3

In Year 3, we have learnt about the artist, Laurence Stephen Lowry, who was famous for painting industrial scenes in Manchester. We created our own artwork in the style of L.S. Lowry by arranging sticks on black card to make stick figures, adding coloured clothes and gluing them in place. It was a fun and creative lesson.



This week Year 3 experienced an earthquake in the classroom, they followed instructions to make sure they stayed safe and looked after one another. It was fantastic to experience what it might be like! This week Year 3 have also been exploring magnetic fields, seeing how magnetic field change when magnets attract and repel.



Year 4

This week in Year 4, the children have been learning about the four stages of the water cycle: evaporation, condensation, precipitation and collection. We created actions to help us remember each stage and were able to give clear descriptions of what happens at each point in the cycle. This will support us as we begin writing our own explanation texts using this knowledge.

In Art, we have been developing our sketching skills by following masterclasses focused on creating realistic drawings. The children have shown great focus and enthusiasm as they practised new techniques.



Year 5

Year 5 had a wonderful trip to Rochester Cathedral, where they enjoyed a fascinating guided tour of the historic building. The children took part in an engaging sound workshop, exploring how music and acoustics work within the cathedral space. A real highlight of the day was singing alongside the organ, creating a truly memorable experience. The children represented the school brilliantly and had a fantastic day full of learning and enjoyment.



Year 6

In Art this term, Year 6 have been exploring how to use watercolour techniques to create vibrant and detailed insect artworks. They experimented with blending colours, layering washes, and adding fine details to bring their designs to life. Inspired by the patterns, shapes, and colours found in nature, students carefully observed insects and used their creativity to produce unique pieces. Here are some of their fantastic creations!



Pupil Achievement – Giorgio Year 3



The Old Vicarage,
Church Lane,
Aston Cantlow,
Nr Henley in Arden,
B95 6JB

23rd February 2026

Dear Giorgio,

Thank you so much for all you are doing to support our work in care homes with your wonderful performances. As you can see, everyone loves it.

Elvis Presley was an enormous star at a time when the old people you visit were in their 20s and 30s. They love to remember the words and the tunes.

Whether they join in with the singing, move around with the music or simply sit and listen, they are all spun back to a happier time when they were young.

And it is not just your performances that make your visits so special. Whether you meet them in person or via Zoom, they also love the way you engage with them between the songs.

Giorgio, you have a very special talent, and it's wonderful that you share it so generously with people who, in many cases, feel old and lonely. Even when they are with other people in a care home, they are not with those they loved the most. Your talent helps them forget the sad times and, in so many ways, helps them to re-live a time when life was so much better for them. I am so grateful for all that you do.

With love and best wishes

Jill Fraser
CEO Kissing it Better
mail@kissingitbetter.co.uk
www.kissingitbetter.co.uk
01789 488018
07831 136152



Illustrator Visit – Wednesday 11th March 2026

We were delighted to welcome Garry Parsons into school last week! Garry is an award-winning illustrator who has worked on over 100 children's books, including the hugely popular *The Dinosaur That Pooped a Planet!* series.

Children in the juniors thoroughly enjoyed an engaging and entertaining session, where they learned about Garry's work, his creative process, and what it's like to be a professional illustrator. They loved watching him draw live and seeing his characters come to life right before their eyes.

It was a fantastic experience and we hope it inspired our young artists to get creative with their own ideas and illustrations!



Comic Relief



On Friday 13th March, we celebrated Comic Relief by having a Non-Uniform day wearing something red, which was very well attended. We are pleased to announce we raised a total of £254.75, thank you for your continued support and co-operation.

TIME TO PLAY!



Maritime
Strong
Foundations

Come and join in our
weekly stay and play session at
Barnsole Primary School!

Looking for something fun to do with your little one? Join us for a relaxed and engaging session of songs, rhymes and early learning activities for under 4s. Led by a qualified nursery teacher, these sessions are open to everyone in the community and are a lovely way to learn, play and connect.

