



# RMGS Safeguarding Bulletin 2025/26 Term 1

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](mailto:rmgs-office@rmet.org)

Safeguarding Concerns

[rmgssafeguarding@rmet.org](mailto: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.nos>

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](#)



# KEEPING YOUR CHILD SAFE AS THEY RETURN TO SCHOOL



We know that as a parent, nothing matters more than your child's safety and wellbeing. As the school term begins, we understand this can bring worries about safety both inside and outside school.

Kent and Medway Violence Reduction Unit works with partners and communities to keep children safe by reducing and preventing violence. We support parents in having the right conversations and helping them spot if their child may be involved in violence or bullying.

Our back-to-school guide outlines year-round tools to help your child stay safe, take action and make the right choices.



Watch: Sophie's story, a parent's experience

## Tools to help you

Not sure how to support your child or young person? Our range of guides can help:

- [Explainer: understanding emojis](#)
- [A guide to knife harm: feel more confident in conversations](#)

## Having the right conversations

Talking with young people or young adults about knives and weapons can be difficult, whether you are a parent, guardian or carer. Our toolkit can help you prepare for a conversation with your child about carrying knives.

[View the toolkit on our website](#)

## Free sports activities

We work with Sports Connect to provide free local out-of-school activities that support physical and mental health while keeping children and young people out of trouble through creative and interactive sessions.

[Visit the Sports Connect website](#)

## CLOCK IT CHECK IT CHANGE IT

Being an active bystander: Clock It, Check It, Change It

Many young people witness unacceptable behaviour in and outside school, and you can empower them to safely step in and make a change.

Free resources from our Clock It, Check It, Change It campaign support conversations with young people about responding when they see or anticipate violent incidents.

[Access the resources on our website](#)



Our team can provide advice and guidance all year round.

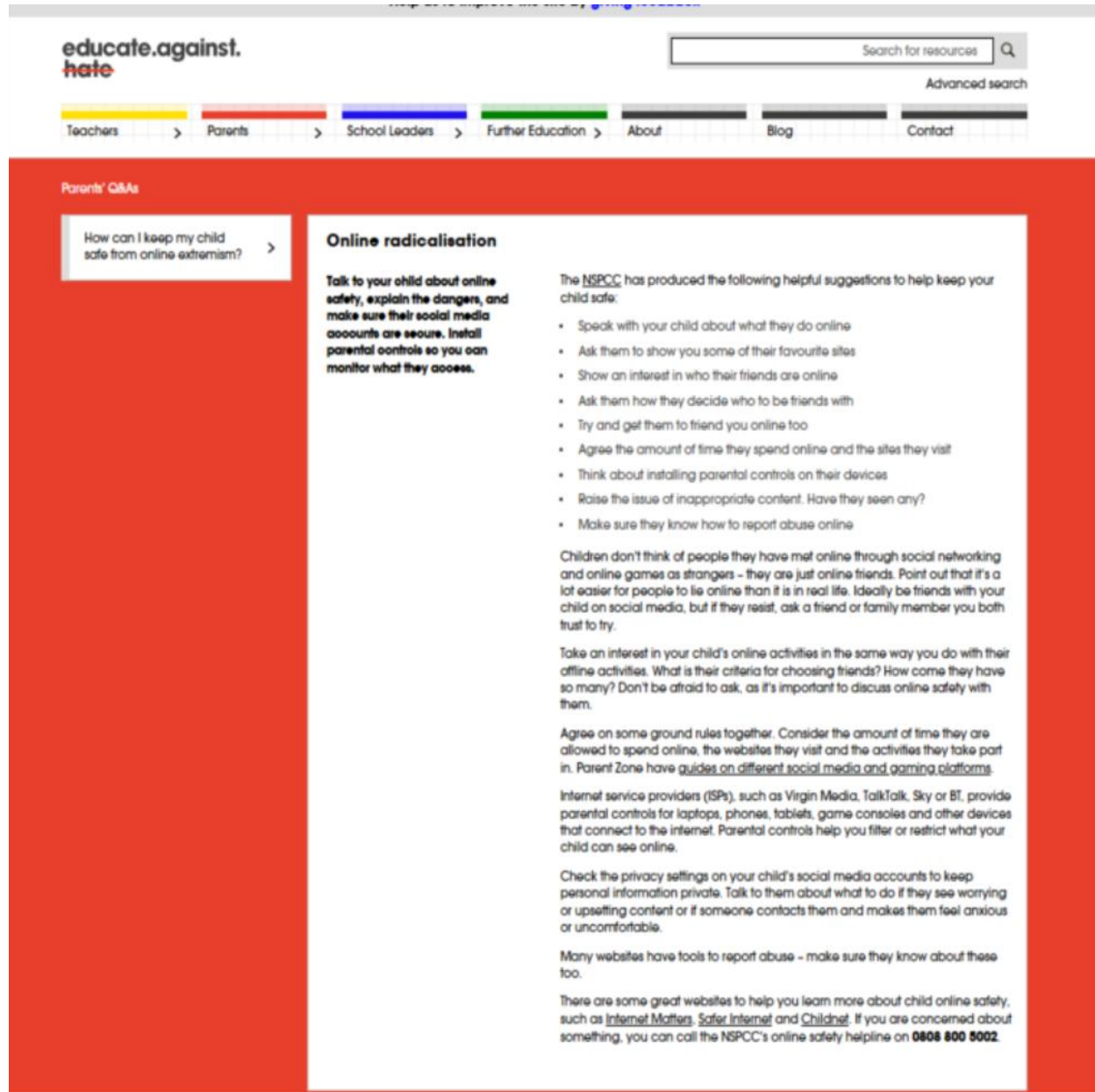
[vr\\_u.programme.delivery@kent.police.uk](mailto:vr_u.programme.delivery@kent.police.uk)

