



RMGS Safeguarding Bulletin 2025/26 Term 4

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.ng>

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](#)



Spring Edition

This edition of our newsletter will cover some of the work that the Child Centred policing teams have been doing as well as highlight upcoming projects.

As always if you have a general enquiry, please contact childcentredpolicing@kent.police.uk



News

Safer Knife Replacement Scheme (SKRS)

The VRU is offering a **free scheme** to replace pointed kitchen knives with safer alternatives in homes across Kent and Medway. The aim is to reduce the risk of serious injury where kitchen knives are a factor.

Officers can offer the scheme when:

- A young person is linked to weapon-related offending
- There are concerns around gangs, drug activity, or high-risk domestic abuse

How it works:

Agree disposal with the family → scan the QR code → place old knives in the secure tube → provide the replacement safety knives. No training required.



This voluntary scheme **supports existing safeguarding measures** and helps make homes safer.

Several schools have taken in their home economic classes have made the change to the safer knives.

For packs or more information:

✉ vru.programme.delivery@kent.police.uk

Financially Motivated Extortion (“Sextortion”) – Key Information for Schools

Kent Police are seeing a rise in financially motivated extortion targeting young people online. Most victims are boys aged around 14, with suspects commonly operating from overseas locations. Offenders typically contact victims on platforms like TikTok, Snapchat and Instagram, persuade them to share an intimate image, and then threaten to release it unless money is paid.

Schools are encouraged to raise awareness and direct students to trusted resources. [The children Society](#) provides accessible guidance for families, and [Pol-Ed Kent](#) offers free educational materials for all schools, funded by Kent Police and the VRU.

For support or to access Pol-Ed resources, please visit the Pol-Ed Kent platform or contact the relevant policing team - childcentredpolicing@kent.police.uk

Recent Projects

Staying Safe this summer – Knives, Catapults and E-scooters

Across Kent, officers continue to see young people placing themselves at risk through the misuse of catapults, e-scooters and knives.

Catapults are classed as offensive weapons, and carrying one without a reasonable excuse can lead to serious penalties—including imprisonment—and misuse can result in even harsher consequences. Privately owned e-scooters also remain illegal to use on roads, pavements or cycle lanes, with riders facing fines, points on their licence and potential seizure of the scooter.

Schools and officers are also reminded of the key actions required when a child is found with a knife. This includes completing an immediate risk assessment, submitting a Youth Justice Notification within 24 hours, and considering outcomes such as Youth Conditional Cautions or Deferred Outcomes unless exceptional circumstances apply.

Together, these measures help reduce harm, promote safer choices, and protect young people across our communities.



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.



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

A Reminder for All Students: Staying Safe Online and Social Media Trends

We would like to remind students of the importance of not taking part in viral social media trends that may involve risky or illegal behaviour. Unfortunately, several young people across Kent have recently become involved in such trends, resulting in Police intervention.

Becoming involved in activities that lead to a criminal offence can have serious and lasting consequences, including the possibility of a criminal conviction that could impact a young person's future opportunities. This can include something as simple as reposting content which may inadvertently mean they have committed a criminal offence themselves.

We all share a responsibility to keep one another safe. Please encourage students to speak up if they witness or feel pressured to take part in inappropriate behavior—only where it is safe to do so. They should always talk to a trusted adult and report any concerns to their school safeguarding team, the Police, or anonymously via Fearless at crimestoppers-uk.org/fearless.

Thank you for helping us support the safety and wellbeing of all young people.



Who to contact across the county

Dartford and Gravesham

PS Nikki Lee Nikki.Lee@kent.police.uk and PS Siobhan Rowe Siobhan.Rowe@kent.police.uk

Medway

DS Raj Dusanjh Raj.Dusanjh@kent.police.uk

Swale

PS Carli Deacon Carli.Deacon@kent.police.uk

Maidstone

PS Andrew Stringer Andrew.Stringer@kent.police.uk

Tonbridge & Malling, Tunbridge Wells and Sevenoaks

PS Ian Loader Ian.Loader@kent.police.uk

Ashford

PS Katie Reed Katie.Reed@kent.police.uk

Canterbury

PS John Woodward John.Woodward@kent.police.uk

Dover

PS Gavin Rolfe Gavin.Rolfe@kent.police.uk

Thanet

PS Sheena Maclean-Bell Sheena.Maclean-Bell@kent.police.uk

Folkestone and Hythe

PS Adam Plant Adam.Plant@kent.police.uk

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.
- 4. Our aim is to be restorative and encourage respect.**
- 5. The escalation process** will be made clear, including what happens if concerns continue.