Starting on
Thursday 23rd April
and every Thursday
Morning thereafter



Location:
Key Stage 1 Hall,
entrance by
Neptune Class

FREE



Barnsole Primary School
Barnsole Road
Gillingham
ME7 2JG
01634 333400



Barnsole Food Bank

Our foodbank is here to support members of our school community who may be finding things a little difficult. We know that a sudden drop in finances can happen to any of us, at any time, and for many different reasons. Our community looks after one another. Support is here whenever you need it.



Food Bank Q&As



Who is the food bank for?

Our food bank is for anyone in our school community who needs a little extra support.

Do I have to use it every week?

No. You can contact us whenever you need support. Some people may need help once, others may need it more than once, there is no judgement and no obligation.

Do you only provide food?

No, we also have hygiene items available, such as toiletries and other everyday essentials.

How do I access the food bank?

You can email the food bank directly or speak in confidence to Michelle, Mel or Frankie. All conversations will be handled sensitively and discreetly.

Contact



foodbank@barnsole-maritime.org



Michelle

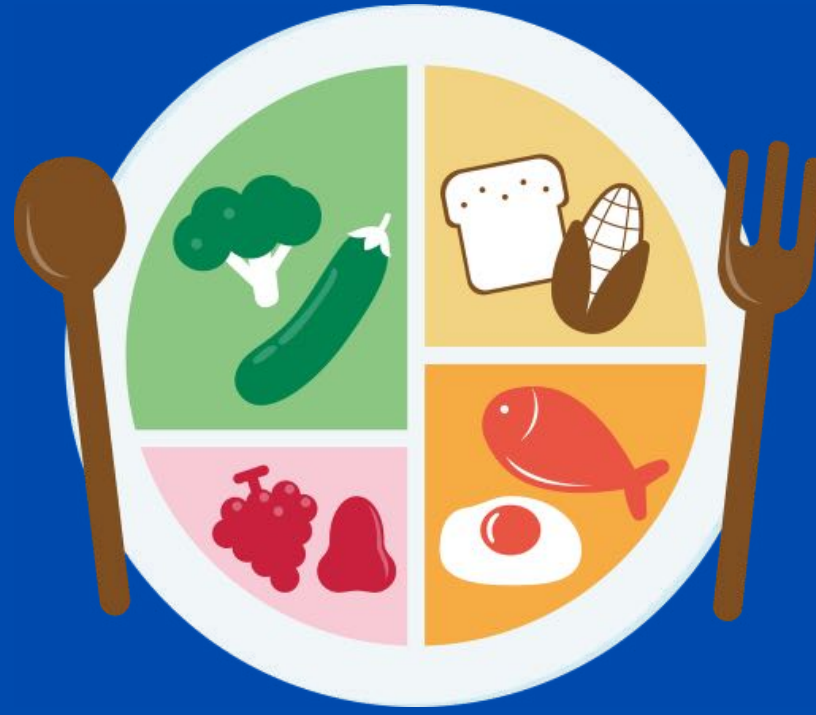


Mel



Frankie

HEALTHY LUNCHBOX TIPS FOR PARENTS



Providing a balanced lunch helps children stay focused, energetic, and ready to learn throughout the school day. When packing your child's lunchbox, try to aim to include a variety of foods from the main food groups to support their growth and wellbeing. There is also the option of ordering a free hot meal each day for your child in Reception and KS1 or a paid hot meal in KS2.

What a Balanced Lunchbox Looks Like:

- Starchy Foods

These give children the energy they need to learn and play. Good options include wholemeal bread or rolls, wraps, rice, pasta, or crackers.

- Protein

Protein supports growth and keeps children feeling full for longer. Try lean meats, eggs, hummus, tofu, beans, or cheese.

- Dairy or Dairy Alternatives

These foods help support strong bones and teeth. Include plain or low-sugar yoghurt, cheese, or plant-based alternatives where appropriate.

- Fruit and Vegetables

Aim for at least one portion of fruit and one portion of vegetables each day. Fresh, chopped options all count.

- A Healthy Drink

Water is the best choice for staying hydrated. Please avoid sugary drinks.

A lunchbox that includes a mix of these foods helps children get the nutrients they need to thrive at school. Thank you for supporting healthy eating habits at home and at school!

Parent Information – Uniform Reminder



PE Days

On allocated PE Days, children expected to wear the correct PE kit.

