



# **Year 9 Parent Information and Support Evening**

**Wednesday 9th October 2024**



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# Evening Structure

## Character Education and Safeguarding (Sextortion)

- Mr Beattie, Deputy Headteacher and DSL

## Mobile Phone Usage, Curriculum and Pastoral Care

- Mr McDonald, Pastoral Lead and Head of Year 9





# Character Education & Safeguarding (Sextortion)

*Mr Beattie*



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*Our aim at Ashlyns is to  
develop you for life -  
not just for school.*



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## The 3 Is

<b>INTEGRITY</b> (Moral)	<b>INCLUSIVITY</b> (Civic)	<b>INDEPENDENCE</b> (Performance & Intellectual)
Kindness	Open Mindedness	Self Regulation
Empathy	Service	Resilience
Respect	Community awareness	Curiosity
Courage	Friendliness	Creativity
Gratitude	Volunteering	Critical Thinking
Humility	Citizenship	Problem Solving





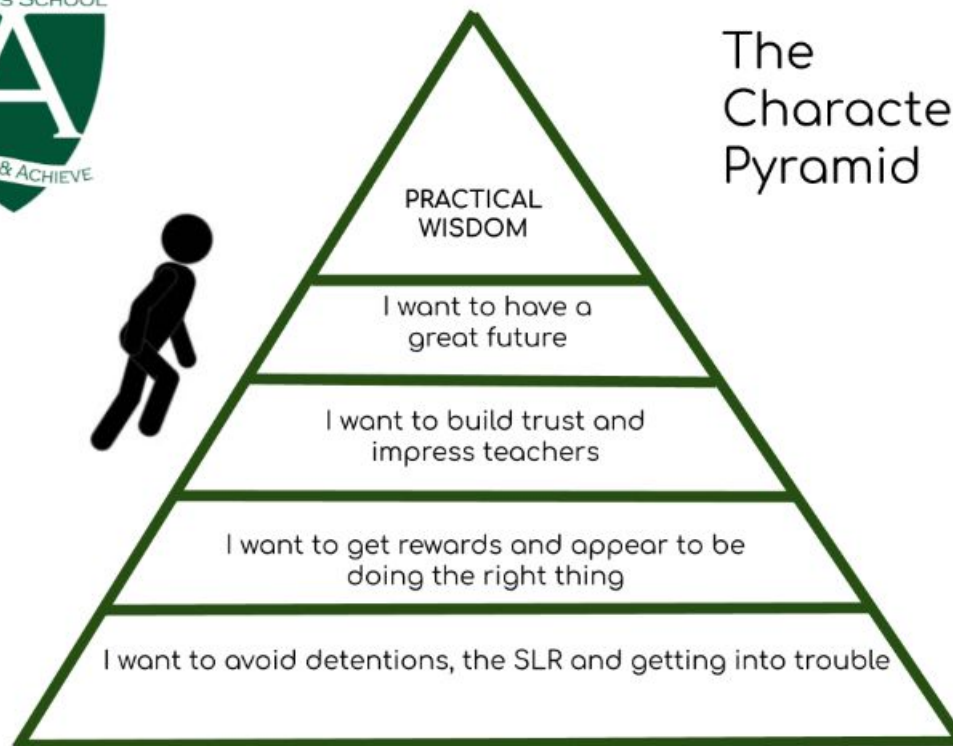
## Character Education

*Support children to make the right decisions,  
at the right time, for the right reasons.*

*Less about fear of sanction, but more about  
students doing the right thing because they  
believe it's the right thing to do.*







## The Character Pyramid

Intrinsic Motivation

Extrinsic Motivation

Practical wisdom is knowing what is good, right, or best, given a particular set of circumstances.