Prevent

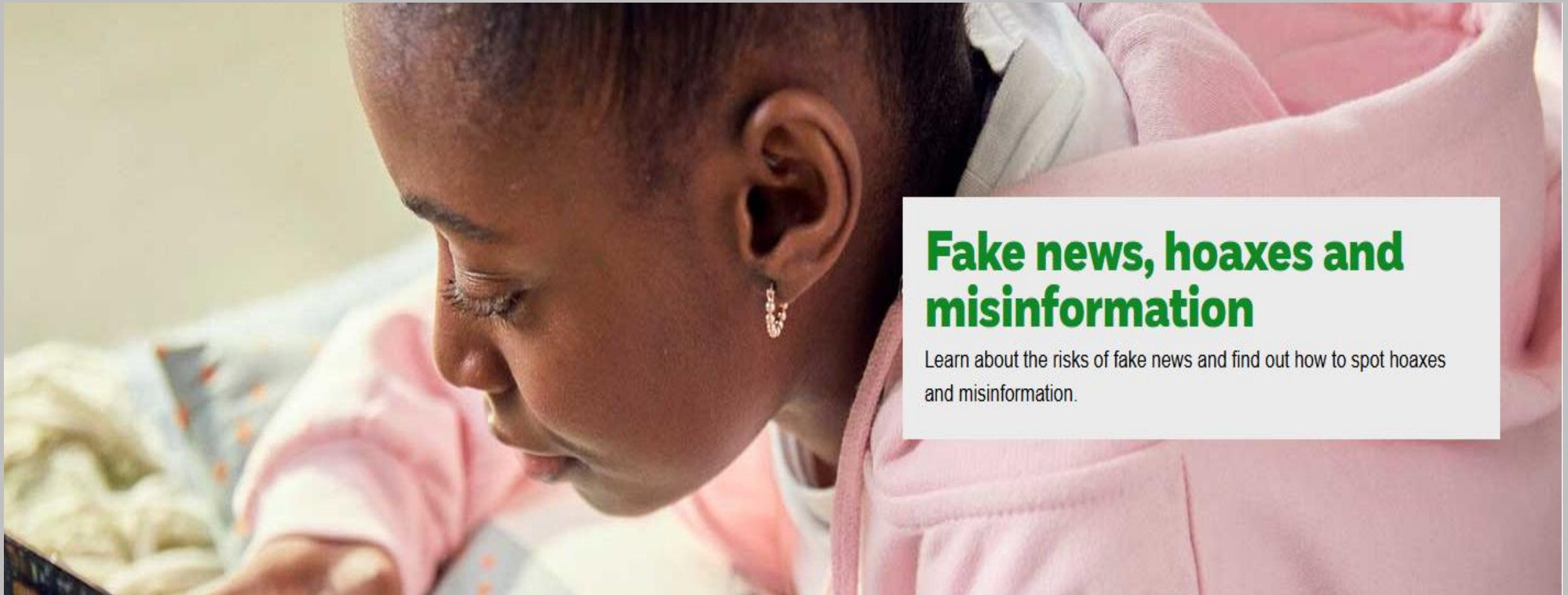


Support



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



Fake news, hoaxes and misinformation

Learn about the risks of fake news and find out how to spot hoaxes and misinformation.

What's real and what's false online?

- Digital platforms have made it easier for anyone to share information online, and it can be difficult to determine whether something is real or false.
- What a young person sees online can shape how they view the world and impact their overall wellbeing. It's important to talk to them about how misinformation spreads and how to look out for it.

What do we mean by misinformation and disinformation?

- False information that is spread online is known as misinformation or disinformation. These are most commonly referred to as 'fake news' or 'hoaxes'.
- **Misinformation** is where false information is shared by accident without the intent to cause harm. For example, sharing inaccurate photos, quotes or dates online because you believe them to be true.
- **Disinformation** is false information shared deliberately to mislead and cause harm. For example, fabricated news stories and political propaganda.

Hoaxes

A hoax is an example of disinformation. It is where someone deliberately shares false information to trick someone into believing something that isn't true.

