



CONTACT

Mrs H. Keelan-Edwards
Designated Safeguarding Lead (DSL)

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www.ripongrammar.com

Safeguarding Team:

Mrs C. Day

Assistant Headteacher and Deputy DSL

Mr T. Fell

Assistant Headteacher and Deputy DSL

Mrs E. Hewison

Pastoral Support Officer and Deputy DSL

Our local Police School Liaison Officer is:

Mr M. Powell

Local Safeguarding risks include:

- Child on Child abuse – online
- Child on Child abuse – sexual harassment/sexual violence
- Child criminal exploitation/ County Lines

Additional Resources:

- Safety on Social Media – leaflet attached.
- Safety over the festive Season – leaflet attached.
- Snapchat – advice leaflet attached
- Top tips for parents who are separated – leaflet attached

AUTUMN TERM 2-2024

Drugs and Alcohol

Raising teenagers is extremely rewarding, but at the same time can present challenges when it comes to managing their behaviour.

It's normal for teenagers and young adults to experiment, test boundaries and take some risks. Drinking alcohol and trying drugs is one of the ways in which some young people do this. It is common for teenagers to drink alcohol at some point. A smaller number of young people will try illegal drugs, or smoke cigarettes or e-cigarettes (often called 'vaping').

A teenager or young adult might drink alcohol or take drugs for different reasons. They might do it because:

- it makes them feel good in the moment
- it's a way of having fun or socialising
- they are curious and want to test boundaries or try new things
- they want to fit in with a social group or feel pressure to do it
- it makes them feel more confident
- they want to distract from difficult thoughts or feelings.

As a parent or carer, it's important to talk to your child or young person about drugs and alcohol. By doing this, you can help them to understand the risks and support them to make safe and healthy choices.

Below are some useful links to further information about alcohol and drugs and you will also find lots of tips to help you support your child. In addition there is information about where you can get help if you're worried about your child's alcohol or drug use.

[Drugs & Alcohol](#) | [Mental Health](#) | [Guide For Parents](#) | [YoungMinds](#)

[The agony of ketamine addiction: 'I felt like I was peeing glass' | Drugs | The Guardian](#)

[The ketamine crisis has crept up on British youth | Drugs | The Guardian](#)

[BBC Radio 4 - Woman's Hour - Ketamine: What parents need to know](#)

[Advice for parents & carers | FRANK](#)

Year 11-13 have listened to an assembly on Ketamine delivered by an experienced health professional.

Safety on Social Media

Having more time at home over the Christmas break can mean an increase in online usage for some children. Please find attached a leaflet that offers advice on how to manage social media usage with your child.

I have attached an additional leaflet that includes advice about using Snapchat and some guidance for social media usage over the festive season.

Should you have any questions or concerns please do not hesitate to contact me directly or one of the safeguarding team.

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