

## Spring Term Safeguarding Newsletter

*Safeguarding, everyone's responsibility*

### Useful Contacts:

Designated Safeguarding Lead/Prevent Lead: Ms Walker [b.walker@fulwoodacademy.co.uk](mailto:b.walker@fulwoodacademy.co.uk)  
Safeguarding officer Miss Atkinson [l.atkinson@fulwoodacademy.co.uk](mailto:l.atkinson@fulwoodacademy.co.uk)  
Preston Safeguarding Hub: 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)  
Food banks: Salvation Army - 01772 555425, Luv Preston - 01772 298107 Noor Food Bank - 07921 887383 or 07764 432643

### Healthy Relationships: Advice and Support for Parents and Pupils

When young people start dating, it can be a difficult time for parents as you try to establish how much interest to take without coming across as interfering. Trying to strike this balance can be a juggling act as every parent wants to keep their teen safe when they embark into the world of relationships.

Building and maintaining healthy relationships is an essential part of life. Whether it's friendships, family bonds, or romantic relationships, understanding the key elements of respect, communication and boundaries is crucial for well-being. This newsletter provides guidance on fostering positive relationships and where to find support if needed.

### What Makes a Healthy Relationship?

Healthy relationships are built on:

- **Respect** – Treating each other with kindness and valuing differences.
- **Trust** – Feeling safe, secure, and confident in the relationship.
- **Honest Communication** – Expressing thoughts and feelings openly and listening without judgment.
- **Boundaries** – Understanding and respecting personal space and limits.
- **Support** – Being there for each other during both good and challenging times.

*Encouraging children and young people to develop these qualities in their friendships and relationships will help them navigate social situations with confidence and resilience.*

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Need more advice?



The website [familylives.org.uk](http://familylives.org.uk) is dedicated to supporting parents with parenting and family life worries. There is a range of support and advice on the website and they also have an online chat facility.

There are also a number of FREE self-guided online parenting course that help through the ages and stages of parenting – including supporting your child with healthy relationships.

To connect with experienced family support workers and highly trained volunteers:

Helpline number: 0808 800 2222

Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

WhatsApp: 07441 444125

If you would like any further support and / or advice regarding healthy relationships please contact the Designated Safeguarding Lead, Ms Walker, to discuss.

### Advice for Parents

- **Model Positive Relationships** – Show your child what a healthy relationship looks like through your own interactions with family, friends and colleagues.
- **Encourage Open Conversations** – Create a safe space where your child feels comfortable discussing their feelings and experiences.
- **Teach About Boundaries** – Help your child understand the importance of setting and respecting personal boundaries.
- **Recognize Warning Signs** – Be aware of changes in behaviour that might indicate unhealthy relationships, such as withdrawal, low self-esteem, or distress.
- **Support Their Independence** – Encourage children to develop their own friendships and decision-making skills while providing guidance when needed.

### Advice for Pupils

- **Be Kind and Respectful** – Treat others the way you would like to be treated.
- **Speak Up if Something Feels Wrong** – Trust your instincts and talk to a trusted adult if you feel uncomfortable in any relationship.
- **Choose Friends Who Support You** – Surround yourself with people who uplift and encourage you.
- **Know Your Worth** – Remember that you deserve to be treated with respect and kindness in all your relationships.
- **Ask for Help When Needed** – Don't hesitate to seek support if you are experiencing issues in a friendship or relationship.

### Healthy Relationship Checklist

In a healthy relationship both partners treat each other with respect. You could encourage your teen to answer the following questions honestly to work out if the relationship they are in is healthy. Is/Does your partner:

- Willing to compromise
- Let you feel comfortable being yourself
- Admit to being wrong
- Not jealous or possessive
- Not try to control what you wear, where you go or what you do
- Not physically hurt you
- Not emotionally hurt you (by calling you names, threatening you, making you feel bad)
- Tries to resolve arguments and conflict by talking honestly
- Enable you to feel safe being with them
- Respects your feelings, your opinions and your friends
- Accept you saying no to things you don't want to do (like sex)
- Accept you changing your mind
- Respect your wishes if you want to end the relationship

If they have answered 'no' to any of these questions, **they could be in an abusive relationship** and you may want to give them the necessary support they need to empower them to make positive decisions for themselves.

### Where to Find Support

If you or someone you know needs support with relationships, here are some helpful resources:

- **Childline (0800 1111)** – Confidential support for young people on any issue.
- **NSPCC** – Guidance on staying safe and understanding healthy relationships.
- **YoungMinds** – Mental health support for children and young people.
- **Family Support Services** – One Stop, Ribbleton.