Hoaxes can come in different forms, for example it could be a fake news story or a message

- Fabricated or false news stories about current news that might make a child feel worried or scared about what's happening in the world. This is commonly known as 'fake news'.

- Viral messages containing false information can easily be shared on messaging apps like WhatsApp and Messenger. If you or your child know the person who has shared it, you might be more likely to believe it.

- Deep fakes are videos where people's faces are edited to make it look like they said or did something they didn't.

- Memes can be used to spread unverified facts.

Hoaxes can be spread quickly as it's not always easy to spot when something contains false information. People might read something they believe to be true and then go on to share it with others.

If you see something that concerns or confuses you, it's important to not share it further as this can help draw more attention to them. Instead report to the app, game or site that you've seen it on.

Scams

An online scam is where criminals use online platforms to trick someone into sharing personal information like account logins or bank details. Scams can happen on any online platform

- **Phishing emails or messages** sent to a personal device asking you to provide personal information or contain blackmail demands. Sometimes these will be made to look like they're from credible organisations or businesses.
- **Promotion of products or false adverts that contain untrue claims.** For example a fake competition or a product that claims to do something it can't to encourage others to purchase it.
- **Catfishing** where some will pretend to be someone else to trick them into doing something.
- **Competitions or quizzes** where you are led to believe there is a prize.
- **Identity theft** where people are tricked into sharing personal information to help them hack other accounts.

Online challenges

An online challenge is an online activity that normally involves sharing an image or video of yourself doing a set task. They can take place on most online platforms but are most commonly on video sharing platforms like TikTok or YouTube.

Some online challenges can be fun for young people to participate in. For example, challenges that involve dancing or those that help raise money for charity. However, online challenges can become risky when they contain dangerous stunts or activities that could cause physical or psychological harm to a young person or others. Video creators can easily edit videos to make it look they did something dangerous or risky when in reality they didn't.

Challenges aren't always activity based, and can encourage young people to share personal or stories about themselves which could upset them and others.

Young people might feel more pressure to take part in a challenge if their friend or someone they follow online, such as an influencer or celebrity has participated. Challenges can also go viral and be seen as harmless fun, both of which can entice young people to take part.



How does it spread?

Misinformation and disinformation can spread on most online platforms that have communication tools. This includes social media and video-sharing platforms, games, forums, comment sections, email and messaging apps.

Need advice about online safety?

If you're stuck, not sure what to do, or if you're worried about your child, you can also contact our trained [helpline counsellors](#) on 0808 800 5000.

Childline also has lots of information about [online and mobile safety](#) that will help you and your child.

Don't share if you aren't sure

If your child sees something online that worries or upsets them encourage them to not share. Remind them they can speak to you, another trusted adult, or a Childline Counsellor if they have questions about something they've seen.

If they come to you, and you aren't sure, you could try speaking to your child's teacher or contact the NSPCC Helpline to speak to an advisor.

Do your own research

Always check the source and the date of the information. Does it come from a reputable organisation that they've heard of? Could the image or video have been edited? Encourage them to check different sources like other news or fact-checking websites such as [Full-fact](#) or [Snopes](#) and compare information.

Also think about whether it conflicts with your own knowledge of the topic.

Don't take part in risky challenges

Remind them to never take part in a challenge that involves stunts or that could cause them or others physical or emotional harm.

Talk to them regularly

Having regular conversations with them about what they're doing online can help to open up the conversation about what is and isn't real online. Try asking them about some of the challenges they take part in with their friends or ask them to show you their favourite online challenge.

Look at a range of resources

Often online platforms will show us content based on what we like. Try to encourage your child to look at a range of different resources to learn and access new information.

Reporting hoaxes, scams and online challenges

If you or your child comes across a hoax, scam or risky online challenge you should report it directly to the platform to try and get it removed. Find more information on reporting here.

If you or your child has been scammed online you should report it to [Action Fraud](#).