This consists of:

- House colour t-shirt
- Dark blue joggers or shorts
- School jumper or cardigan
- Plain white t-shirt if they do not yet have their house t-shirt.

Jewellery

Earrings must be small studs only. Hoops and larger decorative earrings (including character earrings) are not permitted. This is a health and safety requirement and school expectation.

School Uniform

School uniform footwear should be black shoes or all black trainers. White, pink or other coloured trainers are not in line with our uniform expectations.

NO SMOKING OR VAPING POLICY



Please note that there is a no smoking/vaping on the school site. This includes outside areas, such as the playground, car park and outside the school gates.





Class Attendance for the year so far ...

Infants

Saturn - 95%
Neptune - 94%
Mercury - 94%
Comet - 92%
Venus - 91%
Jupiter - 90%
Moonbeams - 90%
Mars - 88%



Juniors

Oberon - 96%
Apollo - 95%
Phoenix - 95%
Titan - 95%
Icarus - 95%
Aquarius - 94%
Dragon - 94%
Juno - 94%
Pegasus - 93%
Polaris - 91%
Capricorn - 91%
Orion - 90%
Aquila - 89%

FRIENDS OF BARNSOLE

CALENDAR OF EVENTS



2026

MARCH



05/03 : CommuniTea
12/03 : Mothers Day
Shop

APRIL



02/04 : CommuniTea
23/04: Bake Sale

MAY



Class tea towel
07/05 : CommuniTea

JUNE



11/06 : CommuniTea
18/06: Fathers Day
Shop
26/06: Donation non
uniform day - revised
date

JULY



01/07: Summer Fair -
Revised date
09/07 : CommuniTea
10/07: Inflatables
afternoon - Revised
date

CommuniTea

Join us for a relaxed tea & coffee
morning once a month right after
drop-off.

A chance to meet, chat and
connect with other parents in our
school community.

Babies and pre-school children
are very welcome.

If you can bring a mug, that would
be great!

We'd love to see you there!

Thursday 2nd April

Thursday 7th May

Thursday 11th June

Thursday 9th July

Free to attend!



STAY UP TO DATE WITH ALL EVENT DETAILS ON OUR FACEBOOK PAGE



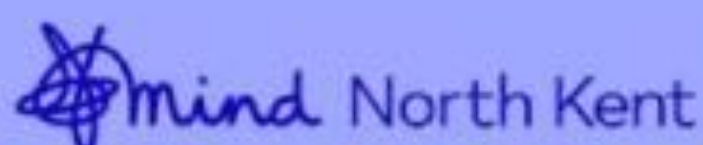
facebook.com/friendsbarnsole



friends@barnsole-maritime.org

Dates for the Diary

Wednesday 25 th March	Parents Consultation Meetings 3.30pm-5.30pm <i>Further information to follow</i>
Wednesday 1 st April	Parents Consultation Meetings 3.30pm-5.30pm <i>Further information to follow</i>
Thursday 2 nd April	CommuniTea - Join us to meet, chat and connect with other parents in our school community (younger children welcome) <i>(9am-10am) KS1 Hall</i>
Thursday 2nd April	Spring Term 2 ends
Friday 3rd April-Friday 17th April	Easter Holidays
Monday 20th April	SCHOOL RETURNS
Thursday 23 rd April	Bake Sale
Monday 4th May	May Bank Holiday
Thursday 7 th May	CommuniTea - Join us to meet, chat and connect with other parents in our school community (younger children welcome) <i>(9am-10am) KS1 Hall</i>
Monday 11 th May-Thursday 14 th May	Yr 6 SATs Week
Monday 25th May-Friday 29th May	May Half Term
Monday 1 st June	School Returns
Thursday 11th June	CommuniTea - Join us to meet, chat and connect with other parents in our school community (younger children welcome) <i>(9am-10am) KS1 Hall</i>
Thursday 18 th June	Fathers Day Shop
Friday 26th June	Summer Fair Donation non uniform day
Wednesday 1 st July	Summer Fair
Thursday 9 th July	CommuniTea - Join us to meet, chat and connect with other parents in our school community (younger children welcome) <i>(9am-10am) KS1 Hall</i>
Friday 10 th July	Inflatables afternoon - more details to follow
Tuesday 21st July	End of School Year



B.R.A.V.E and S.I.T Service

Building Resilience and Validating Emotions and Short Intervention Therapy

Coffee Morning



Join us for a safe and supportive environment for parents and carers to discuss in an open forum with our professionals at North Kent Mind.