**INTEGRITY**

**INCLUSIVITY**

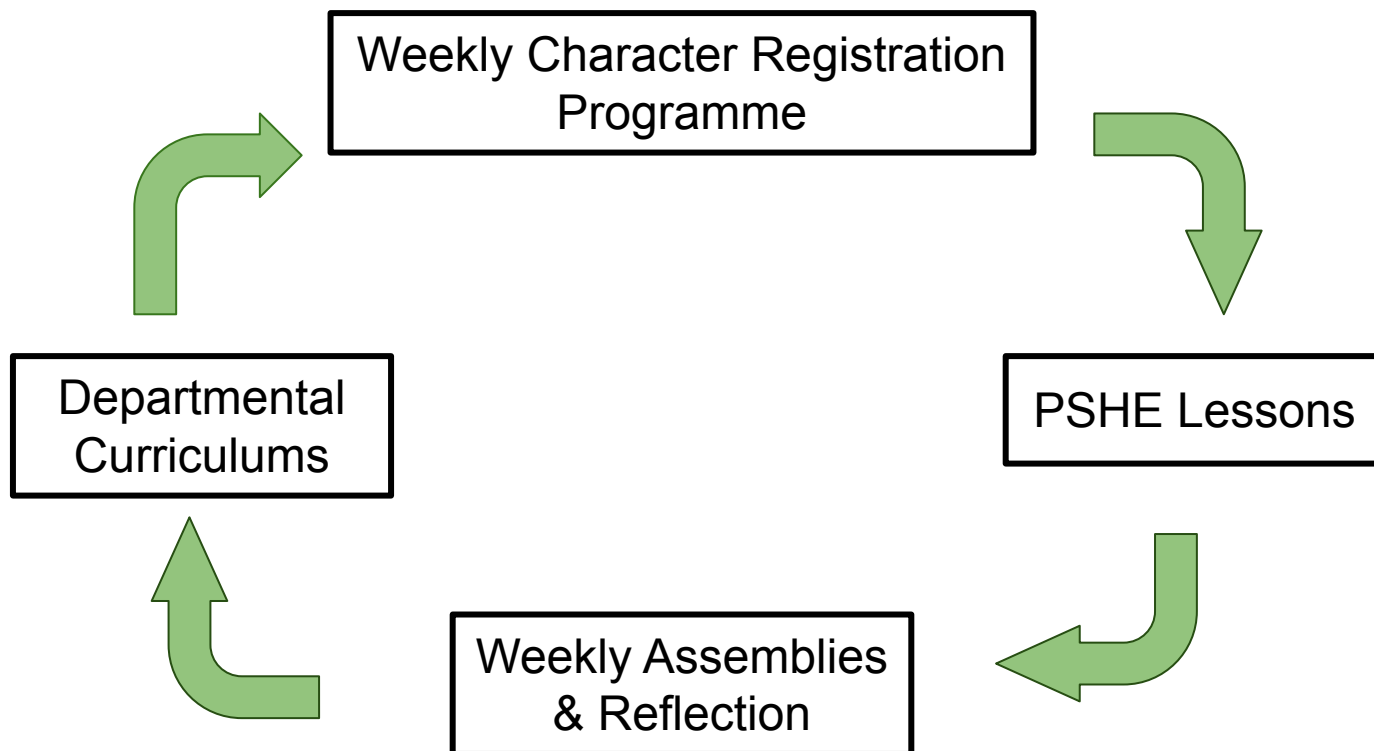
**INDEPENDENCE**



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# How are we teaching character?







# Safeguarding

Students can confidentially self refer to Safeguarding and Pastoral Support Officers using the tile on RM Unify or report incidents of Child-on-child abuse via the Equality tile.

Alongside this there are links on the tile to Sandbox, CEOP and Childline

Tutors, Safeguarding and Pastoral Support Officers and Heads of Year are always here to help. Students can also go to any member of staff with whom they feel more comfortable.



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# The Safeguarding Team

					
<b>Mrs Lea</b> Teacher of Inclusion	<b>Mr Khalil</b> Assistant Headteacher	<b>Mr Beattie</b> Deputy Headteacher	<b>Mrs Kirk</b> Deputy Headteacher	<b>Mr Roberts</b> Assistant Headteacher	<b>Ms Gaches</b> Head of Sixth Form
					
<b>Mrs Miles</b> Learning Mentor	<b>Mrs Bennett</b> Learning Mentor	<b>Mrs Burt</b> Learning Mentor	<b>Miss Vroomen</b> Second in Inclusion (Maternity Leave)	<b>Miss Collins</b> Learning Mentor	<b>Mrs J Shaw</b> Learning Mentor





# Nudes, Sexting and Online Safety

Making, possessing and distributing any imagery of someone under 18 which is “indecent” is **illegal**.

This includes imagery of yourself, if under 18.



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# Sextortion

**Sextortion' is the short name for 'financially motivated sexual extortion'. It is a type of online blackmail where criminals threaten to share sexual pictures, videos, or information about you. They may be trying to take money from you or forcing you to do something else you don't want to.**

**'Sextortion guides' sold on social media, BBC finds**



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# Sextortion

New data released today (23 August 2024) by the IWF shows:

Overall – in the first six months of 2024, **child sexual abuse reports** related to sexual extortion are **up 19%** compared to the same period in 2023.

**Victims are getting younger** – with a 25% increase in reports involving **14-15 year olds** compared to the previous year.

IWF analysts have even seen some children aged between 11 and 13 years old.

While **boys still make up the majority of victims**, there has been a **2,600% increase in reports involving girls**.



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# How can you help?