[kentandmedwayvr\\_u.co.uk](http://kentandmedwayvr_u.co.uk)



[Educate Against Hate](#) offer online resources to help parents tackle difficult subjects like radicalisation and conspiracy theories. Click the links and have a look at some sample materials below.

<https://www.educateagainsthate.com/category/parents/>



The screenshot shows the website interface for 'educate.against.hate'. At the top, there is a search bar with the text 'Search for resources' and a magnifying glass icon. Below the search bar is a navigation menu with the following items: Teachers, Parents, School Leaders, Further Education, About, Blog, and Contact. The main content area is titled 'Parents' Q&As' and features a sidebar with a question: 'How can I keep my child safe from online extremism?'. The main article is titled 'Online radicalisation' and contains the following text:

**Online radicalisation**

Talk to your child about online safety, explain the dangers, and make sure their social media accounts are secure. Install parental controls so you can monitor what they access.

The NSPCC has produced the following helpful suggestions to help keep your child safe:

- Speak with your child about what they do online
- Ask them to show you some of their favourite sites
- Show an interest in who their friends are online
- Ask them how they decide who to be friends with
- Try and get them to friend you online too
- Agree the amount of time they spend online and the sites they visit
- Think about installing parental controls on their devices
- Raise the issue of inappropriate content. Have they seen any?
- Make sure they know how to report abuse online

Children don't think of people they have met online through social networking and online games as strangers - they are just online friends. Point out that it's a lot easier for people to lie online than it is in real life. Ideally be friends with your child on social media, but if they resist, ask a friend or family member you both trust to try.

Take an interest in your child's online activities in the same way you do with their offline activities. What is their criteria for choosing friends? How come they have so many? Don't be afraid to ask, as it's important to discuss online safety with them.

Agree on some ground rules together. Consider the amount of time they are allowed to spend online, the websites they visit and the activities they take part in. Parent Zone have [guides on different social media and gaming platforms](#).

Internet service providers (ISPs), such as Virgin Media, TalkTalk, Sky or BT, provide parental controls for laptops, phones, tablets, game consoles and other devices that connect to the internet. Parental controls help you filter or restrict what your child can see online.

Check the privacy settings on your child's social media accounts to keep personal information private. Talk to them about what to do if they see worrying or upsetting content or if someone contacts them and makes them feel anxious or uncomfortable.

Many websites have tools to report abuse - make sure they know about these too.

