



RMGS Safeguarding Bulletin 2025/26 Term 2

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.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](#)



Ref: Year 8 Child Employment
Contact: Child Employment Officer
Date: 2025-2026



Serving You

Child Employment
People Directorate (Children and Adults)
Medway Council
Gun Wharf, Dock Road
Chatham, Kent, ME4 4TR
Direct Line Number: 01634 337310
e-mail: childperformance@medway.gov.uk
Director of People: Dr Lee-Anne Farach

Dear Parent/Guardian,

Child Employment at Medway Council are writing to the parents/guardians of all 13-year-old children informing them of legislation concerning Child Employment and what they need to know should their child wish to engage in part-time work while still at school. The law is there to prevent accidents and ensure that children are safe and able to benefit fully from their education.

The law states that all children from the date of their 13th birthday are permitted to engage in 'light work' such as newspaper delivery, work in a shop, office, or café. However, there are restrictions and rules to the type of employment and number of hours they are allowed to work. This applies even if the child is working for a parent or relative, or if the employment is paid or voluntary.

Once the child has found work, the employer must apply for a **Child Employment Permit** using the application form which can be found on the Medway Council website or is available from the Child Employment Officer, Medway Council. The form must be completed by the employer and states the type of work and number of hours a child will be employed and must be countersigned by the parent or guardian as well as the child.

Please note:

- A work permit is free of charge to obtain from the local authority where the employment will be taking place.
- The work permit only applies to one job. If a child changes employment or type of work, they must apply for a new permit.
- A permit can be revoked by the Child Employment Officer if it is believed that:
 - a) the type of work or hours of work differs from what was stated on the application or,
 - b) work is interfering with the child's schoolwork, attendance, punctuality, or general wellbeing
- If a child is working without a permit, they are working illegally. This may mean that the company could be held liable to prosecution, also, should an accident occur the child is not covered by any insurance.
- Medway Council is unable to provide any details of available work placements or help any child obtain employment.

If you wish to obtain any further information, please refer to the Medway Council [website](#), the National Network for Children in Employment or Entertainment (NNCEE) [website](#) or contact the Child Employment and Performance Officer at childperformance@medway.gov.uk

Yours sincerely

A handwritten signature in blue ink, appearing to read "Christine Clarke".

Christine Clarke
Attendance manager
Medway Council

Talking to Children about AI



What are the potential risks of AI for children?

While AI can be fun and helpful, it also poses risks that children may not fully understand. So it's smart to be aware of these potential pitfalls.

- Manipulation – AI can be used to create convincing but false content, which may influence children's beliefs or decisions.
- Misinformation – AI-generated answers or videos may look accurate but contain errors or misleading information.
- Identity confusion – children may struggle to tell whether they're interacting with a real person or an AI system.
- Exposure to harmful content – some AI tools may generate inappropriate or upsetting material.
- Cyberbullying and harassment – AI can be used to mimic voices or create fake messages which could be used to cause harm and distress.
- Privacy and data security – AI tools often collect data, and children may not know what's being stored and shared
- AI-generated abuse and sextortion – in rare but serious cases, AI can be misused to create abusive and illegal content.
- AI-generated sexualised or abusive images – some children may use AI tools to create fake [nude or sexualised images of others](#), often referred to as 'nudification' or 'deepfakes'. Even if the image is not real, it can cause serious emotional harm, reputational damage, and may be illegal if it involves anyone under 18.

Eight practical ways parents and carers can support children by learning more about AI, discussing it with your child and setting boundaries together, you can support children in practical ways as they navigate AI.

1. Explore the apps and websites your child uses



This can help you understand where AI is being used. Look for signs such as:

- labels like 'AI-generated' or 'powered by AI'
- fast responses that rely on short, focused prompts or commands
- content that includes links or references to sources.

AI features may appear in games, homework tools, and creative platforms.

2. Talk about what AI can and can't do

Try explaining that AI can be helpful but doesn't always get things right. You could use questions like:

- "Do you think this answer makes sense?"
- "Why do you think this video was recommended?"