Please drop in at anytime between 9-11am on the following dates:

Friday 6th March 2026

Friday 13th March 2026

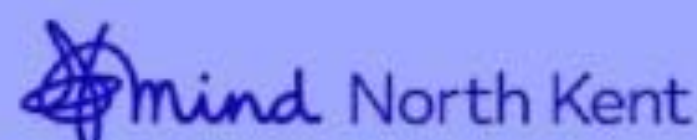
Friday 20th March 2026

To find out more or, sign up to a workshop, please scan the QR code or contact our team at: braveservice@northkentmind.co.uk



We're here to fight for mental health.
For support. For respect. For you.

The Atrium House | 20 West Hill, Dartford | DA1 2EP
01322 291380
admin@northkentmind.co.uk
<https://northkentmind.co.uk>



B.R.A.V.E and S.I.T Service

Building Resilience and Validating Emotions and Short Intervention Therapy

Children & Young People (CYP) Drop in Sessions.

Free face to face workshops for CYP's.

Join us for a snack and a chat with our therapists where you can talk about any worries you may have in a safe and supportive environment.



Please join us on the following Mondays at 3:15pm – 4:15pm.

Monday 2nd March

Monday 9th March

Monday 16th March

Monday 23rd March

Monday 30th March

Where: Strood Children and Family Hub is located at Clifton Close, Strood, Rochester, ME2 2HG.

To find out more or, sign up to a workshop, please scan the QR code or contact our team at: braveservice@northkentmind.co.uk



We're here to fight for mental health.
For support. For respect. For you.

The Atrium House | 20 West Hill, Dartford | DA1 2EP
01322 291380
admin@northkentmind.co.uk
<https://northkentmind.co.uk>



MEDWAY LIBRARIES

Gillingham Library Children's Events

Baby Bounce & Rhyme
Wednesday
10.45am to 11.15am

Toddler Shake & Boogie
Tuesday
10.45am to 11.15am

Lego Club
Saturday
12.15pm to 3.45pm

Pop in & Play
Saturday
9.30am to 3.30pm

Teen Crochet Club
Fortnightly Saturdays
10.30am to 11.30am

Messy Play
Thursday
10.30am to 11.30am

For more information: visit www.medway.gov.uk/libraries or speak to a member of staff

Medway SENDIASS

January - March 2026 Information Sessions

Medway Special Educational Needs and Disabilities, Information, Advice and Support service (SENDIASS) have a number of information sessions this year, so please come along and see us if you require information or advice.

No need to book, just turn up.

Please note, if you require support in relation to EHCP applications or appeals, please contact the service separately as these sessions are not suitable.

Strood Children and Family Hub
27th January - 12.30 until 14.30

Chatham Children and Family Hub
24th February - 10.00 until 12.00

Gillingham & Twydall Children and Family Hub
25th March - 10.00 until 12.00

medwaysendias@family-action.org.uk

01634 566303

www.medway-sendias.org.uk

SENDIASS
hosted by



AVAILABLE HELP FOR WRAPAROUND CHILDCARE

Up to 85% of costs can be claimed through
Universal Credit

WHY THIS MATTERS

Wraparound Childcare - such as breakfast clubs and after-school care helps parents manage work and family life.

If you receive **Universal Credit**, you may be eligible for significant financial support.

THE BENEFITS ARE

- Claim up to 85% of childcare costs when using Ofsted registered providers
- Payments are made directly to you after costs are incurred

HOW TO APPLY

1. Log in to your Universal Credit account
2. Submit evidence of childcare costs (invoices or receipts)
3. Receive reimbursement after payment

MedwayGo offers Holiday Activities and Food (HAF) for school aged children during the main school holidays. Activities are free for those eligible for benefit related free school meals, as well as children with SEND and children in care for more information use the following link: <https://go.medway.gov.uk/>

TAX-FREE CHILDCARE CAN ALSO BE USED FOR WRAPAROUND CHILDCARE

- Get £2 from the government for every £8 you pay into your childcare account
- Up to £2,000 per child (or £4,000 if your child is disabled)

NEED HELP?