There are some great websites to help you learn more about child online safety, such as [Internet Matters](#), [Safer Internet](#) and [Childnet](#). If you are concerned about something, you can call the NSPCC's online safety helpline on **0808 800 5002**.

**Childnet** has an excellent booklet called [Supporting Young People Online](#) that helps parents and carers safeguard their children in the four Cs of online safety ( Conduct, Content, Contact and Commerce). They also have top tips on how to manage fake news and mis/disinformation.

## Top Tips

1. Read beyond the headline – when scrolling or searching online, remember that you won't always get the full story from a headline, title or photo.
2. Look for the original source – whatever content you are looking at, try to work out who created it or where it came from originally.
3. Question the things you see – Think about its purpose, whether it matches what you already know or if there are any clues it might be suspicious.
4. Do further research – it's always best to check multiple sources, like several websites, different videos or even offline in a book.
5. Take action against fake news – use the report tool or speak up about fake or misleading content and never share it on without checking it's true.
6. Speak to an adult you know and trust for further help and support – this could be a parent, carer or whoever looks after you at home, a teacher or staff member at school, or somebody else.

[Slide pack on how to talk to your child about radicalisation](#)

## Warning Signs

Possible indicators that a young person has been or is being radicalised include....

Beginning to isolate themselves from family and friends

Refusing to listen to different points of view

Unwilling to engage with and becoming abusive towards individuals who are different

Embracing conspiracy theories

Legitimising the use of violence to defend ideology or cause

Drawing and graffitiing extremist symbols and imagery

Producing or sharing terrorist material offline or online

Being sympathetic to extremist ideologies and groups

Becoming increasingly argumentative

Being secretive and reluctant to discuss their whereabouts

Changing friends and appearance, and distancing themselves from old friends

There are lots of organisations that can help you if you are a young carer or young adult carer. Carers Trust is one of them so go here for information and let your child's Head of Year know if your child is a carer so that we can support them too.

<https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer>

**STRANGER DANGER, please remind your child to:**

- Travel, where possible, in small groups
- Be aware of your surroundings and put safety first, making sure you are not walking along just looking at mobile phones
- Stick to well-lit, established routes
- If worried and nearby, return straight to school and report to a member of staff
- If further afield, speak to a trusted adult - for example, go into a pharmacy, doctor surgery, Post Office and let an adult know
- Do not approach a car if it stops or if the occupants call you over
- Let parents and carers know about your travel plans, the route you take and if this is going to change
- Contact 999 if you are in immediate danger
- Always tell a trusted adult about any incident and ask them to report to 101

# TEXT SLANG

## DO YOU KNOW WHAT IT MEANS

### GENERAL

<b>LOL:</b> Laugh out loud	<b>WDYM:</b> What do you mean	<b>ONW:</b> On my way
<b>ID(e)K:</b> I don't (even) know	<b>SMH:</b> Shaking my head	<b>TH(N)X:</b> Thanks
<b>ID(e)C:</b> I don't (even) care	<b>LMK:</b> Let me know	<b>WYA:</b> Where you at
<b>TBF:</b> To be fair	<b>CYA:</b> See ya	<b>WYS:</b> What you saying
<b>TBH:</b> To be honest	<b>G2G:</b> Got to go	<b>NM:</b> Nothing much
<b>SNM:</b> Say no more	<b>IMO:</b> In my opinion	<b>NVM:</b> Never mind
<b>SN:</b> Say nothing	<b>JK:</b> Just Kidding	<b>ACC:</b> Actually
<b>RLY:</b> Really	<b>DM:</b> Direct Message	<b>NP:</b> No problem
<b>OFC:</b> Of course	<b>PLZ:</b> Please	<b>BTW:</b> By the way
<b>HBD:</b> Happy birthday	<b>PLS:</b> Please	<b>ATM:</b> At the moment
<b>NW:</b> No worries	<b>BRB:</b> Be right back	<b>ILL LYK:</b> I'll let you know

### SWEARING

**FML:** F\*\*\* my life  
**WTF:** What the f\*\*\*  
**WTFO:** What the f\*\*\* over  
**FFS:** For f\*\*\* sake  
**STFU:** Shut the f\*\*\* up