3. Watch out for AI-generated content

Help children spot signs of fake images or robotic language and encourage them to ask questions if something feels 'strange'. You could both look out for clues such as:

- body parts that appear distorted, blurred, or out of proportion
- movements that seem unnatural or don't match the context
- backgrounds that look inconsistent or poorly blended.

While these are current signs something might be AI generated, as the technology advances it will become more challenging to spot the difference.

It's important to remind your child that not everything online is trustworthy, and encourage them to check where the information came from. Look for named sources, links to reputable websites, or signs that the content has been verified.

4. Explore AI tools together

You could try image generators, story builders, or educational games together, then talk about how these tools work and where they get their information.

5. Set boundaries and expectations



It can help to agree as a family on when it's okay to use AI for schoolwork and remind children that AI is a tool, not a replacement for learning or effort.

Setting clear boundaries around how AI should be used can help ensure children use it respectfully and safely.

Explain that using AI to bully, embarrass, or harm others (such as creating fake messages or images) is never acceptable. And reinforce that misuse of AI can have serious consequences, both socially and legally.

6. Help your child understand what's appropriate to share

Explain that AI tools are not the same as trusted adults. Encourage your child to:

- avoid sharing personal details like their full name, address, school, or photos
- use AI for creative ideas or learning, but not for advice on worries, feelings, or safety concerns

- talk to you or another trusted adult instead of an AI tool if they feel upset, scared, or unsure about something online
- get support from Childline. We have lots of [online advice](#) and our counsellors are available [over the phone or by email or chat](#).

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7. Model positive behaviour and critical thinking

Children learn a lot from how adults use technology. You can support responsible AI use by showing how you use these tools safely, respectfully, and with curiosity.

You could try thinking aloud. When using AI, ask questions like:

- "Does this seem accurate?"
- "Where did this information come from?"
- "Is this a fair or respectful way to use this tool?"

Talking about digital ethics, such as fairness, honesty, and respect, can encourage reflection.

It's also helpful to promote help-seeking by reminding children they can speak to a trusted adult if something online feels wrong or confusing.

8. Know what to do if harmful or fake content is created about your child

If you discover abusive or fake AI-generated content involving your child, act quickly.

- Take screenshots or save links as evidence.
- Report the content to the platform where it appears using their reporting tools.
- Together with your child, you can request for it to be removed from the internet through our [Report Remove tool](#)
- If the content is threatening or illegal, contact the police and seek advice from your child's school or safeguarding lead.
- Talk to your child calmly, reassure them it's not their fault, and explain the steps you're taking to protect them.

Staying safe and informed together

AI is here to stay, and children will grow up using it in many parts of their lives.

By talking openly, exploring together, and setting clear boundaries, parents and carers can help children enjoy the benefits of AI while staying safe and informed.

Worried about a child?

If you need guidance or support with an issue affecting children, you can call the [NSPCC Helpline](#) on [0808 800 5000](tel:0808 800 5000) or email help@NSPCC.org.uk

[Find out more](#)

More online safety support for you and your child

[Social media](#)

[Find out about different social media platforms and how to help children stay safe.](#)

[Get advice](#)

[Talking to your child about online safety](#)

