



Ivybridge Community College Parent and Carer Bulletin

Autumn Term II 2025

Safeguarding and E-Safety

As we approach the festive season, we want to take this opportunity to thank you for your continued support in keeping our College community safe and thriving. The lead-up to Christmas is an exciting time for children, but it can also bring unique challenges - both online and offline.

E-Safety - With many children spending more time online during the holidays - whether gaming, socializing or exploring new apps - it is vital to ensure they stay safe. We will share practical tips on setting boundaries, understanding online risks and encouraging positive digital habits.

Mental health and well-being - The festive period can be joyful, but it can also feel overwhelming for some children. We will provide guidance on supporting emotional well-being, recognizing signs of stress or anxiety and fostering open conversations at home.

Together, we can create a safe, supportive environment for every child to enjoy the season. Please take a moment to read through the advice and resources included in this newsletter and do not hesitate to reach out if you need further support.

Staying safe on social media - Roblox, how much do you know about staying safe on social media and the apps that young people are using?

The updated Roblox checklist [here](#) provides all the information about the app and how to stay safe with questions such as:

- What is Roblox?
- How to report abuse in game?
- How to block users in-game?
- How to setup parental controls?
- Where can I go for further support?
- What are Robux?

The leaflet was created by SWGfL and the UK Safer Internet Centre in collaboration with Roblox.

Important Safeguarding update: Understanding and Preventing Sextortion

What is Sextortion? - Sextortion is a form of online blackmail where criminals threaten to share sexual or intimate images of a person unless they pay money or provide more images. This crime is often financially motivated and typically carried out by organised criminal gangs operating overseas. It can happen to anyone, but teenagers, particularly boys aged 14-18, are most at risk.

Perpetrators usually contact young people through social media, gaming platforms or messaging apps. They may pose as peers, build trust and then pressure the victim into sharing intimate images. Once they have an image, threats and demands begin, often escalating quickly.

Signs your child might be a victim

- Sudden withdrawal from devices or avoiding being online.
- Increased anxiety, distress or emotional outbursts after using their phone.
- Phone notifications late at night or secrecy around online activity.
- Expressions of hopelessness or signs of self-harm.

What parents/carers can do

- **Stay calm and supportive** - If your child discloses sextortion, reassure them it is not their fault. Criminals use sophisticated tactics to manipulate victims.
- **Do not pay or engage** - Paying rarely stops the threats and can lead to further demands.
- **Preserve evidence** - Do not delete messages, images, or videos - they may help police investigations.

Report immediately

- CEOP Safety Centre: Report to [CEOP](#)
- Police: Call 999 if your child is in immediate danger or 101 for non-emergencies.
- Report Remove (for under-18s): [Report Remove](#)

Seek Emotional Support

- Childline: 0800 1111
- [NSPCC](#) Helpline: 0808 800 5000
- Inform the College so we are also aware

Supporting our children this festive season – Top tips

- Maintain routines – regular sleep and meal times.
- Encourage physical activity – walks, outdoor play or even family games to boost the mind.
- Limit screen time – balance online activities with creative or social offline time.
- Talk openly – create that space for everyone to share their feelings.



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Year 12 Students become Anti-Bullying and Mental Health Ambassadors

We are delighted to share that 13 Year 12 students at Ivybridge Community College have successfully completed their training with the NHS Mental Health Support in Schools Team to become Anti-Bullying and Mental Health Ambassadors.

This initiative was introduced by Matt Anniss, Designated Safeguarding Lead, as part of our ongoing commitment to promoting well-being and creating a safe, supportive environment for all students.

When asked why they wanted to take on this important role, some of their inspiring responses included:

- *"I believe everyone deserves to feel safe and respected at school."*
- *"To be a positive role model and help people to feel safe and supported."*
- *"To give back and offer similar support to others that I received at ICC."*
- *"To support people and help make someone's day better and make a difference within the school."*

We are extremely proud of these students for their dedication and compassion. As ambassadors, they will begin mentoring some of our students during break times, either on a one-to-one basis or in our Wellbeing Hub, helping to create a more inclusive and supportive College community.

The Anti-Bullying and Mental Health Ambassador programme empowers students to take an active role in creating a safe and supportive environment. By mentoring peers and promoting our Telling Culture and positive mental health, these ambassadors help reduce stigma, encourage kindness, and ensure every student feels valued.

Matt Anniss
Designated Safeguarding Lead



PSHE

Please find extra detail regarding the PSHE themes for this half term [here](#)

Students study PSHE once a fortnight with their Tutors. The PSHE curriculum follows the statutory RSHE guidance and is modelled against the PSHE Association's recommendations. All lessons include a focus on Character Education, British Values and always end with signposting of further support. The theme for PSHE Term 2 continues to be Health and Wellbeing.

Next term, students will begin the first of two units that follow the theme of Relationships. Further detail about the PSHE curriculum for Term 2 and 3 can be found here [PSHE Curriculum Overview Term 2 and 3 2025 for Safeguarding Bulletin](#)

This term, on Monday, 1 December, students will have the opportunity to reflect on their progress and character values. Students will review their 'My Sentence' progress and engage in opportunities to be charitable and compassionate.

On Monday, 15 December, Year 7 students will have a lesson on FGM. Teaching about FGM is compulsory at secondary school. The resources in this lesson are quality assured and have been reviewed by the WeST PSHE and RSHE Lead. Students are signposted towards further support, should they need it. Further details about the lesson are in the linked curriculum overview.

Charlotte Hanton
Assistant Principal for Personal Development

