EATON BANK ACADEMY

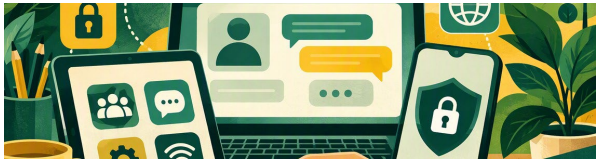
SAFEGUARDING: AUTUMN FAMILY GUIDE

PARENT & CARER EDITION
OCTOBER 2026

Practical advice and simple conversations to help keep your child safe this autumn.

DIGITAL WELLBEING

WYSA SUPPORT FOR AGES 13+



WYSA offers a private digital space for everyday worries, stress and self-care.

WYSA offers clinically designed conversational support, evidence-based programmes and self-care resources alongside support from trusted adults and professionals.

WYSA is not an emergency service. Encourage your child to speak to a trusted adult or professional if they are struggling.

HOW TO ACCESS

wysabuddy.app.link/lChrHwkFW2b

Code: cyppopcheshire2025

URGENT HELP KEEP THESE DETAILS HANDY

NHS 111: Select the mental health option. Available 24 hours a day for all ages.

Immediate danger, serious harm or threat to life: call 999 or attend A&E.

Childline 0800 1111 •Shout: text SHOUT to 85258

HOLLIE GUARD

- Families may wish to explore Hollie Guard together as an extra personal safety tool.
- An alert can notify chosen emergency contacts and share the user's real-time location.
- Journey and meeting timer features can prompt check-ins and alert contacts if a user does not confirm safety.
- Alerts may capture audio, video where available, and location information as evidence.
- The core app is free; enhanced professional monitoring is a paid service.
- **If you use it, set it up together: choose trusted contacts, test the features safely, and discuss when to call 999 instead.**
- hollieguard.com

SAFER JOURNEYS

DARK NIGHTS, HALLOWEEN & BONFIRE NIGHT



Agree where your child is going, who they are with, their route home and a realistic return time.

Choose busy, well-lit routes. Keep phones charged and share locations only with trusted people.

For Halloween, agree boundaries: no entering homes, gardens or isolated areas; respect "no trick-or-treat" signs.

Children should never carry, throw or return to a lit firework. At events, follow stewards and keep a safe distance.

PERSONAL SAFETY

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- Encourage your child to stay alert when walking: head up, phone away and music low enough to remain aware of people and traffic nearby.
- Remind your child to keep their phone charged and secure and avoid displaying it unnecessarily in busy places.
- Encourage travel with friends where possible, plan the journey home and check bus or train times in advance.
- Talk about the safest route, not simply the shortest. Choose busy, well-lit streets over isolated or poorly lit areas.
- Agree with your child who they can safely share their location with, and make sure a responsible adult knows their route and expected return time.
- Remind your child that it is OK to leave an unsafe situation and move to a busy public place. Where there is no pavement, walk facing traffic. In an emergency, call 999.

ONLINE SAFETY

TRY A 10-MINUTE FAMILY CHECK-IN



- Review privacy, location sharing and contact settings together. Ask your child to show you what each setting allows.
- Help your child use strong, unique passwords and switch on two-step verification where it is available.
- Remind your child that AI chatbots and online contacts are not a substitute for a trusted adult.
- Agree a simple plan: if upsetting content, pressure, blackmail or threats appear, stop engaging, save evidence where safe, block/report and tell a trusted adult.

RECOGNISE EXPLOITATION

NOTICE CHANGES AND ASK EARLY

- Be curious about new gifts, money, phones, vapes or travel that your child cannot easily explain.
- Notice new or unknown contacts, significant secrecy about whereabouts, or changes in friendship groups.
- Take missing episodes or sudden changes in attendance, behaviour or wellbeing seriously and seek advice early.
- Talk openly about pressure from others. No young person should be asked to carry packages, money or weapons, or repay an invented 'debt'.

WHAT PARENTS CAN DO

SMALL CHECK-INS MATTER

- Start with calm, open questions such as "Can you tell me what has been happening?" Listen first so your child can keep talking.
- If you are concerned, keep useful information such as usernames, places, vehicle details, or screenshots where it is safe to do so.
- Contact the school safeguarding team if you are worried. Police or Children's Social Care may also be appropriate. Call 999 for immediate danger.
- Avoid confronting anyone you suspect may be exploiting a child. Seek advice and share the concern with the appropriate professionals instead.

CONTACTING SCHOOL

If you are worried about your child or another student, contact Eaton Bank Academy and ask for the Designated Safeguarding Lead or pastoral team. You do not need to have all the answers first.

If a child may be at immediate risk outside school hours, please do not wait for school to reopen. Use the emergency services or the relevant local authority safeguarding service.