



RMGS Safeguarding Bulletin 2025/26 Term 5

Once a term we will share the RMGS safeguarding bulletin with all members of our school community, to refresh our knowledge and understanding of key safeguarding information that reflects the needs of the RMGS community. It is our aim to keep students, parents and staff up to date with the information they need to support the school community.

Main Contact Points

General Enquiries
rmgs-office@rmet.org

Safeguarding Concerns
rmgssafeguarding@rmet.org

Website
<https://www.rainhammark.com/>

Take a moment to refresh your knowledge on how RMGS keeps you safe. Please click the link [How RMGS Keeps You Safe](#)

National Online Safety App

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.ncs>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store

Report a Safeguarding Concern

If you have a safeguarding concern and you have not been able to speak to a member of staff whilst at school, please report your concern online using our button located on the school website [here](#) and a member of the safeguarding team will contact you.

Or please click on the link below or scan the QR code

[Report a Concern](#)



OUR PHONE-FREE SCHOOL



Key Research

- Data from the Office for National Statistics (ONS) suggests that **one** in **five** children (19%) aged 10–15 experienced at least one type of bullying behaviour online, and out of them, around three-quarters (72%) said they experienced at least some of it at school or during school time.
- smartphones and computers disrupt pupils' learning both at home and in the classroom, as it can take up to 20 minutes for pupils to refocus on what they were learning after engaging in a non-academic activity such as browsing the internet or noticing a notification on their phone.
- Recent research suggests that children who were exposed to longer than two hours a day of recreational screen time on smart phones and playing video games had worse working memory, processing speed, attention levels, language skills, and executive function compared with those who did not. Screen time can also be damaging to a child's sleep pattern.

Start of the Day (opening) - Demonstration

- Before you walk into school, your phone is turned off or placed on airplane mode.
- Phone is pouched up upon arrival to school as you enter the school grounds (use the magnet to open the pouch)
- Top of the pouch is closed
- Green button is pushed in to secure
- Pouch is placed in your bag



End of the Day (opening)

- The pouch is tapped on the unlocking base on the side with the green circular ring.
- As the pouch is tapped, the button should be pushed to release the lock.
- Phone is retrieved and the pouch is **closed back up.**
- Phone is kept with the student ready for the next school day.



Distraction

- Teenagers often check phones over 100 times daily
- This can be as often as every 6-8 minutes
- Just the thought of your mobile – thinking *do I have a message? Has this person replied? How many likes/thumbs up to a comment photo?* Can distract a teenager up to 60 times a day.



Need to Talk?

If you're concerned about **yourself, a friend, or another student**, or if you've **witnessed unkindness**, please know that we are here to support you. You don't have to deal with it alone.



Who Can You Talk To?

There are many people in school ready to listen and help:



In Your Classroom

- **Any Member of Staff:** Someone you trust
- **Your Teacher:** During or after class
- **Form Tutor:** Your first point of contact



Year Leadership

- **Head of Year:** For year-group concerns
- **AHT:** Assistant Headteacher for your Key Stage
- **Safe Guarding Team:** Pink Lanyards/Board at the bottom of D block stairs.



Specialist Support

- **Pastoral Support Assistant:** Dedicated help
- **Report Button:** Available on the school website
- **Student Services:** Visit us anytime

Speaking up is the first step to making things better for everyone. It is how we build a safer school together.

How We Support You



Taking Action

Speaking up is the first step to making things better for everyone. Here is how we build a safer school together:

Listen



You will have the **opportunity to have your voice heard**. We want to understand exactly what happened from your perspective.

Act



- 1. The school's consequence ladder will be adhered to.** This ensures everyone is treated fairly.
- 2. Parents will be contacted** to ensure we are all working together.
- 3. Interventions such as mediation** to ensure problems don't persist.
- Our aim is to be **restorative and encourage respect**.
- 5. The escalation process** will be made clear, including what happens if concerns continue.

Prevent



Support



We provide **ongoing care** to ensure every student feels safe and happy.