- Speak about what is **appropriate to share** and what not to, alongside the general dangers of sharing information
- Remind them to **think before they share**
- **Create an environment where they can speak to you about anything even if they have made a mistake. This way they report anything they see online**
- **Don't let embarrassment stop you.**

## Specific to sextortion:

- **Stop all communication** with the offender immediately.
- **Don't pay**, even if you are tempted, as there is no guarantee that this will stop the threats.
- Save the evidence:
- **make a note of usernames, email addresses, phone numbers and bank account numbers**
- **Collect URL links** to where your images or information is being shared online
- Most social media sites have rules against sharing intimate content without consent. **You should be able to get the material removed.**





# Sextortion - Parental reporting and support

You can **report** intimate image abuse to the police:

- [Online](#)
- by calling 101
- if you have a hearing or speech impairment, use our textphone service on 18001 101
- if you are under 18, you can report sextortion, or any other form of online child sexual abuse, to the [National Crime Agency's Child Exploitation and Online Protection \(CEOP\) Safety Centre](#)

[Report Remove](#) allows you to confidentially report sexual images and videos of yourself and get them removed from the internet.

[Childline](#) gives free, confidential support for young people under the age of 19.

[Young Minds](#) is a mental health charity for children and young people with 24 hours a day, seven days a week text support.

[Child Exploitation and Online Protection Command \(CEOP\) Education](#) gives advice for parents, children, and young people on staying safe from sexual abuse and online grooming





# Mobile Phone Usage

## *Mr McDonald*



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# LEADERS ACROSS THE WORLD ARE THINKING ABOUT HOW TO LEGISLATE TO PROTECT CHILDHOOD

Anthony Albanese has revealed how a nationwide age-based ban on social media accounts, including Snapchat, Instagram and Facebook, will work.

Education

Children's exposure to harmful online content a 'public health crisis', says Minister

Stronger laws may be needed to safeguard young people, according to Stephen Donnelly

France

France to trial ban on mobile phones at school for children under 15

'Digital pause' experiment at 200 secondary schools could be extended nationwide in



The Minister for Education is planning to trial a ban on mobile phones from all second-level schools in Ireland. Research which links use of devices to distraction and cyberbullying. Photograph by Barlow/PA Wire

Carl O'Brien

Planning of restricting mobile phone use that is intended to protect children's mental health

*California Schools Must Restrict Phones Under New Law Signed by Newsom*

Calls for crackdowns have mounted with reports of cyberbullying and studies indicating that smartphones are harmful to children's mental health.

Listen to this article · 4:43 min [Learn more](#) [Share full article](#)



Figures show that there is a mental health crisis among young people. Ministers believe social media is partly to blame  
GETTY IMAGES

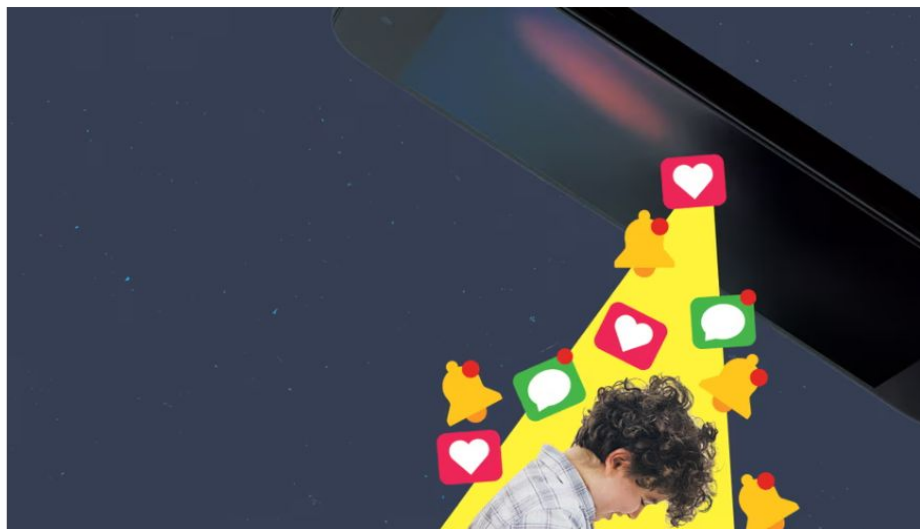


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**Only 3% of UK 12-year-olds don't have a smartphone. Here is how four of them feel about it**



**'It's not a solution for teen girls like me': Instagram's new under-18 rules met with skepticism**

Meta's changes include making teen accounts private and 'limiting sensitive content'. Many say it's not enough



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# Smartphones & Social Media



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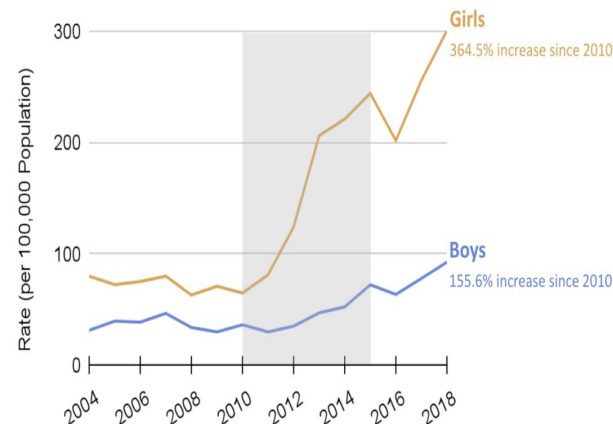


# SMARTPHONES ARE FUELLING A MENTAL HEALTH CRISIS

Rates of depression, anxiety, self-harm and even suicide among teens have all dramatically spiked globally since 2010 – when children started getting smartphones.