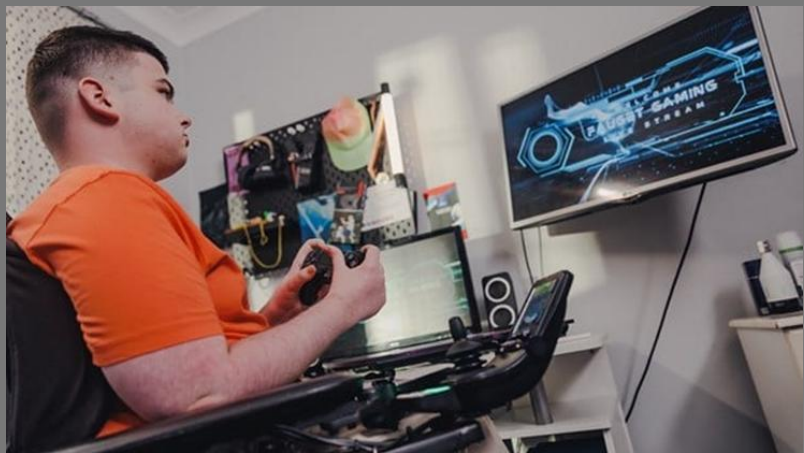
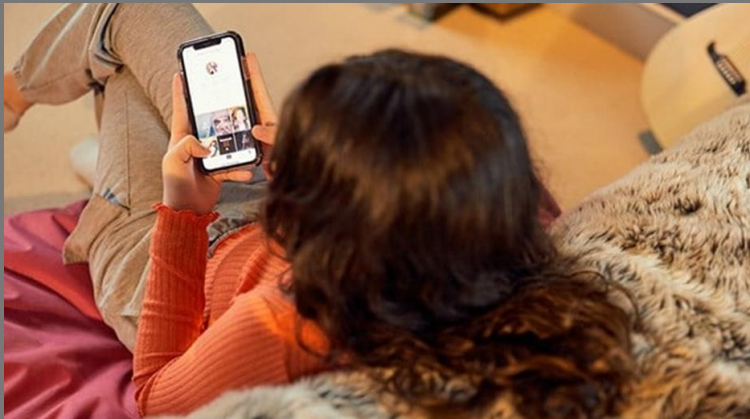
[There will be times when children need advice or support with navigating the online world. Regular, open conversations can make a big difference and our guidance will help you.](#)

[Get online safety advice](#)

[Online games](#)

[Learn about the risks of online games and what you can do to keep your child safe.](#)

[Learn more](#)



'THC vapes' laced with other substances

*Information and advice for educational settings

BACKGROUND

So-called 'THC vapes' are becoming popular among young people and are illegally available through online platforms, including social media. THC (tetrahydrocannabinol) is the main psychoactive ingredient in the cannabis plant. Possession is always illegal, unless prescribed in a medicine by a doctor.

Using THC has its own risks, but vapes claiming to contain it often contain more harmful substances, such as synthetic and semi-synthetic cannabinoids, often known as 'Spice' (referred to as 'synthetic cannabinoids' here). The effects of synthetic cannabinoids can be very different to those of THC and have contributed to a number of overdoses, and even deaths, in recent years in the UK.

KEY FACTS

- Cannabinoids are chemicals in the cannabis plant that affect particular receptors in the brain, including Delta-9-tetrahydrocannabinol (THC). THC is the main substance causing the 'high' when people use cannabis. Synthetic (and semi-synthetic) cannabinoids are chemicals that don't occur naturally in the cannabis plant but have been manufactured and act on the same receptors, but their effects can be very different.
- Illicit vapes may claim to contain cannabis chemicals like THC, but may instead contain synthetic cannabinoids or other, even more harmful, substances.
- Vapes sold with THC or other drugs are not legal or regulated, so they don't go through any quality control. They can look very similar to nicotine vapes and therefore can be hard to distinguish. THC, synthetic cannabinoids and other substances can also be added to refillable vapes, so without testing the liquid in a refillable vape you can't be sure what is in it.
- Vapes containing synthetic cannabinoids have caused users to overdose and require hospital care. Many of these incidents have happened to children and young people. In some cases, incidents have occurred within school premises.
- Frequent use of THC and synthetic cannabinoids can cause dependence. Synthetic cannabinoids have been reported to cause withdrawal symptoms.
- THC and most synthetic cannabinoids are Class B drugs which means they're illegal to possess and supply. Possession has a penalty of up to 5 years in prison, an unlimited fine or both. If a vape contains any other drug, the penalty will be based on the classification of that drug, regardless of whether the user was aware or not. In the UK, it is against the law to sell nicotine vaping products to under 18s or for adults to buy them on their behalf. Young people should not have these products in schools.

Ketamine use is increasing, and so are its harms

*Information and advice for educational settings

BACKGROUND

Ketamine use has increased in recent years and so have the related health harms. People now use ketamine in many different contexts, from party settings to self-medication. There are eight times more people going into [drug treatment](#) for ketamine use than there were a decade ago. People aged 18-24 have the highest rates of use.