- PSA meetings
- Meetings with your trusted adult
- Access to Student Services - A safe space to talk
- Mentoring
- Check-ins

Financially Motivated Child Sexual Exploitation (Sexploitation): What Parents Need to Know

Sexploitation is a form of online abuse where a child is manipulated, pressured, or threatened into sharing sexual images or videos. Once the material is shared, offenders use it to blackmail the child—often demanding money or making further threats.

This type of exploitation remains a serious and growing concern, particularly among secondary school-aged children.

Key Information for Parents and Carers

- Recent data shows **over 100 reported cases in Kent between January and May this year alone**. However, the true number is likely much higher, as many young people feel too embarrassed, frightened, or unsure how to report what has happened.
- **Boys are most commonly targeted**, with victims typically aged **10 to 17 years old**.
- Offenders are often **based overseas**, frequently linked to countries such as Nigeria (+234) or the United States (+1).
- Contact usually begins on **social media or gaming platforms**, with offenders sometimes moving conversations across multiple apps to gain access to a young person's contacts and increase pressure.

How You Can Support Your Child

- **Keep communication open** – encourage your child to talk to you about their online experiences without fear of judgment.
- **Remind them never to share personal or intimate images**, even with someone they think they trust online.
- **Reassure them that help is available** and they will not be in trouble if something goes wrong.
- **Know how to report concerns** – schools, police, and online safety organisations can all offer support. https://www.ceopeducation.co.uk/11_18/lets-talk-about/sexual-abuse/online-blackmail/



What is Digital Sexual Extortion (Sexploitation)?

Sexploitation happens when an individual manipulates, coerces, or threatens a person into providing sexually explicit images or videos, and then uses these materials to blackmail them for money or exploit them further.

Discovering that your child has fallen victim to this type of crime can be devastating, but it is crucial to respond swiftly, empathetically, and effectively.



**Kent
Police**

Child 
CENTRED POLICING



What are the signs?

- A new relationship online with a person who seems real and likes similar things to your child, but they don't know them in person.
- The person asks your child to move to a different platform to communicate such as Instagram.
- An online relationship moving very quickly. A perpetrator might very quickly be flirty, tell your child they like them early on, and ask them for intimate images or videos. Quite often they send a sexual/indecent image to your child first.
- A perpetrator may repeatedly ask your child to do sexual things they do not feel comfortable with. It is never ok for someone to ask your child to do things they do not want to.
- They might tell your child that they have hacked them or that they have access to their contacts.
- Some blackmailers might tell your child they have got images or information about them from their device. They might threaten to share this information unless money is given to them.



How can you protect your child?

- Talk to your child about **NOT** sharing intimate images or videos online.
- Ensure your child understands **NOT** to be pressured into removing clothes or performing intimate acts online.
- Remind your child that as soon as an image is sent you cannot get it back.
- Ask them to be wary about who they invite or accept invitations from on social networking sites. They should **not** accept friendship requests from complete strangers and be wary of unexpected contact from people they do know, as this may not be the person they believe it to be.
- Update the privacy settings on your child's social networking accounts so only people you know can view their account.
- Your child should **not** include any sensitive, identifiable, private, or confidential information in their profiles.



What to do if your child is a victim of sextortion

- Do **not** panic. Do **not** pay.
- Report to police immediately via kent.police.uk/report
- Save the evidence; take screenshots of chat logs, save messages, retain images but do not share them. Also save any URL links but do not click these links.
- If the communication has been on social media platforms, then report it to those channels.
- Report it to your internet provider.
- Block all communication with the person.

Organisations that can support you:

Take it Down

Can help remove online sexually explicit photos and videos taken before the child was 18.

<https://takeitdown.ncmec.org/>

Report Remove (Childline)

Can help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

www.childline.org.uk

Internet Watch Foundation

A technology-led, child protection organisation, making the internet a safer place for children and adults across the world.

www.iwf.org.uk

CEOP (Child Exploitation and Online Protection Centre)

A law enforcement agency and can help keep children and young people keep safe from sexual abuse and grooming online.

www.ceop.police.uk

Young Minds

The UK's leading charity fighting for children and young people's mental health.

www.youngminds.org.uk

Fearless

A young person's Crimestoppers where they can report crime anonymously.

www.crimestoppers-uk.org/fearless



**Kent
Police**

Child 
CENTRED POLICING

Age Restrictions for Social Media Platforms

Why are there age restrictions on social media platforms?