A 2023 global study of 27,969 young adults from Sapiens Labs showed that the younger they got their first smartphone, the worse their mental health today.

UK Teens, Self-harm Episodes (Ages 10 – 12)



**3x**

Teens with problematic smartphone-use are twice as likely to have anxiety and three times as likely to have

depression  
Kids Online, 2024

**1 in 5**

UK 16 to 18 years olds say that their social media has made them feel that 'life is not worth living'

Parentkind Poll, 2024

**53%**

The number of children referred to emergency mental healthcare in England has soared by 53% in three years



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Royal College of Psychiatrists, 2024



**“The mental health crisis among young people is an emergency. It is time to require a warning label on social media platforms.”**



**Dr Vivek Murthy**  
US Surgeon General, 2024



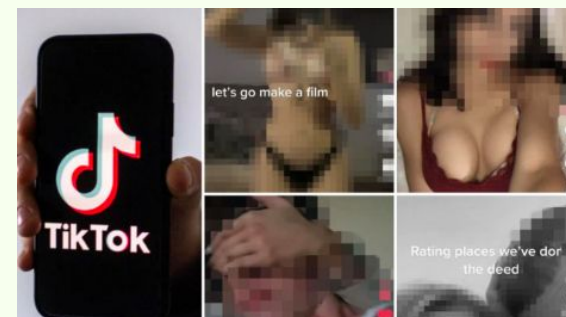




# SMARTPHONES EXPOSE KIDS TO HARMFUL CONTENT

Having unrestricted access to the internet in your pocket creates a gateway to extreme content and viewpoints that we'd never dream of exposing children to in real life.

Hardcore pornography, extreme political views, sexualised and violent imagery, trolling and material promoting suicide, self-harm and eating disorders have become part of the fabric of modern childhood.



## 51%

of UK 11-13 year-olds  
have seen hardcore  
pornography online

British Board of Film Classification Report, March 2022

## 75%

of UK 15 year olds  
questioned had been  
sent beheading videos

Digital Childhoods, children's commissioner report, 2022

## 90%

of girls and 50% of boys  
say they are sent  
unwanted explicit content

Ofsted review of sexual abuse in schools, 2021



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**“We’ll look back in 20 years  
and be horrified by what our  
children were exposed to”**



**Dame Rachel de Souza**

Children’s Commissioner for England, 2022



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# SMARTPHONES APPS ARE ADDICTIVE BY DESIGN

Tech companies spend billions on making apps and devices as addictive as possible because 'maximising engagement' is the fundamental objective of their business model.

So it's little wonder that many children are routinely 'spending six, seven, eight hours a day on social media – often more' (Ofcom, 2024).



## 46%

of teens say they  
use the their phones  
“almost constantly”

Pew Research Centre, Aug 2022

## 29 hours

Per week is the average  
British 12-year-old now  
spends on their smartphone

Childwise Monitor Report, 2021

## 2 in 3

of 11-17 year olds 'often'  
or 'sometimes' find it  
difficult to put down  
their phone

Common Sense Media, 2023



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**“Behind every screen on your phone, a thousand engineers have worked to make it maximally addicting. Children are particularly susceptible to this kind of manipulative design.”**



**Aza Raskin**

Co-inventor of ‘infinite scroll’, turned campaigner



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# SMARTPHONES ARE FUNDAMENTALLY CHANGING CHILDHOOD

Smartphones are experience blockers, distracting children from engaging in the real world activities and connections that are crucial to healthy childhood development.

The opportunity cost to childhood is profound. The average UK 12 year-old now spends over four hours per day on their smartphone, displacing the kinds of activities that have shaped childhood for millennia.