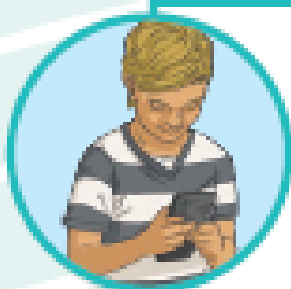
Age Restrictions for Social Media Platforms

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



How to Stay



Safe Online

Keeping Safe Online : misinformation, hoaxes, misogyny and the manosphere

The NSPCC is a fantastic source of information for parents and you may find these pages helpful in advising you regarding online safety. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/fake-news/>

Go here for great advice on how to navigate the world of social media

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

And see *Educate Against Hate's* list of radicalisation indicators below

Indicators

There is no single route to radicalisation. However, there are some behavioural traits that could indicate a child has been exposed to radicalising influences. For example:

- Beginning to isolate themselves from family and friends
- Becoming increasingly argumentative
- Legitimising the use of violence to defend ideology or cause
- Unwilling to engage with and becoming abusive towards individuals who are different
- Embracing conspiracy theories
- Feeling persecuted
- Changing friends and appearance and distancing themselves from old friends
- Producing or sharing terrorist material offline or online
- Being secretive and reluctant to discuss their whereabouts
- Being sympathetic to extremist ideologies and groups
- Drawing and graffitiing extremist symbols and imagery



The Online Space

With the growth of the internet, social media, gaming platforms, and chat platforms, extremist individuals and groups have taken up this opportunity to radicalise and recruit others in the online space.

It's important that you're aware of your child's online activity and digital footprint, and that you can support them in developing critical thinking skills that will allow them to build up their resilience to radicalisation and extremist content.

Some possible indicators that a young person has been or is being radicalised online include:

- Accessing extremist content online
- Joining or trying to join an extremist group or organisation
- Changing their online identity
- Being sympathetic to extremist ideologies and groups



It is important to remember that the above is not an exhaustive list of indicators of radicalisation and evidence of these behaviours may not necessarily indicate that a young person is being or has been radicalised. If your child is displaying any of these behaviours and you believe it is a cause for concern you should try to discuss this with your child, or seek support from one of the avenues detailed at the end of this resource.

The Children's Society has an excellent resource on how to advise young people when they encounter misogyny and the manosphere

<https://www.childrensociety.org.uk/what-we-do/blogs/protecting-children-from-misogyny-manosphere>

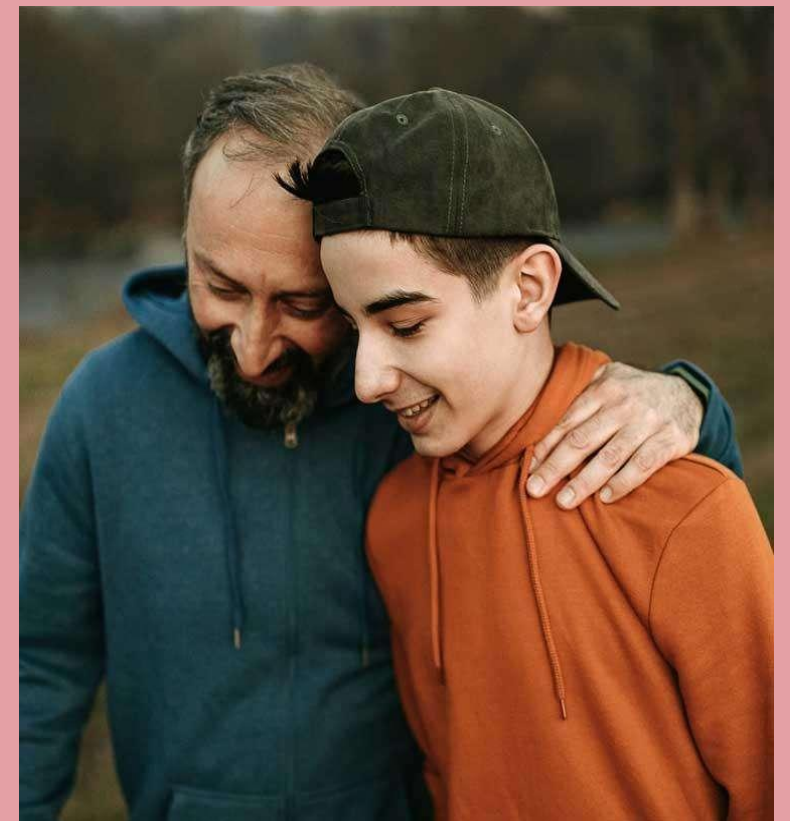
Protecting young people from misogyny and the manosphere

With online harassment becoming real-world violence, even harmful comments have deeper consequences for both boys and girls. Manosphere, red-pill, incel – you might've heard of these terms. Here, we break down the terminology, and some of the risks to young people. Learn what parents and carers can look out for to keep young people safe.

