



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

Designated Safeguarding Lead:

Mrs V Prowle



Deputy Designated Safeguarding Leads:



Mr C Pickard Miss N Chinnery

School Safeguarding Governors:

Mr L Donohoe

All can be contacted via the office or by telephone on:
01582 728262

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):



Dear Mums, Dads and Carers,

May is Mental Health Awareness month and so this half term's issue focuses on mental health and anxiety in children and how we can work together to support them. Studies show that children and teens are more stressed today than ever before.

This is particularly relevant when we consider that the Y6 SATs are almost upon us, end of year assessments will soon be happening across the school and all of the children will be moving on to new classes or schools in a few short weeks.

At Putteridge, we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood.

Following the publicity around the Netflix show Adolescence and how it's brought the dark online world of misogyny and the manosphere into sharp focus. I have also included lots of information about this which I hope you find useful.

Mrs V Prowle (Designated Safeguarding Lead)

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

☎: 01582 547653

Out of Hours service: 0300 300 8123

✉ MASH@luton.gov.uk

Or make an online referral via the website:

https://directory.luton.gov.uk/kb5/luton/directory/service.page?id=aJZE_O SgZfQ

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CaIN: Child in Need

FPT: Family Partnership Team

TAF: Team Around the Family

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

CAMHS: Child and Adolescent Mental Health Services

CHUMS: Mental Health and Wellbeing Service

SEND: Special Educational Needs & Disabilities



Assessment Week

The combined pressures of schoolwork, assessments, social-life, sports or other activities, plus lots of screen time have resulted in much higher levels of stress and anxiety among young people.

We can never completely eliminate stress for our children, in fact shielding them from the difficulties of life won't do them any favours. It's far more powerful to raise a resilient child who can bounce back from challenges and maintain a positive mindset. With the SATs for Y6 before half term and end of year assessments coming up for all other children, it's important to be prepared for any worries your child may express.

Since stress is a natural part of life, your goal is to teach your child healthy strategies for *cop*ing with it. You can start by following the five steps below:

STEP 1 REFRAME STRESS

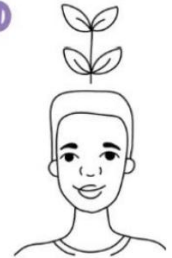
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset.

Some level of stress is beneficial and presents opportunities for growth.



STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



STEP 3 STOP CATASTROPHIC THINKING

Do the **worst case scenario exercise**. Ask your child, "What's the worst thing that could happen?"

Caution: do not dismiss their worry!



STEP 4 PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



Ten more ideas proven to help anxious children:



Quiet Hugs: Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety so sitting quietly with lots of cuddles and empathising can often work better.

See your calm space: Remember a time when you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.



5x5 Grounding: See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.

Draw your anxiety: Draw a picture of what you are worried about.



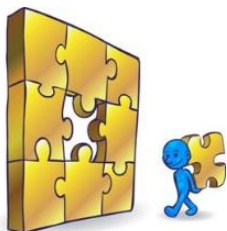
Blow bubbles: Research has shown that taking 10 deep breaths resets the automatic nervous system and helps to calm the amygdala in the brain. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or a straw and balled up paper offer other ways to do the same.

Pet a furry friend: Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10-15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.



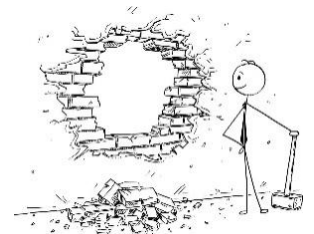
Jumping Jacks: Anxiety often causes shallow breathing. Asking your child to do an exercise forces them to take deep breaths that can reset the anxious feelings.

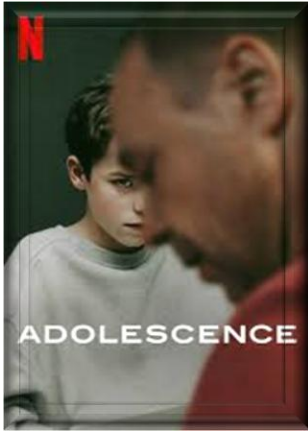
Remember past success: Encourage your child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it may be hard.



Problem solve the fear: Help your child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst, can help calm the fear.

Destroy the worry: Have your child write their anxiety on a piece of paper, then tear it up and throw it away.





The Netflix mini-series 'Adolescence' has sparked widespread discussions about the online spaces young people navigate, particularly the rise of the 'manosphere' and its influence on teenage boys.

The series shows how social media, online platforms and gaming forums can expose young boys and men to communities promoting extreme views of masculinity, relationships and gender roles. Although parts of these spaces focus on ideas of self-improvement and fitness, many dip in to misogyny, anti-feminism and toxic masculinity, often cloaking their messages as 'truths' about dating and society.

Parents and educators need to understand how young people engage with these ideologies as they can present as innocent and harmless initially. Young boys might start encountering manosphere content on sites like TikTok, Reddit, Discord and

YouTube where influencers such as Andrew Tate and use humour, memes and motivational-sounding language to make their opinions and beliefs feel empowering or, in some cases, enlightened. Consequently, teenagers are likely to take on these beliefs, not realising the bias or potential harm which lies behind them.

In one scene of the drama, the son of the detective tried to explain the meaning of the emojis used in online comments on Instagram. This key scene brings to light the world of the Incel – a deep manosphere of misogynistic subculture. The conversation reveals this hidden world of communication unknown by most adults.