### RELATIONSHIPS

**ML:** Much love  
**ILY:** I love you  
**LYSM:** Love you so much  
**KPC:** Keeping parents clueless  
**I82:** I hate you

### SEXUAL

**FWB:** Friends with benefits  
**CU46:** See you for sex  
**WTTP:** Want to trade pictures  
**NIFO:** Naked in front of camera  
**NSFW:** Not safe for work

### SELF HARM

**SH:** Self harm  
**NSFL:** Not safe for life  
**KYS:** Kill yourself  
**KMS:** Kill myself  
**OD:** Overdose

# EMOJI'S EXPLAINED

FROM SECRET SLANG TO CODED MESSAGES, EMOJIS ARE OFTEN USED TO CONVEY MEANINGS THAT PARENTS MIGHT NOT RECOGNISE. UNDERSTANDING THESE HIDDEN MESSAGES CAN HELP BRIDGE THE GAP BETWEEN GENERATIONS AND ENSURE OPEN, INFORMED CONVERSATIONS.

## DRUGS RELATED

 Cocaine	 Cocaine	 Cocaine	 Cannabis	 Cannabis	 Cannabis	 Joint
 MDMA	 MDMA	 Heroin	 Heroin	 Meth	 Mushroom	 Ketamine
 Gassed	 Lit	 Dealer	 Dealer	 Dealer		

## VIOLENCE

 Weapon	 Weapon	 Weapon	 Crime	 Crime	 Murder	 Murder
		 Threat	 Locked Up	 Snitch		

## SEX

 Penis	 Penis	 Genitalia	 Burn	 Vagina	 Vagina	 Nudes
 Porn	 Orgasm	 Orgasm	 Oral Sex	 Lust	 Lust	 Anal Sex
 Intercourse	 Fingering	 Playful	 Horny	 Lets Hump		

## SELF HARM

 Cutting	 Cutting	 Burning	 Trapped	 Sad	 Down	 Anxious	 Not Eating
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## EXTREMISM

 Neo Nazi	 Neo Nazi	 Neo Nazi	 14 88	 14 88	 14 88	 Far Right
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## INCEL CULTURE

 Red Pill	 Black Pill	 Hopeless	 Existential Dread	 This is fine	 Extreme Masculinity	 Power	 Older women
 Lone Wolf	 100	 Incel	 Incel	 Incel	 Anti-Women	 Anti-Women	 Anti-Women

## HEARTS

 Love	 Horny	 Friends	 Interested	 Loyalty	 Platonic	 Pretty	 Trust
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# COULD YOU PUT THE PIECES TOGETHER?

SUDDENLY  
WEARING DESIGNER  
LABELS



TWO PHONES



CHANGE IN FRIENDS  
AND VISITING NEW  
PLACES



UNEXPLAINED INJURIES



CHILD  
EXPLOITATION

GOING MISSING



USING OR  
SELLING DRUGS



MORE MONEY THAN  
USUAL



CHANGE IN  
BEHAVIOUR



**ANY OF THESE CHANGES CAN POINT TO CHILD  
EXPLOITATION. MAKE SURE YOU KNOW THE SIGNS.**



To learn more, scan the QR code.

If you're concerned about a child, call Birmingham  
Children's Trust on 0121 303 1888.

If you're a young person worried about  
exploitation, call Childline on 0800 1111.



BIRMINGHAM  
Safeguarding  
Children  
PARTNERSHIP

# EMOJI SLANG

DO YOU KNOW WHAT IT MEANS

GENERAL	VIOLENCE
<p> 'Ghosted' - to be ignored</p> <p> To be shocked</p> <p> Idiot/stupid</p> <p> 'Capping' lying</p>	<p> 'Dead Meat'</p> <p> Stab</p> <p> Punch</p> <p> Gun/Shoot</p>
SUICIDAL IDEATION	DRUGS
<p> Self harm</p> <p> Suicide</p> <p> Suicide</p> <p> Suicide</p>	<p> Marijuana</p> <p> Heroin, Cocaine, Crystal meth</p> <p> Getting high</p> <p> Buying drugs/County Lines</p>

