Safeguarding Newsletter

November 2026

Supporting your teenager: Staying Safe, Healthy and Connected

As young people grow into teenagers, they become more independent and spend increasing amounts of time with friends and online. These experiences bring many positive opportunities, but they can also create new safeguarding challenges.

Our safeguarding team would like to share some practical advice to help parents and carers support their teenagers and keep communication open.

Online Safety



Teenagers may spend a significant amount of time on social media, gaming platforms and messaging apps. Online friendships can feel just as important as face-to-face relationships.

Encourage your child to:

- Keep their social media accounts private where possible
- Think carefully before sharing photographs, videos or personal information
- Never share passwords or intimate images
- Be cautious about accepting friends or follow requests from people they do not know
- Remember that people online may not always be who they claim to be
- Tell a trusted adult if something online makes them feel uncomfortable, frightened or pressured
- Block and report anyone who behaves inappropriately



A useful conversation starter:
‘Have you seen anything online recently that made you feel uncomfortable or confused?’



Healthy Relationships

Teenagers are learning what healthy friendships and relationships look like.

Talk to your child about:

- Respect and consent
- Personal boundaries
- Controlling or possessive behaviour
- Pressure from friends or partners
- Recognising when a relationship is making them unhappy or frightened
- The importance of being able to say no



Remind them that **‘asking for help is not getting someone into trouble’**

Emotional Wellbeing

Teenagers can experience pressure from school, friendships, social media, relationships and expectations about their future.

Look out for changes such as:

- Becoming unusually withdrawn or secretive
- Significant changes in mood
- Changes in eating or sleeping
- Losing interest in activities they normally enjoy
- Avoiding school or friends
- Becoming increasingly anxious or upset
- Noticeable changes in their online behaviour



One conversation may not solve everything. Keeping communication open and letting your child know that they can talk to you without being judged immediately can make a real difference.

When should I be concerned?



Please do not ignore your instincts if you notice a significant change in your child's behaviour or circumstances.

You can speak to the school if you are concerned about:

- Bullying or harassment
- Online safety or inappropriate contact
- Exploitation or grooming
- Harmful sexual behaviour
- Domestic abuse
- Drugs or alcohol
- Missing episodes or unexplained absences
- Mental or emotional wellbeing
- Concerns about a friendship or relationship



Our Safeguarding Team

If you have a concern about your child's safety or wellbeing, please contact the school and ask to speak to a member of the Designated Safeguarding Team.

Our priority is to make sure every young person feels safe, listened to, respected and supported.

Useful Resources:
Childline: Free, confidential support for children and young people. Call 0800 1111 or visit childline.org.uk.
NSPCC: Advice and support about child protection. Call 0808 800 5000 or visit nspcc.org.uk.
CEOP Education: Advice and reporting support for online sexual abuse or exploitation. Visit ceopeducation.co.uk.
Internet Matters: Guidance for parents and carers on online safety. Visit internetmatters.org.
YoungMinds: Information and support for children's and young people's mental health. Visit youngminds.org.uk.
Samaritans: Confidential emotional support. Call 116 123 or visit samaritans.org.
Family Information Service: visit fis@hounslow.gov.uk
Emergency support: If someone is in immediate danger, call 999. For urgent medical help that is not life-threatening, call 111 or visit 111.nhs.uk.