Coded emojis are used to reinforce certain beliefs, mock opposing views and signal allegiance to these online communities. The symbols frequently appear in memes, comment sections and group chats, making it difficult for adults to recognise when a young person is actively engaging with manosphere ideologies.

The guide below explores common manosphere emojis and explains their meanings within its culture. By understanding these symbols we, as parents and educators, can identify online influences shaping young people's attitudes and promote open, informed conversations about digital literacy, gender equality and critical thinking in the online world.

As 'Adolescence' so powerfully depicts, teenagers are highly susceptible to online influence, particularly when seeking answers about identity, relationships and belonging. The manosphere's appeal lies in its simplistic, rule-based explanations for complex social issues, making it easy for young men to absorb its ideas without questioning their validity.







Understanding the symbols and language used in these spaces is not about policing how young people communicate but about guiding them towards balanced views and ensuring they are not drawn into extreme or harmful ideologies. By remaining informed and pro-active, parents and educators can help young people navigate online spaces safely while fostering respectful, healthy and inclusive attitudes in the real world.

Sara Spinks






SSS Author and Former Headteacher

Taken from [ssslearning.co.uk](https://www.ssslearning.co.uk) (Online Safeguarding and Duty of Care)






General Manosphere Emojis

	Flexed Biceps	Stands for being a strong dominant man, often linked to gym culture and the idea of being a 'high-status' man.
	Fire	Used to praise someone for agreeing with manosphere beliefs or sharing an opinion that supports them.
	Red Circle	Symbolises 'red pill' thinking – the idea that men need to 'wake up' to what they see as an unfair system working against them.
	Black Circle	Represents 'black pill' beliefs which say that men who aren't naturally attractive have no real chance in dating.
	Skull	Used to show extreme hopelessness, especially in incel groups, suggesting they've given up on dating.
	Cold Face	Shows emotional detachment, often linked to the idea that men should be tough and avoid showing feelings




Women and Dating

	Crown	Used to show dominance, often linked to the idea that 'men are kings'. Sometimes used to mock men seen as too submissive to women.
	Gorilla	Represents extreme masculinity, sometimes used jokingly to suggest raw strength and dominance.
	Snake	Used to insult men who support feminism or gender equality, calling them traitors.
	Money Bag	Stands for the belief that wealth equals power and makes a man more attractive to women.
	Upside down face	Used sarcastically to mock feminist views or men who don't follow manosphere beliefs.





Gender and Relationships

	Dress / High Heel	Used to refer to women in a stereotypical or objectifying way
	Cat Face / Cat	Used as an insult towards women, sometimes implying they are lonely or undesirable
	Wilted Flower	Suggests a woman is 'past her prime', often used to criticise women over 30 in discussions about dating and relationships
	Baby Bottle	Used to mock men who are seen as too emotional or dependent on women, often calling them 'weak' or 'beta males'.
	Unicorn	Represents the idea of a 'perfect' woman – someone who is submissive, young and 'pure', according to manosphere beliefs.

Mocking and Insults

	Clown Face	Used to make fun of men who are seen as overly supportive of women, feminism or progressive ideas.
	Monkey Face	An insult aimed at men who are considered weak or who follow mainstream beliefs without questioning them.
	Clown Face & World	Suggests that society has become ridiculous or 'broken' because of feminism and progressive values.

Red Pill and Incel Terms

	Hot Pepper	Sometimes used to describe an attractive woman, but often with a negative meaning, suggesting she is manipulative or dangerous.
	Puzzle Piece	Refers to trying to 'figure out' women or understand dating like it's a code to crack
	Rocket	Symbolises rising in status, wealth or power.
	Wolf	Represents 'lone wolf' masculinity – rejecting mainstream dating and focusing on independence.

More about Incels and Misogynist Ideology

What is misogyny?

Misogyny is a form of hate that targets women and girls. It is promoted in different forms in different communities both online and in the real world where influencers advocate that women should be treated as inferior. These communities blame women and feminists for all sorts of problems in society and many encourage resentment, or even hatred, towards women and girls.

There are four main groups:

- **Men's rights activists (MRAs)** advocate political change that will benefit men. Much of their activism consists of harassment and abuse towards feminists and female public figures.
- **Men going their own way (MGTOW)** argue that women are so toxic that men should avoid them altogether. Some MGTOW will date women but avoid anything serious like marriage, while others won't even be friends with women.
- **Pick-up artists (PUAs)** teach men strategies to be more successful in attracting women, many of which involve insulting women ('negging') or disregarding consent.
- **Involuntary Celibates (Incels)** believe they are entitled to a relationship with a woman but are unable to find a partner. **Multiple acts of extreme violence and even murder** have been attributed to this group.

Language to look out for:

There are several images, words and phrases that suggest someone is familiar with the manosphere such as:



Alpha male / Chad: an attractive, successful man desired by all women. Usually a white, straight male with Aryan features and other 'desirable physical traits. Chads are simultaneously despised and revered by incels.

Beta male / Cuck: an average man who has not yet taken the red pill and is inferior to the alpha male



Stacy: Stacys are the archetypal counterparts to Chads. They are described as beautiful, promiscuous women who can entice any man they choose but are only interested in Chads. This term is used to stereotype and dehumanise women.



Becky: The counterparts to Cucks. A Physically 'plain' woman. Wants to sleep with 'Chads'

Femoid/foid: 'female humanoid', mostly used by incels



Gynocentrism: the theory that society revolves around and is dominated by women

However, not everyone uses this sort of language. It is also important to look out for generalising statements made about women and men, such as making claims about how *all* women act or talking about women and men as if they are different species.