## SEXUAL

 Male genitalia	 Sharing an explicit image
 Female genitalia	 Shy/Nervous
 Bottom	 Hour glass shape body
 Virginity	 Sexual desire
 'Spicy' risqué behaviour	 Sexual activity

# SLANG

UPDATED  
OCTOBER  
2021

## DO YOU KNOW WHAT IT MEANS

GENERAL	INCEL
<p><b>Peak/Noob:</b> Bad</p> <p><b>Cuffed:</b> Tied down in a relationship</p> <p><b>Rona/Vid:</b> Covid-19</p> <p><b>Lizzy/Peas:</b> Money</p> <p><b>Lit/Goat/Peng/Dank/Gucci/Wig:</b> Good</p> <p><b>Mandem/Bro-ski/Bruv/Fam:</b> Friends</p> <p><b>Cap/Capping:</b> Lie</p>	<p><b>Beta:</b> A man who is not an alpha. Considered weak</p> <p><b>AWALT:</b> Acronym for 'All Women Are Like That'</p> <p><b>Roastie:</b> A demeaning term for a women</p> <p><b>Normie:</b> Describing someone who is neurotypical</p> <p><b>Femoid/Foid:</b> Referring to women as sub-humans</p> <p><b>Chad:</b> The 'anti-incel'</p> <p><b>LDAR:</b> Acronym for 'Lay Down and Rot'</p>
VIOLENCE/WEAPONS	DRUGS
<p><b>Beef/Passa:</b> Problems/arguments</p> <p><b>Drilling/Rushed/Wayed in:</b> Attacked</p> <p><b>Chef/Splash:</b> To stab</p> <p><b>A.K/Z.K/Pokey/Rambo/Ramsay:</b> Knife</p> <p><b>Driller:</b> Shooter of gang member</p> <p><b>Duppying/Bodied:</b> Killing</p> <p><b>Ducked Down:</b> Hit and run</p> <p><b>Mop/WAP/Dotty/Clip/Trainers/Spinner:</b> Gun</p> <p><b>Got:</b> Attacked or robbed</p> <p><b>Kettled:</b> Pouring hot water on someone</p> <p><b>Corn/Bells:</b> Ammunition</p>	<p><b>Cart:</b> A vape cartridge used to smoke marijuana</p> <p><b>Score/Plug:</b> Buying drugs</p> <p><b>Mum and Dad:</b> MDMA</p> <p><b>Sheets:</b> Rizla</p> <p><b>Cally/Dank/Food/Mary Jane/Loud:</b> Marijuana</p> <p><b>Wavey:</b> High or drunk</p> <p><b>Link:</b> Drugs contact</p> <p><b>Benz:</b> £10 worth of marijuana</p> <p><b>Bando:</b> Abandoned house to do drugs in</p> <p><b>Cunch/Country:</b> County lines drug selling</p> <p><b>Niff/Yay/Snow/Charlie:</b> Cocaine</p>
POLICE/PRISON	SEXUAL MESSAGING CODES
<p><b>Sus:</b> Suspect</p> <p><b>Box/Pen/Landing/Slammer:</b> Prison</p> <p><b>5-0/Feds/Pigs/Boydem:</b> Police</p> <p><b>Matrixed:</b> Met Police gang database</p> <p><b>Bully Van:</b> Police vehicle</p> <p><b>Screw:</b> Prison guards</p>	<p><b>LMIRL:</b> Acronym for 'Lets Meet In Real Life'</p> <p><b>53x:</b> Term used in a message for sex</p> <p><b>GNOC:</b> Acronym for 'Get Naked On Camera'</p> <p><b>Netflix and Chill:</b> Sexual activity</p> <p><b>ASL:</b> Acronym for 'Age, Sex, Location'</p> <p><b>WTTP:</b> Acronym for 'Want To Trade Pictures'</p>



# AFFLUENT NEGLECT



# IS NEGLECT

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Visit us at [www.thesafeguardingalliance.org.uk](http://www.thesafeguardingalliance.org.uk) to find out more or email us at [info@thesafeguardingalliance.org.uk](mailto: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.

**tes**  
magazine





# 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 Else**  
Deputy DSL



**Mrs Curtis**  
Deputy DSL

To report a concern online please visit the school website