Sustained ketamine use can cause painful bladder problems and damage to the urinary tract, leading to incontinence and other complications, some of which can be irreversible. This is an increasing cause for concern among urologists.

KEY FACTS

- Ketamine is a medicine used in anaesthesia and for its pain-relieving properties. One form of ketamine is licensed for the treatment of some types of depression in the UK, but it's not prescribed by the NHS.
- Street ketamine is produced and smuggled illegally into the UK and does not have the consistency and safety of medical ketamine.
- At the time of publication ketamine was a Class B drug, which means it's illegal to possess and supply. Possession has a penalty of up to 5 years in prison, an unlimited fine or both. The government has asked for advice on reclassifying ketamine to Class A, which could increase the penalties.
- People take ketamine for different reasons: for partying, to self-medicate for pain or mental health issues, or to experiment with altered states of consciousness. People who use ketamine are typically in their 20s but, according to the [last school survey](#), the use of ketamine in children, although low compared to cannabis or alcohol, has more than doubled in five years.
- Common negative effects of using ketamine include memory problems, hallucinations, confusion, dissociation (feeling disconnected from yourself, your thoughts and your feelings), nausea, agitation, and depression. High doses can induce the so-called 'K-hole' or severe dissociation causing detachment from reality. This is typically an unpleasant experience that temporarily paralyses the person and puts them at risk of assault or accidents. Frequent use of ketamine causes dependence.
- Sustained ketamine use causes serious bladder damage, which can be irreversible. Chronic abdominal pain ('K cramps'). Other symptoms like frequent urination, incontinence, or blood in urine, can affect people who have been taking ketamine for a sustained period. Sometimes people keep using ketamine just to alleviate the pain this has caused, which can in turn, worsen the problem. The worst cases can end up with people having their bladder removed, and with a life-threatening risk of kidney or liver failure. However, if stopped in time, much of the damage can often be reversed.

High risk of overdose from fake medicines

*Information and advice for educational settings

BACKGROUND

Highly potent synthetic opioids have caused a high number of overdose deaths in the UK in recent years. A class of synthetic opioids called nitazenes, which are usually more potent than fentanyl, are the most common currently.

These substances are appearing in fake pain-relief and other medicines. People are buying these medicines from illicit sources, often online retailers, unaware that they can be adulterated with dangerous substances.

KEY FACTS

- Synthetic opioids, like nitazenes, have contributed to [hundreds of deaths](#) linked to heroin adulteration, but it is believed that a significant number have involved fake medicines.
- Fake oxycodone tablets, often sold as legitimate brands like Oxycontin or Percocet often contain synthetic opioids. Other fake medicines, like fake diazepam (brand name Valium) and fake alprazolam (brand name Xanax) may also contain synthetic opioids or other dangerous drugs. These are often bought from fake online pharmacies or from online drug dealers.
- People take painkillers and other medicines for different reasons: to come down from a night of partying, to self-medicate for pain or mental health issues, or just recreationally. Users of these substances are generally younger, less likely to understand the risks and be in contact with drug and alcohol treatment services, and they are likely to have lower tolerance of opioids than people who use heroin, increasing their overdose risk.
- Possession of any of these drugs, unless prescribed by a doctor, is illegal, regardless of what the person thought they were buying. Most synthetic opioids are Class A drugs and have a penalty for possession of up to 7 years in prison, an unlimited fine or both.
- The risk of overdose and death is higher if adulterated tablets are taken with other substances like alcohol, cocaine, benzodiazepines or pregabalin.
- All licensed online pharmacies based in Great Britain, are registered on the [General Pharmaceutical Council's \(GPhC\) website](#).
- [Naloxone](#) is a widely accessible and effective antidote for opioid overdose.



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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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

Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information. Please note that age restrictions for social media platforms may vary depending on the laws and regulations in your location.

twinkl

Age Restrictions for Social Media Platforms

16

is the minimum age for account holders on these social media sites and apps.



18

is the minimum age for account holders on these social media sites and apps.



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PLEASE:

- Regularly review and discuss the apps your child is using.
- Set age-appropriate guidelines for screen time and online activities.
- Encourage open communication with your child about their online experiences.



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

To report a concern online please visit the school website