## 43%

of US teenagers waking minutes are spent on screens

Gitnux Marketdata Report, Jan 2024

## 30%

Since 1975, the daily average time children spend playing outdoors has fallen by 30%, while screen-based activities have risen 23%

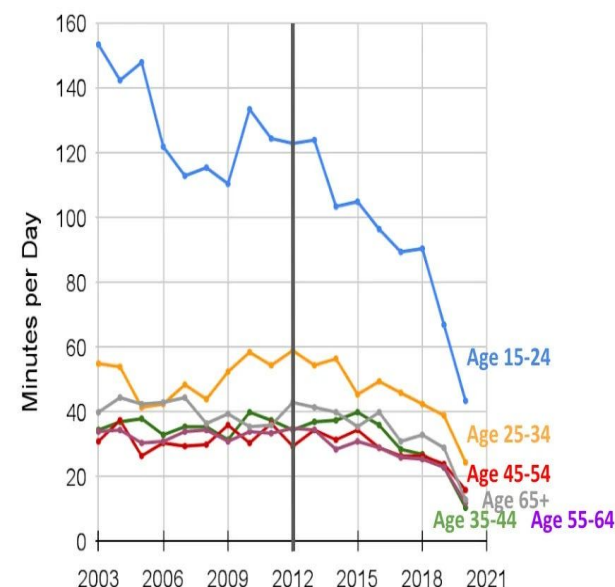
Zach Rausch - Mullan 2019

## 65%

The daily average time that teenagers spend with friends has plummeted by 65% since 2010

American Time Use Study

### Daily Avg Time with Friends (minutes)



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**“When kids are on their phones all day, it’s not just what they’re doing on the phone that matters — it’s what they’re not doing. They’re missing out on crucial experiences that help them grow into healthy adults.”**



**Dr Jonathan Haidt**  
Professor of Social Psychology, NYU







# SADLY, WE COULD GO ON



## SLEEP

Bedtime use of smartphones doubles children's risk of poor sleep



## BULLYING

84% of bullying now takes place on a device



## DISTRACTIONS

On average teens are bombarded by 237 smartphone notifications a day



## ARGUMENTS

55% of parents say their child's smartphone use causes big family arguments



## ROAD SAFETY

Mobile phone distraction is a major cause of road accidents involving children



## CRIME

500 children a day were mugged in 2020 in the UK, almost all for smartphones



1: Jama Paediatrics, 2016; 2: Ofcom, 2022; 3: Common Sense Media, 2023; 4: HMD, 2024; 5: LookUp; 6: ONS, 2020

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# Harmful Content



Smartphones act as a gateway to pornography, violent and extreme content. Often children don't seek them out but are exposed to them via algorithms and messaging apps. Once seen, these things can never be unseen. 90% of girls and 50% of boys say they're sent explicit content they didn't want to see.





# Addiction



5 hours

daily time teenagers spend on social media

9 hours

daily time teenagers spend on screens

237

daily notifications teenagers receive

Tech companies intentionally make apps addictive, because the more time we spend, the more data they harvest, the more money they make. By leveraging dopamine circuits, they trigger brain responses akin to slot machine gambling. 1 in 4 young adults show signs of behavioural addiction to smartphones.



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# Academics



The average teen receives 237 smartphone notifications a day – one every few minutes – making focusing on schoolwork hard. Studies show that excessive smartphone use has negative impacts on academic performance. Children at schools with effective smartphone bans get GCSE's 1-2 grades higher.



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# Grooming

Sites like TikTok, Snapchat and Roblox are used by sexual predators to target children with their first smartphones, blackmailing them into sharing sexual content. Sextortion is now the fastest growing crime against teens. Since 2022, there has been a 66% rise in 'self generated' sexual abuse imagery of children under 10.



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# Cyberbullying



Disagreements between pupils used to stop at the school gate; now they follow kids wherever they go, 24/7. Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm. One in six teens report being cyberbullied in the past month, according to the World Health Organisation.



