



Ivybridge Community College Parent and Carer Bulletin

Spring Term II 2025-2026

Safeguarding and E-Safety

Welcome to our second Spring Term Safeguarding Bulletin. As we look forward to longer evenings and warmer weather, we look to support parents/carers with key safeguarding information.

E-Safety spotlight for parents/carers: Understanding the “Manosphere” and its influence on young people

If you have not watched Louis Theroux's latest Netflix documentary, *Inside the Manosphere* (released 11 March 2026) I would encourage you to do so. The documentary explores a growing online trend that is increasingly influencing teenagers, particularly boys. We want to highlight this because it links directly to online safety, wellbeing and respectful relationships.

What is the “Manosphere”?

The manosphere refers to a loose online network of influencers who talk about:

- Masculinity
- Gender roles
- Self-improvement
- Male identity

However, many of these spaces also contain misogynistic, homophobic, antisemitic, or racist narratives, often woven into lifestyle or self-help content. Social media algorithms can push this material towards young users—even when they have not searched for it.

Why this matters for parents/carers

Large numbers of young people are seeing and hearing this content daily. Theroux points out that boys can unintentionally absorb harmful ideas simply through repeated exposure. This can affect:

- Confidence
- Attitudes towards girls and women
- Understanding of relationships
- Behaviour online and in school
- General wellbeing and worldviews

Even when content is framed as “jokes” or “motivation,” the underlying messages can normalise disrespectful or unhealthy attitudes.

Key themes explored in the documentary

Theroux examines:

- How “red pill” ideas spread – the belief that society is hiding the “truth” about gender equality and that women are manipulative or untrustworthy.
- How influencers portray “traditional gender roles.”
- Why teenage boys find this content appealing, especially when it promises confidence, money, fitness, or success.
- How women close to these influencers can reinforce these ideas.

Louis Theroux also speaks as a parent, acknowledging how challenging it can be to keep track of what children encounter online.

Terms parents/carers might hear

Children sometimes repeat phrases without fully understanding them. A few common ones include:

- **“Red pill”** A phrase used to suggest someone has “woken up” to negative or stereotyped beliefs about women and relationships.
- **“High value man”** A term used by influencers to describe a man who is supposedly successful, dominant, and follows strict gender expectations. This is often linked to outdated or harmful views about the roles of men and women.

Influencers frequently mentioned by teenagers

Some names to be aware of include:

- HS TikkyTokky
- Myron Gaines
- Sneako
- Justin Waller
- Ed Matthews
- Andrew and Tristan Tate

Simply knowing these names can help parents understand references their children might make.

How this affects young people

Schools across the country are increasingly reporting:

- Gender-based teasing and bullying
- “Jokes” repeating misogynistic talking points
- Students quoting online influencers
- Confusion around relationships and consent
- Recognising the online sources behind these behaviours helps adults respond calmly and constructively

How parents/carers can help

You do not need to watch every video your child sees. What matters most is *open conversation*. A few helpful approaches include:

- **Ask curious, non-judgemental questions.** “What do you think about what he’s saying?” “Do your friends talk about this?”
- **Encourage critical thinking.** Remind them that influencers are often paid for views and may exaggerate for attention.
- **Promote positive role models.** Show examples of healthy masculinity, respect, and kindness.
- **Talk about relationships and respect at home.** Reinforce that equality, empathy, and boundaries matter.
- **Stay up to date with their online world.** Even light interest can make young people more open to sharing.



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Safeguarding and E-Safety Continued

In Summary

The documentary offers valuable insight into an online movement that is shaping how many boys understand masculinity, relationships and identity. By being aware of these trends, parents/carers can:

- Spot early signs of unhealthy beliefs
- Support respectful attitudes towards others
- Strengthen children's digital literacy
- Encourage safer, more balanced online habits

If you have concerns about anything your child has seen online or anything they have said, please contact the College Safeguarding Team, we are here to help.

Support for examination stress

We know that examination periods can be a challenging time for many young people. It is completely normal for students to feel pressure or anxiety and we want to reassure families that support is always available. No student, parent or carer needs to manage these feelings alone.

If you feel that your child would benefit from additional support with examination stress, please contact the College at icc@ivybridge.devon.sch.uk. We are here to help.

Within College, our Places2Be Counsellor is available to support students who may be feeling overwhelmed or anxious about upcoming examinations. We are also working closely with the NHS Mental Health Support Team, to help students understand stress and develop healthy coping strategies.

As mentioned previously, our Finishing Line Strategy is designed to help students feel prepared and confident as examinations approach. If you were unable to attend the information events, please click the [link](#) provided for further details and contact information.

We also encourage families to explore the helpful advice and resources on managing examination stress available through Devon Mind.

You can access these by following the link shared in this newsletter.

External support resources

Childline

Website: www.childline.org.uk

Phone: 0800 1111

Young Minds

Website: www.youngminds.org.uk

Samaritans

Website: www.samaritans.org

Phone: 116 123

Kooth

Website: <https://explore.kooth.com/the-exam-stress-collection/>



Matt Annis
Designated Safeguarding Lead

PSHE

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

Year 7

Spring Term 2 - Building Relationships

- Self-esteem
- Positive Relationships
- Unhealthy Relationships

Year 8

Spring Term 2 - Discrimination

- Protected Characteristics
- Discrimination
- Diversity

Year 9

Spring Term 2 - Respectful Relationships

- Family Diversity
- Positive Relationships
- Managing Conflict and Change

Year 10

Spring Term 2 - Addressing Radicalisation and Extremism

- Respecting Diversity
- Radicalisation and Extremism
- Managing Online Influence

Year 11

Spring Term 2 - Families

- Family Types
- Fertility and Contraception
- Parenthood and Pregnancy

Year 12

Spring Term 2 - Relationship Safety and Health

- Online Safety and Relationships
- Fertility and Sexual Health
- Futures for All

Year 13

Spring Term 2 - Future Pathways

- Inclusion and Intersectionality
- Next Step Preparation
- Exam Preparation



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