Many social media platforms have an age restriction of 13 years or over. This is because you have to be at least 13 years old to give consent for your personal data to be collected and processed.

What is the minimum age for UK account holders on these social media platforms?

13	16
Facebook	Vimeo
Instagram	Tumblr
Snapchat	
TikTok	
X (formerly Twitter)	
Pinterest	
Twitch	
Reddit	
Messenger	
Discord	
Skype	
YouTube	
WhatsApp	



The above age restrictions are based on the age required by the individual platform. This may differ from the age ratings suggested on app stores such as Google Play or App Store.

How to Stay Safe on Social Media



Think Think before you post.

Friends Only connect with friends.

Kind Be kind to others.

Password Don't share your password.


Privacy Keep your settings private.

Hurt Don't hurt other people.

What can you do? Follow these steps...

Parents and Teachers

- Join social media.
- Understand how it works.
- Teach safety.
- Check your privacy settings.



Friends

Don't:

- Stay silent.

Do:

- Help your friend.
- Report the bully.
- Tell a parent.
- Tell a teacher.




The Bully

Don't:

- Respond

Do:

- Save what they say.
- Unfriend them.
- Block them.
- Tell a friend.
- Tell a parent.
- Report them.



Tell **Unfriend** **Block** **Report**



Catapults – Know the law



Catapults can be classed as offensive weapons.

If you **carry one in public** without a reasonable excuse, you could face up to **four years in prison**.



Example of catapult

If you use it to **threaten** or **injure someone**, or **damage property**, the penalties could be even higher.

Is it worth it?

Remember – A criminal record can change your life.

- You may not be offered a college or university place.
- Getting a job will be more difficult.
- It can even prevent you from travelling to some countries.



**Kent
Police**


Report a non-urgent crime online www.kent.police.uk/report

Talk to us on LiveChat – available 24/7 www.kent.police.uk/contact

In an emergency, if crime is in progress or life is in danger call **999**

If you have a hearing or speech impairment, use our textphone service **18000**.

Or text us on 999 if you've pre-registered with the emergency SMS service.

www.kent.police.uk   



AFFLUENT NEGLECT



IS NEGLECT

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Visit us at www.thesafeguardingalliance.org.uk to find out more or email us at info@thesafeguardingalliance.org.uk

What is 'affluent neglect'?

Affluent neglect refers to the neglect experienced by children in wealthy families. Often, neglect in wealthier families can be more difficult to spot, as the type of neglect experienced by children and young people in these circumstances is often emotional.

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magazine



E-scooters – are you breaking the law?



Can I ride my e-scooter to school or work?

No, it's Illegal...

E-scooters are classed as motor vehicles and are required to be taxed and insured. It's not possible to get insurance for privately owned e-scooters, which means it's illegal to use them.

Can I ride my e-scooter on the pavement?

No, it's Illegal...

You cannot use e-scooters on public footpaths, cycle lanes or roads.

What happens if I'm caught using my e-scooter in public spaces?

The scooter may be seized and as a result, destroyed.

If stopped by an officer, you may be asked to complete a breath and drugs test. You also risk a £300 fine and six penalty points on your licence for no insurance.



**Kent
Police**

Think before you buy:

The number of electrical scooters being used on our streets has risen, as well as reports of serious injury and fatalities.

For more information and advice on the use of e-scooters visit www.kent.police.uk/road-safety



Do you need to talk?



FAMILY

Are you concerned about anything happening in your family?

FRIENDSHIPS

Are you concerned about one of your friends?

WORRIES

Is anything worrying you at school or outside school?

BULLYING

Are you concerned about the way someone is treating you?

Rainham Mark Grammar School Designated Safeguarding Leads



Mrs Horstrup (DSL)
Designated Safeguarding Lead



Mrs Hart
Deputy DSL



Mr Smith
Deputy DSL



Mr Brown
Deputy DSL



Ms Gooding
Deputy DSL



Mrs Robbins Deputy DSL



Mrs Curtis Deputy DSL



Mrs Buckland Deputy DSL

Worried about bullying?
Your HoY, form tutor, PSA or prefect can help too.

To report a concern online please visit the school website