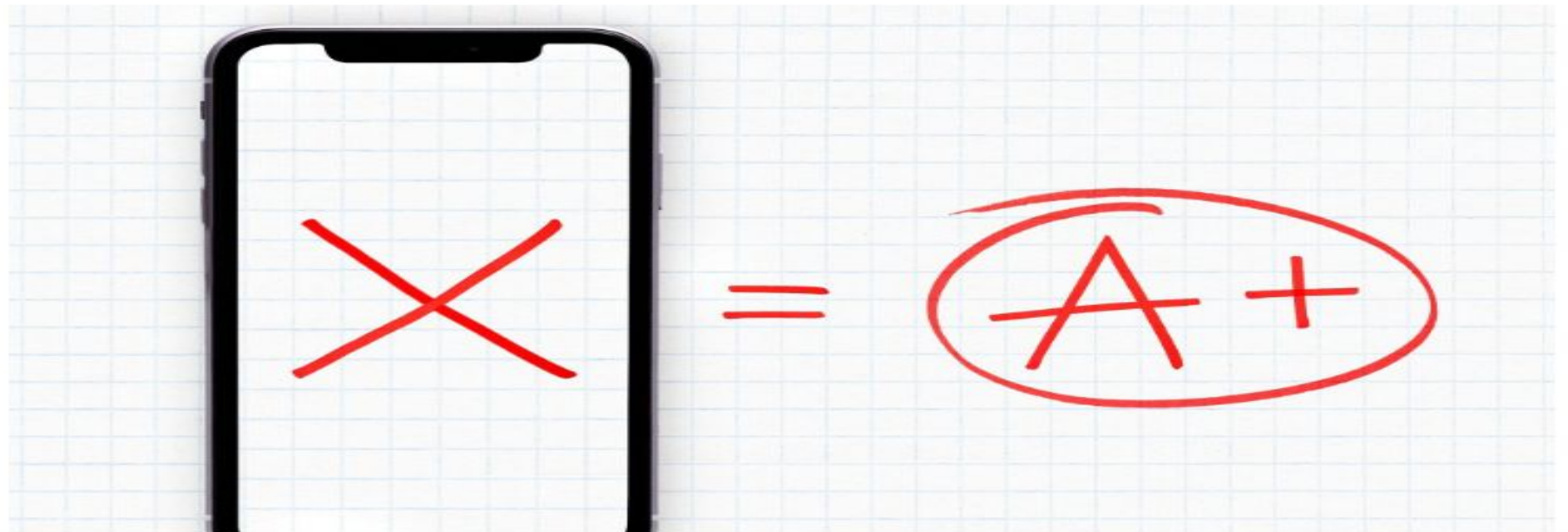


# 'I quit TikTok and aced my GCSEs': the social experiment in East London that's paying dividends

Young people are spending up to 12 hours a day glued to screens and it's ruining their concentration. But those who quit have seen big gains

By Abigail Buchanan

27 August 2023 • 8:00am



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# Opportunity Cost

Underpinning all these harms is one that is potentially the most significant of all. For the first time in human history, children are spending more time on devices than they are playing – an activity crucial to our healthy development. Smartphones are experience blockers, distracting children from engaging in the real world.

The average UK 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real world activities and relationships that enable us to learn the essential life skills we need to transition into adulthood. The average daily time that teens spend with friends has plummeted by 65% since 2010.







# Mental Health



Rates of depression, anxiety and suicide in young people have spiked globally since 2010, when children first began getting smartphones - there is both correlatative and causational evidence to support this. The first generation to grow up with smartphones are now adults – data shows that the younger they got their first smartphone, the worse their mental health today.





## What can parents do?

- Setting norms
- 9pm phones off
- No Phones in rooms
- Role Modelling these behaviours.





# Curriculum and Pastoral Care



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## Pastoral support

- [atutor@ashlyns.herts.sch.uk](mailto:atutor@ashlyns.herts.sch.uk) (sample)
- [cmcdonald@ashlyns.herts.sch.uk](mailto:cmcdonald@ashlyns.herts.sch.uk) (HOY)
- [dtuohy@ashlyns.herts.sch.uk](mailto:dtuohy@ashlyns.herts.sch.uk) (Safeguarding and Pastoral Support Officer)







# Year 9 Form Tutors

9B1: X Mr S Waymark

9B2: Y Miss E Porter

9C1: X Mr S Rosa, Mrs S Thurley

9C2: Y Mrs E Moor-Radford

9H1: X Ms N Burgess, Mr D Young

9H2: Y Mr H Valli

9R1: X Ms R George, Ms M Trindade

9R2: Y Mr M Hart, Mr M Froment

For subject-specific queries, please contact the relevant subject teacher.



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## Teen Brain: A Time of Major Change

- An enormous amount of change from puberty onwards
- The change is more rapid in some areas and can be different in girls and boys
- New skills are developing
  - Abstract thinking, vocabulary development, decision making skills
- There is increased reward sensitivity
  - Thrill seeking/risk taking
- Less ability to think ahead





# Teens And Sleep

- The amount sleep affects learning and behaviour
- Young people need help to develop regular sleep routines
  - Have a regular night time routine
  - Reduce late night screen time
  - Encourage relaxing time before bed
  - Avoid stimulants – food, drink, screens