Visit:

www.gov.uk/universal-credit
www.gov.uk/tax-freechildcare
<https://beststartinlife.org.uk>

Don't miss out - access available & affordable childcare today



Are you looking for
**before and after
school childcare**
that works for you?

Wraparound childcare is childcare that wraps around the school day. It typically runs from 8am-6pm during term time, either on a school site or another local setting.

- ✓ Safe and supportive environments
- ✓ Fun, engaging activities
- ✓ Convenient local locations
- ✓ Affordable sessions paid directly to your school
- ✓ Financial support available in some cases



Find out more

Find the support you need as a busy parent or carer of a primary school age child.

Visit: Medway.gov.uk/WraparoundChildcare or speak to your child's school.



Online FREE talk by Jane Keyworth

Anxiety Based School Avoidance

March 26th 7-8pm



Book online

www.facefamilyadvice.co.uk

go to PARENTS - Live Talks page

All 16 parent talks **FREE** with our School Membership



What Parents & Educators Need to Know about WHATSAPP

WhatsApp is a free messaging app owned by Meta, allowing users to send text and voice messages, share multimedia, make video calls, and chat in groups. With end-to-end encryption, only the sender and receiver can view messages. This may offer privacy, but it also comes with risks that parents and educators need to be aware of.

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

GROUP CHAT PRESSURES

Group chats enable multiple users to message in the same space, but this can also make it easier for young people to feel excluded or overwhelmed. Negative comments can escalate quickly, and young people may feel pressure to respond or stay engaged even when the conversation is uncomfortable or upsetting.

SCAMS TARGETING YOUNG USERS

Scammers are increasingly using WhatsApp to trick users into sharing personal information. Common scams include fraudsters posing as family members in an emergency or tricking users into revealing security codes. These can lead to identity theft or access to private conversations.

DISAPPEARING AND HIDDEN MESSAGES

WhatsApp offers features like disappearing messages and 'Chat Lock', which can give users a false sense of security. While intended to protect privacy, they can be used by young users to hide inappropriate conversations or content, making it harder for adults to spot potential issues.

EXPOSURE THROUGH CHANNELS

'Channels' are an optional feature that allows users to follow updates from public figures or organisations; however, there is no way to block this feature or filter its content by age. Young users may encounter adult or distressing content, including misinformation and harmful ideologies.

UNWANTED CONTACT AND LOCATION SHARING

WhatsApp users can share their live location, and if not managed carefully, this can allow others – even those in mutual groups – to track someone's whereabouts. Also, without the right privacy settings, young users may be contacted by strangers.

COMMERCIAL AND AI CONTENT

WhatsApp now includes ads in the 'Updates' feed and has introduced an AI assistant – Meta AI – across the app, which cannot be removed. These additions raise concerns about targeting, privacy, AI use, and the type of content children and young people might interact with.

Advice for Parents & Educators

REVIEW PRIVACY SETTINGS TOGETHER

Help young users check who can see their profile photo, status, and location. Activate the 'Silence Unknown Callers' setting and set group chat invitations to 'My Contacts' or 'My Contacts Except...' for added safety.

TEACH HOW TO SPOT SCAMS

Encourage caution around unusual and unexpected messages, especially if they involve money or codes. Help young users understand the signs of scams and what to do if they receive a suspicious message. Enable two-step verification to add an extra layer of protection.

BE OPEN ABOUT HIDDEN CHATS

Discuss why children and young people might use features like disappearing messages or 'Chat Lock'. Encourage them to share if something made them uncomfortable, even if the messages are gone. Let them know that privacy should not mean secrecy.

TALK ABOUT ADVERTISING AND AI

Explain that WhatsApp now includes ads and AI tools. Discuss the difference between genuine and sponsored content, and the potential for AI to share inaccurate or age-inappropriate responses. Encourage young users to think critically before trusting or interacting with these features.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday®

The National College®

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.02.2026

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.

See full reference list on our website