

Sixth Form



Preparing for Success

Keeping safe in Sixth Form



Child Protection and Safeguarding

Ravens Wood School is committed to safeguarding and promoting the welfare of children and young people. The school will ensure that all staff have updated knowledge about safeguarding so that we can:

- establish and maintain an environment where students feel secure, able to talk, and are listened to
- ensure students know there are adults in the school whom they can approach if they are worried
- include opportunities in the Curriculum, Tutor Time, Assemblies and other activities so that all students develop the skills to recognise and stay safe

We follow the procedures set out by the Bromley Safeguarding Children Board and the London Safeguarding Children Board and take account of guidance issued by the Department for Education:



- The Designated Safeguarding Lead for child protection is **Mr French**; Assistant Headteacher; mjf@rws.uk.net



- The Deputy Designated Safeguarding lead for child protection is **Miss McKenzie**; mmc@rws.uk.net

Please access the following link for more safeguarding information and useful links to other organisations and services to support with safeguarding:

<https://www.ravenswood.bromley.sch.uk/about-us/child-protection-and-safeguarding/>

Emotional Health and Wellbeing

At Ravens Wood School we understand that there may be times when students need some support in managing new and often difficult situations. Sixth Form students may experience stress and anxiety for a number of reasons at different times during the school year. There a number of options available as follows:

- speak to your form tutor or a member of the Sixth Form Team
- talk to a trusted friend and parents/carers – often a problem becomes less severe when shared
- check the school website for links to a range of services and agencies
- speak to a member of the safeguarding team – Mr French (Designated Safeguarding Lead)
- email talk@rws.uk.net

As a starting point the following services can provide Sixth Form students with support, advice and guidance:



An NHS online counselling service to support their emotional well-being. This

is a free, safe and anonymous online support for young people.
www.kooth.com



A UK charity focussed on working with young people to improve their mental health.

<https://youngminds.org.uk>



Offer confidential advice for those affected by anxiety, stress and anxiety based depression.

<https://www.anxietyuk.org.uk/>



Provides a counselling service for those suffering from anxiety and panic attacks.

<https://www.nopanic.org.uk/>



Who can use Athena? Women and girls aged over 13. Men aged 16 or older. <https://www.refuge.org.uk/>

Sexual Health

The laws on sex and sexual behaviour are designed to keep everyone safe – especially the young and other vulnerable groups. Everyone has the right to be safe in their relationships, and free from physical or verbal violence or intimidation. At Ravens Wood all students will receive information, advice and guidance on sexual health in conjunction with **Bromley Healthcare** who will deliver assemblies and offer one to one advice to students.

Confidentiality

Any competent young person in the United Kingdom can consent to medical, surgical or nursing treatment, including contraception and sexual and reproductive health. They are said to be competent if they are capable of fully understanding the nature and possible consequences of the treatment.

Consent from parents is not legally necessary, although involvement of parents/carers is encouraged. Young people are owed the same duties of care and confidentiality as adults. Confidentiality may only be broken when the health, safety or welfare of the young person is considered to be at grave risk.

Useful Links:

 Sexual Health Bromley NHS

A wide variety of information and guidance on sexual health:
<https://sexualhealthbromley.co.uk/>

 Sexwise

Advice on contraception, pregnancy and STIs:
<https://www.sexwise.fpa.org.uk/>

Drugs and Alcohol

Substance misuse is one of the most common and yet preventable risks to a young person's health and development. All drugs have the potential to cause harm some can be addictive and using drugs in combination can increase risk.

Alcohol and tobacco are strongly addictive; both legal and illegal drugs and their use amongst teenagers and young adults is widespread. Illegal drugs include cannabis, cocaine, ecstasy and heroin. Teenagers are likely to experiment, test boundaries and take risks. Smoking, drinking and trying drugs is one of the most common ways in which young people do this.

At Ravens Wood School, no alcohol or drugs are allowed on site. As part of our commitment to safeguard our students, **bag searches will be carried out randomly during the school year by school staff and our police liaison team.** Students, parents and carers can access information, support and guidance as follows:

YOUNGMINDS

www.youngminds.org.uk

addaction

Provides information on treatment services for young people, adults and families with problems with drugs and alcohol:

www.addaction.org.uk

drinkaware

Helps reduce alcohol-related harm by helping people make better choices about their drinking: www.drinkaware.co.uk

THC Vapes and Edibles

THC vapes and cannabis edibles are illegal in the UK. These are prohibited items to bring onto the school grounds.

THC oil is a sticky thick, yellowy brown liquid which comes from the cannabis plant; it is a chemical that give the 'high' effect and it is illegal in the UK. Vaping THC will have a similar effect to using cannabis and can severely affect your mood and development. Edibles are food products that may contain cannabis, these could be sweets, gummies and lollipops. They usually contain – or are marketed as containing – a number of chemicals, many of which are harmful and controlled under the Misuse of Drugs Act. There is no quality control of these products and therefore the effects of consuming these are unpredictable.

The effects of cannabis use (in any form) can include the increased risk of:

- delusions
- hallucinations
- a risk of schizophrenia
- anxiety and paranoia
- mood swings
- it can affect your fertility

Useful links:

<https://www.nhs.uk/live-well/healthy-body/cannabis-the-facts/>

FRANK

[Cannabis edibles – always risky, sometimes dangerous | FRANK \(talktofrank.com\)](#)



[Bromley Changes Young People's Drug & Alcohol Services | Change Grow Live](#)

Vaping

Nicotine vaping is substantially less harmful than smoking – however, it is not risk-free. Vaping is not for children and young people, whose developing lungs and brains are more sensitive to its effects. That's why there's a minimum age of sale for vaping products in the UK.