# SLEEP



**National Foundation for  
Educational Research**  
Evidence for Excellence in Education



**STANFORD  
UNIVERSITY**



Foundation for  
International  
Education



**HARVARD UNIVERSITY**



**UNIVERSITY OF  
SURREY**

**ANNALS** *of*  
The New York Academy of Sciences



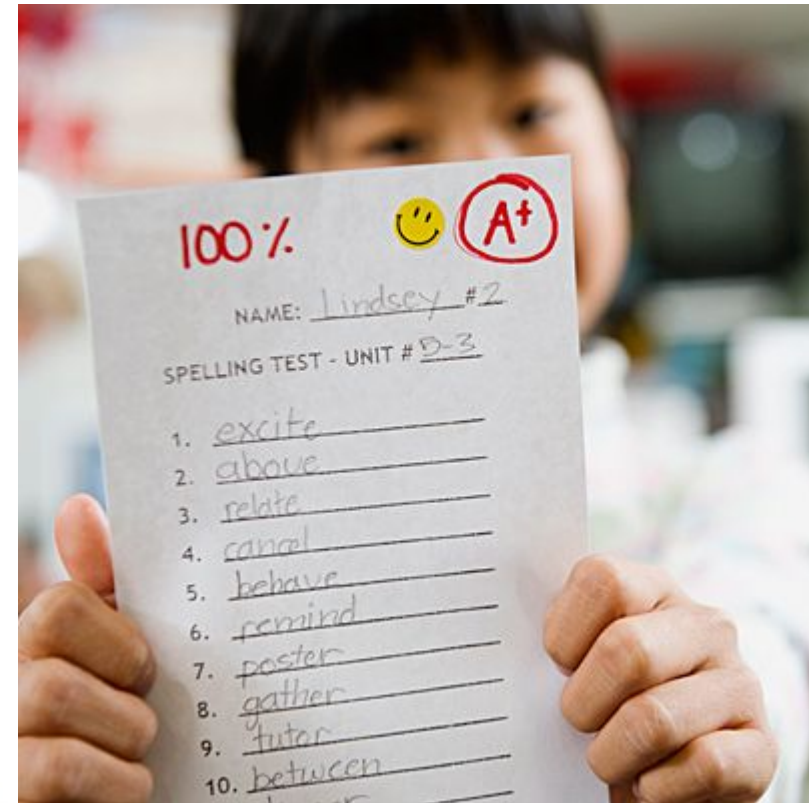
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# The Benefits

Student who get a reasonable night's sleep did **40% better** than their contemporaries.

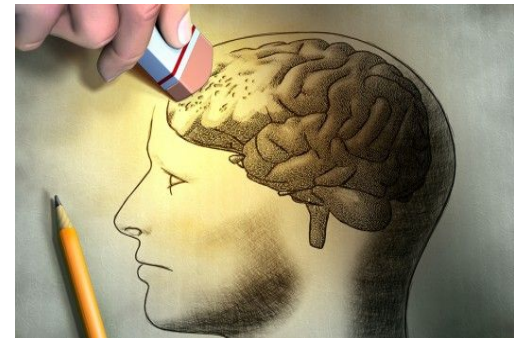




# The Benefits

The sleep program will help you to:

- **Consolidate** memories
- Increase attention in class
- Lower stress
- Improve health





11 years 9.5 hours  
12 years 9.25 hours  
13 years 9.25 hours  
14 years 9 hours  
15 years 8.75 hours  
16 years 8.5 hours



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# Pastoral Issues for Year 9 Students to be aware of

Online Safety and CES

Drinking, Vaping, and Risky Behaviours

Relationships and Sexual Health

Mental Health

Managing changing friendships / Conflict

<https://www.healthforteens.co.uk/>



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## The Importance of Year 9

- Choosing options
- Think carefully about possible future choices
- Take advantage of the careers opportunities (ebulletin)
- Modular choices (Tuesday P5)
- Options Evening in February





