MONTGOMERY ACADEMY

SAFEGUARDING NEWSLETTER

Working Together to Keep Our Young People Safe

NOVEMBER 2026

ISSUE 3

WELCOME TO NOVEMBER!

As we move further into the school year, November brings new opportunities to keep our young people safe, both at school and at home.

With Bonfire Night celebrations, darker evenings and the excitement of Christmas beginning, it's a great time to have open conversations about staying safe, making sensible choices and looking out for one another.

Thank you for continuing to work alongside us to support the wellbeing and safety of every child.

Thank you for working with us.

STAY SAFE THIS BONFIRE NIGHT

Firework Safety

Bonfire Night is an exciting time of year, but it's important everyone celebrates safely.

TOP TIPS

- Attend organised firework displays where possible.
- Never allow children to handle fireworks.
- Keep a safe distance from fireworks and bonfires.
- Never return to a firework that hasn't gone off.
- Keep pets indoors where possible.
- Teach children not to pick up discarded fireworks.

TALK TO YOUR CHILD ABOUT:

- Staying with trusted adults
- Respecting emergency services and local communities
- Looking after friends
- What to do if they feel unsafe
- Walking home safely in the dark
- Wearing something bright or reflective



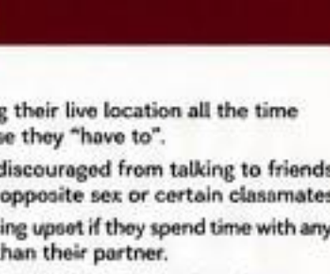
ANTI-BULLYING WEEK

Choose Respect

This month is Anti-Bullying Week, reminding us that everyone deserves to feel safe, valued and respected.

ENCOURAGE YOUR CHILD TO:

- Speak to a trusted adult if something is worrying them.
- Include others.
- Think carefully before posting online.
- Report bullying rather than staying silent.
- Be kind both online and offline.



DID YOU KNOW?

- Healthy relationships are built on trust, respect and equality – not control.
- Constantly sharing your location or passwords should never be expected in a healthy relationship.
- Controlling behaviour can happen in any relationship, regardless of gender.
- Talking openly with your child about friendships and relationships can help them recognise unhealthy behaviour before it escalates.

WARNING SIGNS TO LOOK OUT FOR

Parents may wish to start a conversation if they notice their child:

- Feeling anxious if they don't reply immediately to messages.
- Constantly checking in with a boyfriend or girlfriend.
- Being told what they can or cannot wear.
- Stopping hobbies or spending less time with family and friends.
- Sharing their live location all the time because they "have to".
- Being discouraged from talking to friends of the opposite sex or certain classmates.
- Becoming upset if they spend time with anyone other than their partner.
- Feeling guilty for wanting time alone.

HEALTHY RELATIONSHIPS

Love should never feel like control

A healthy relationship should make you feel safe, respected and valued. Everyone deserves to be treated with kindness and equality.

HEALTHY RELATIONSHIPS ARE...

- Trust each other
- Respect boundaries
- Encourage friendships
- Celebrate achievements
- Feel safe to say "no"
- Support independence
- Communicate honestly

UNHEALTHY RELATIONSHIPS MAY...

- Demand passwords
- Expect live location to be shared
- Tell someone what to wear
- Stop them seeing friends
- Make them feel guilty
- Expect instant replies
- Pressure them to send photos
- Make all the decisions

Location sharing can be useful for safety when it is voluntary, but it should never be demanded or used to monitor or control someone. Sharing your location or passwords should always be your choice – not something someone expects or demands. Trust is built through respect, not control.

WHAT DOES CONTROLLING BEHAVIOUR LOOK LIKE?

Many teenagers don't recognise controlling behaviour because it has become normalised through social media and constant digital communication.

A relationship may be unhealthy if someone:

- Expects your child to share their live location at all times.
- Demands passwords or checks their phone.
- Tells them who they can and cannot spend time with.
- Gets upset if they don't reply immediately.
- Tells them what they should wear.
- Stops them talking to other boys or girls.
- Makes them feel guilty for spending time with family or friends.
- Says things like "If you loved me, you would..."

LOOKING AHEAD *to Christmas*

Christmas can be a wonderful time of year, but we know it can also bring additional pressures for some families.

If you feel that an extra gift for your child would make a difference this Christmas, or if there is another way we may be able to support your family over the festive period, please contact us in confidence.

Our aim is simply to ensure every child feels valued, included and supported.

Please don't hesitate to get in touch if we can help.

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DID YOU KNOW? RELATIONSHIP STATISTICS

The Youth Endowment Fund surveyed over 10,000 young people aged 13–17 across England and Wales. They found that:

- **20%** say they were pressured or forced into sexual activity against their will.
- **19%** reported being physically assaulted (e.g. hit, kicked or shoved).
- **17%** had explicit images or videos of themselves shared online without their consent.
- **27%** said they were made to feel afraid to disagree with their partner.
- **26%** said their partner made them feel scared to break up with them.

Source: Youth Endowment Fund, 'Experiences of Teenagers in Relationships' (March 2024)

TOP TIPS FOR PARENTS

- Talk openly and regularly with your child about relationships.
- Encourage your child to trust their instincts and speak up.
- Help them understand boundaries and consent.
- Encourage time with friends and family.
- Model healthy, respectful relationships.
- Know who they are spending time with and both online and offline.

NEED SUPPORT?

Childline
0800 1111

NSPCC
0808 800 5000

CEOP
Report online exploitation or abuse

Kooth
Free online emotional wellbeing support for young people

SAFEGUARDING IS EVERYONE'S RESPONSIBILITY.
TOGETHER, WE CAN MAKE A DIFFERENCE.

SAFE · RESPECTED · SUPPORTED · HEARD · VALUED