- vaping is a way for adults to stop smoking – not something for non-smokers, especially children and young people to try
- vaping is less harmful than smoking, but that does not mean it is harmless
- vaping exposes users to toxins and we do not yet know what the risks might be in the longer term
- most vapes contain nicotine, which is an addictive substance that can be hard to stop using once you have started
- nicotine is riskier for young people than for adults, as evidence suggests the developing brain is more sensitive to its addictive effects
- 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
- some disposable vapes on sale are illegal and do not meet UK safety regulations. They can contain high levels of harmful substances.

Students, parents and carers can access more information, support and guidance from the following:



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[Vapes | FRANK \(talktofrank.com\)](https://talktofrank.com)



smokefreeteen

[Quit Vaping | Smokefree Teen](#)

Road Safety

Young drivers are vulnerable as they are less experienced and subsequently tend to have more accidents than older, more experienced drivers. Statistics show that one in five young drivers' crash within one year of passing their test. Getting the correct training, before and after taking your driving test, can reduce the chances of being involved in a crash.

Many of our students will become new drivers while they are in the Sixth Form. At Ravens Wood a series of assemblies and workshops, bespoke to Year 12 and Year 13, are delivered as part of our commitment to ensure our students are safe on the road.

The local community is important to us and students are reminded to:

- ✓ always drive within the speed limit
- ✓ accelerate at an appropriate speed
- ✓ park sensibly without blocking driveways or obstructing other cars
- ✓ always wear a seatbelt and ensure all passengers are wearing seatbelts
- ✓ play music at an appropriate volume to avoid disturbing residents
- ✓ Students' cars are not permitted on site

For more information please visit:



https://www.bromley.gov.uk/info/200082/road_safety

Online Safety

Social media, like all forms of public communication, comes with some risks. Helping students understand what the risks are can help prevent them from turning into problems.

Understand the risks students may need to deal with:

What they could see or do:	Who they might meet:
<ul style="list-style-type: none"> • Seeing or sharing of violent, sexual and pornographic content • Inaccurate or false information and extreme views • Promotion of harmful behaviours including self-harm, anorexia and suicide • Over-sharing of personal information • Actively or unintentionally getting involved in bullying or hurtful behaviour 	<ul style="list-style-type: none"> • People who might bully, intimidate or frighten • People posing behind fake profiles for: <ul style="list-style-type: none"> ▪ Mischief-making ▪ Sexual grooming and stalking ▪ Grooming for county lines ▪ Blackmail and extortion ▪ Identify theft and hacking

<p>How this could affect them / what to recognise:</p> <ul style="list-style-type: none"> • Fear of missing out leading to excessive use or exaggeration • Getting upset by things they have seen and being uncertain about what to do • Engaging, or being pressured into engaging in more risky behaviour either by accident or by design • Developing unrealistic, and perhaps depressing ideals of body image and gender • Becoming subject to peer pressure or interactions that are intense or too difficult to handle • Creating an online reputation that may create problems for them in the future

Online Safety Information Links:

www.childnet.com/sns

www.internetmatters.org

www.nspcc.org.uk/onlinesafety

www.parentzone.org.uk

To make a report:

Online grooming or sexual behaviour: CEOP: www.ceop.police.uk

Sexual or obscene content: the Internet Watch Foundation:

www.iwf.org.uk

Rape Culture and Consent

The word 'rape' can be a scary one. It is controversial. It is at its core a word for the most horrific of acts, yet it's also thrown around casually as a threat or a joke. So why do we use the term rape culture? Well, although rape is a consequence of a 'rape culture', rape culture as a concept isn't purely about the specific act of rape. Instead, rape culture includes all the ways that different forms of aggressive and violent sexual behaviour are normalised, encouraged and even admired by society. A rape culture exists when sexual violence is condoned and normalised through societal attitudes, actions and structures. We ALL play our part in this.

Consent means agreeing to do something. Sexual consent means actively agreeing to take part in a sexual activity. This might be touching, kissing, oral sex or penetrative sex.

If you want help about any of the issues raised or you are worried about consent or sexual violence in any way you can contact the following:

- Call 999 if you are in danger or need urgent help
- Tell a trusted adult – for example a relative or a teacher
- Email talk@rws.uk.net and this is checked daily by the safeguarding team
- Samaritans – call on 116 123 or visit www.samaritans.org
- Text SHOUT to 85258



If you are **worried about something or someone**, you can email us at talk@rws.uk.net

The **email account is checked daily**, so if you have an urgent concern speak to a member of staff or email talk@rws.uk.net

STOP@RWS.UK.NET

STOP RACISM
STOP SEXISM
STOP HOMOPHOBIA
STOP BULLYING
STOP HARRASSMENT
STOP PREJUDICE
STOP ABUSE

DISCRIMINATION OR ABUSE OF ANY KIND IS NOT TOLERATED AT RAVENS WOOD SCHOOL

RAVENS WOOD SCHOOL

STOP@RWS.UK.NET

Sexual harrassment is:
~~just boys being boys~~
~~not worth reporting~~
~~no big deal~~
never acceptable

If somebody has made you feel uncomfortable, you should let us know so we can follow it up for you. Speak to a member of staff or email us at STOP@RWS.UK.NET

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