## Attendance Matters

**Research suggests that a 10% drop in attendance equates to a drop of one grade in every GCSE.**

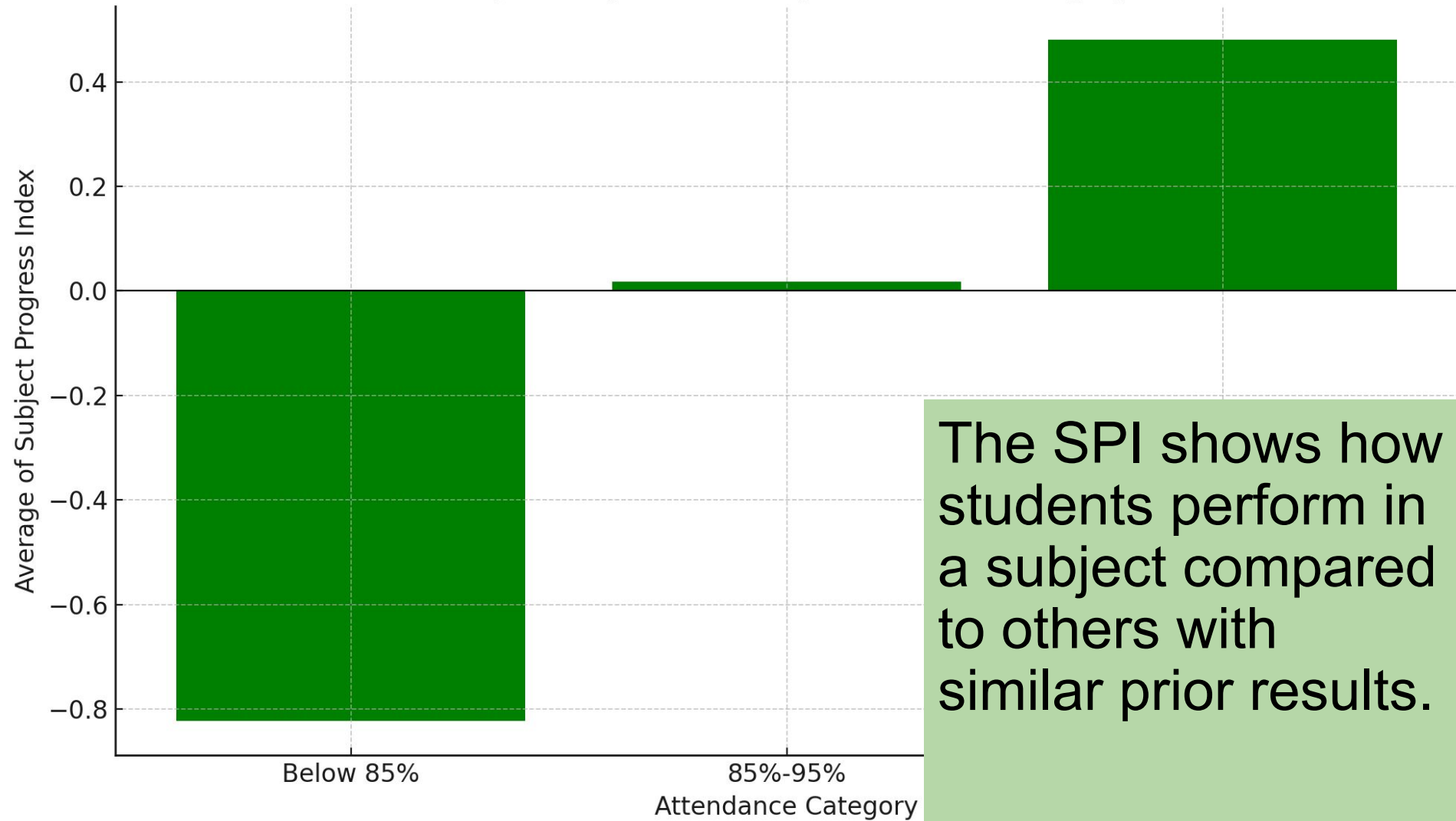
Recent national data also shows that 84% of students with no missed sessions over Key Stage 4 achieved grades 9 to 4 in English and Maths, compared to 36% of students who were persistently absent (ie had an attendance rate below 90%).

The Department for education (DfE) research goes beyond academic metrics, highlighting the impact of attendance on students' social and emotional well-being. Regular school attendance fosters a sense of belonging and connection within the school community. Students who attend school regularly are more likely to develop positive relationships with peers and teachers, enhancing their overall emotional resilience and mental health.





Subject Progress Index by Attendance Category





## Curriculum 2023-26

- A more mature approach
- Independent learners
- Option choices

### Home-learning

- Vital for progress in every subject
- Consolidates and extends existing knowledge and skills
- Builds important skills: revision, research, independence and organisation, literacy, and numeracy







## How you can help: Logistics

- Somewhere to work
- Limit distractions (phone)
- Drinks and snacks
- Planned breaks
- Remain positive/encouraging/rewards
- Help them get into good habits/routines
- Communication is key





# Teaching and Learning - how you can help

- Talk to them about their work (balance 'being interested in their work' and 'making them feel under pressure')
- What do they want to achieve?
- Keep that end point in mind
- Support with Google Classroom (*Guardian access*)
- Encourage using the library / LRC, not just the internet
- Encourage reading: a quality Saturday / Sunday newspaper, novels, non-fiction.





## How you can help: Revision

### We remember:

10% of what we read

20% of what we hear

30% of what we see

50% of what we see and hear

**70% of what we discuss with others**

80% of what we personally experience

**95% of what we teach others**

Edgar Dale



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## How you can help: Revision

- ‘Persuade’ them to start learning and revising as soon as possible (Don’t wait until Year 11)
- Encourage active revision – visual, listening, talking, doing, discussing ....(and singing)
- Use flashcards/notes to ask/test them about their learning
- Repetition is key
- Repetition is key
- Repetition is key







## GCSEs: how does it work?

- English Language and English Literature
- Maths
- Combined Science (2 GCSEs)
- Religious Studies

### PLUS

- 4 option choices
- Core PE





## And lastly...

- Focus their ambition
- Look out for stress signs
- Talk to us if you are worried
- Remain positive/ encouraging





**And lastly...**

**“You are  
doing great”**



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## Key Dates

Thursday 14 November 2024	- ELD day
Friday 29 November 2024	- Occasional Day (no school)
Monday 2 December 2024	- INSET day (no school)
Thursday 6 Feb 2024	- Options evening
Thursday 27th Feb 2024	- Parents Evening
Wednesday 5 March 2025	- ELD day
Mid March 2025	- School report issued
Tuesday 8 July 2025	- Sports Day

