

Safeguarding Newsletter

January 2026

Important Information on Online Safety & AI

As we navigate the digital age, it's essential to keep our children safe online. We would like to draw your attention to the 4 Cs of online safety: Content, Contact, Conduct, and Commerce, which are particularly relevant in light of growing concerns around AI risks and online behaviours.

Content: Anything shared online, including words, images, and videos. Unfortunately, children may come across illegal, inappropriate, or harmful content, including pornography, fake news, racism, and more. It's crucial to talk to our kids about the types of content that could be harmful and how to recognise it.

Contact: This emphasises the risks of online interactions. Our young people may face peer pressure or encounter inappropriate advertisements. It is important to remind them that some adults might pose as peers with malicious intentions, potentially leading to grooming or exploitation.

Conduct: Conduct relates to behaviour on the internet. Certain online interactions can lead to harmful situations, such as cyberbullying or the sharing of explicit images. Open discussions about respectful online behaviour can empower our children to navigate the online world safely.

Commerce: Finally, commerce addresses potential financial risks young people may encounter, such as online gambling, misleading advertisements, and scams. Awareness of these dangers is vital to protect our children's financial well-being.

We encourage you to have ongoing conversations with your children about these topics. Together, we can create a safer online environment for our young ones.

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Your safeguarding Team



Darren Jackson
Operations Director (Education)



Rebecca Shaw
Head Teacher
DSL



Emily Pearson
Deputy Headteacher
DDSL



Amy Tucker
Curriculum Lead
DDSL

Puberty and learning disabilities

NSPCC Learning has updated its resources on navigating puberty and sexual development for children and young people who have a learning disability. The resources include a guide for parents on navigating puberty, and a series of symbolised booklets exploring bodies and behaviours. New content includes a guide for parents and carers on humping and thrusting behaviour to help them understand and respond to this behaviour in a supportive, non-shaming and proactive way.

Access the resources: [Navigating puberty and sexual development](#)
Download the strategy and supporting documents: [Child poverty strategy](#)

Online safety

Internet Matters has published a briefing on the differences between girls' and boys' online experiences. The report draws on data from Internet Matters' annual UK survey of 1,000 9-to-16-year-olds and their parents. Key findings include: boys' and girls' online activity is becoming more similar, as they spend the same amount of time on activities including chatting to friends and browsing social media; both genders are broadly positive about their time online; 69% of girls and 66% of boys report having at least one negative online experience; girls are more likely to be contacted by strangers and to receive abusive and upsetting messages from people they know; and while girls are more likely to speak to someone when they experience harm online, boys are more likely to take steps on the platform on which harm is encountered. Recommendations to government include: mandate robust age assurance; and support schools and teachers in delivering media and digital literacy.

Read the report: [The gender gap: understanding and responding to girls' and boys' online experiences](#)

Sex and relationships education

The NSPCC's Talk Relationships service is holding a free webinar on involving young people in the delivery of sex and relationships education. The webinar will cover the importance of youth voice as part of a whole-school approach and practical information on implementing youth voice in secondary education settings. The webinar will take place online on 12 February 2026 at 4pm.

Register for the webinar: [Youth voice in sex and relationships education, NSPCC Talk Relationships \(MS Forms\)](#)

Contact Details

Rebecca Shaw, Head Teacher
rshaw@phoenixschools.org.uk

Emily Pearson, Deputy Head for Primary
epearson@phoenixschools.org.uk

Amy Tucker Curriculum Lead
atucker@phoenixschools.org.uk