63%
of young men watch masculinity influencers

1/3
of Gen Z men and boys think a wife should obey her husband

1 in 6
6 to 15-year-old boys have a positive opinion of Andrew Tate



A sense of belonging

Young people need connection and safe spaces to be themselves without feeling judged, rejected, or outcast. With positive influences and early education, children begin to develop a more certain sense of themselves and the world around them, making them less susceptible to harmful rhetorics like those of the manosphere and able to challenge sexism when they see it.

Misogyny isn't new, the reach of sexist influencers is

The 'manosphere,' consisting of misogynist ideas spread through online spaces, has exposed many people - boys, men, girls, women - to negative attitudes towards women and girls. It can cause them to adopt hostile views, sometimes acting upon them.

Such influencers objectify women and girls, use dehumanising, traditional language, and paint them as inferior, for example belonging in the kitchen and only capable of motherhood, while also promoting the idea that men are oppressed victims of feminism.

Representing women as weak and manipulative can convince boys that men must always be in control, so they begin to find their worth and masculinity tied to dominating women.

This can escalate into physical and sexual violence against women and girls (VAWG) when their views become extremely distorted.

Why do these narratives appeal to young boys?

When teenagers are struggling with their identity and uncertainties, the manosphere appears to offer answers. Masculinity influencers provide a sense of belonging where boys otherwise lack it, usually fixating on appearance, wealth, and sex.

These online spaces build on algorithms feeding harmful content to young people - what may begin as ironic jokes can quickly become deeply rooted sexism. This can keep them stuck in an echo chamber of misogynistic views.

Boys may be vulnerable, feeling insecure about their appearance, being exposed to domestic violence or abuse, or being bullied. These are exploited by the influencers to validate misogynistic ideas, and in some cases manipulate them into taking real-world, extreme actions.

"Children who harm others are often experiencing significant hurt themselves. Behaviour is usually the final expression of an unmet need: negative thoughts develop into difficult emotions, which can present as harmful or concerning behaviour.

We found that for children who have been victims of domestic abuse, their sense of physical and emotional safety has been eroded. Safety is a fundamental human need, and when it is compromised over a prolonged period, it can lead to insecure or disrupted attachments with the adults who should be their source of stability." - Gabrielle Ernest, Operations Manager at Resolve@

2/3

of young men feel that 'No one really knows me'

48%

of incel participants recorded very high levels of loneliness

54%

of boys think boys have it harder than girls today

Terms to look out for:

- **Manosphere**
- **Incel**
- **Red pill**
- **Pick-up artist**
- **Foid**
- **Alpha**
- **Looksmaxing**

How does this harm girls?

As the manosphere normalises misogyny, boys exposed to this content are more likely to objectify women and justify harmful behaviours towards them. This can escalate from verbal threats or online harassment to stalking and physical or sexual assault.

This creates an unsafe environment for women and girls to exist in – in schools, the workplace, and the streets. Not only do these behaviours increase physical dangers for women and girls, but also anxiety, paranoia, and depression around regular occurrences in daily life.

As misogynist views spread, they also risk dismantling progress on gender equality - from policies on harassment to pay gaps and reproductive rights.

The government have named VAWG as a national emergency that deserves a whole-of-society response, focusing on early intervention.

58%

of girls and young women have experienced some form of online harassment

UK girls

reported consistently lower happiness relative to boys

Around 1 in 8

women were victims of sexual assault, domestic abuse or stalking

37%

of female students at mixed sex schools have personally experienced some form of sexual harassment at school



How does this harm boys?

In promoting dominance as masculine, the manosphere shuns feelings and vulnerabilities as feminine and inferior.

This leads to boys feeling shame about seeking mental health support or disclosing abuse. Many people assume girls are the most common targets of sexual abuse and exploitation, which leaves boys being abused going unnoticed. Boys are often worried about opening up, scared that they may be ridiculed or labelled as weak.

If they deeply embed themselves into these communities, boys are at risk of internalising extreme messaging, which can result in condoning, even encouraging, violence against women and girls.



Importance of early support

Research suggests that children's attitudes towards gender are [fully formed by age 7](#). Early support and education are crucial in tackling misogyny and the ideas circulated in the manosphere at its roots.

Digital literacy is especially important in these areas, as the manosphere is built upon misinformation. Teaching young people to think critically, question the sources of the information they consume, and challenge generalisations, will reduce the risk of harm.

What can you do?

Create an open dialogue with your child. Take an interest in their interests and remain curious about the content they consume. Check in regularly and let them know you'll always lend an unjudgmental ear.

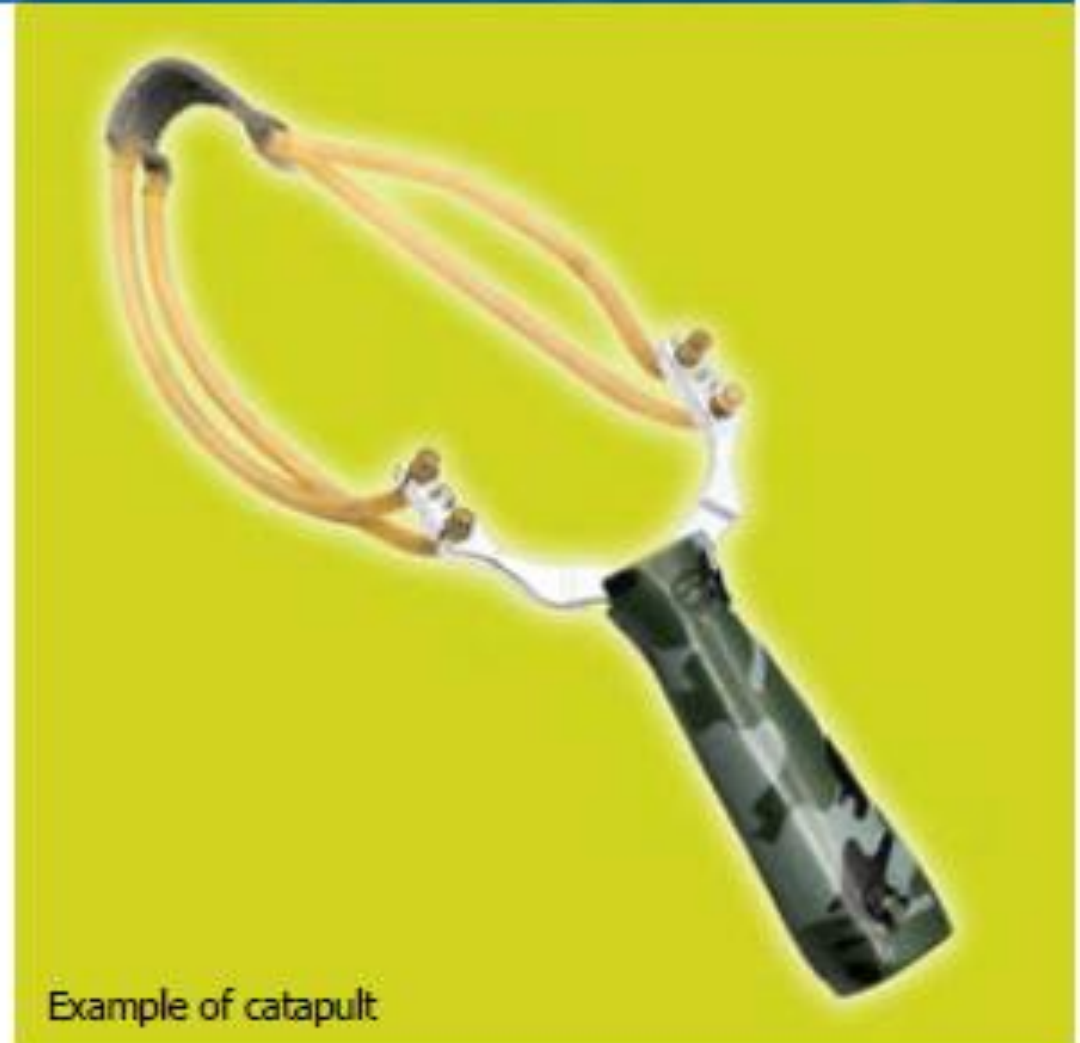
Be a positive role model. Show that you are willing to understand and support them whenever they need it. Helping your child feel heard will reduce the risk of them seeking solace elsewhere.

Author: [Aisha Khan](#)

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**.



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   



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



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