



Cuffley School

SAFEGUARDING NEWSLETTER

Learning to Learn

Summer 2025

Dear Parents and Carers,

As always, we are mindful of the importance of supporting our children with their wellbeing and mental health. Studies show that children and teenagers are experiencing higher levels of stress than ever before. This is especially relevant as the Year 6 SATs are almost upon us and all of the children will be preparing to move on to new classes or schools in just a few short weeks.

At Cuffley, we believe that Mental Health and Wellbeing is about how we feel, think and act. It influences how we handle stress, manage relationships and make choices. It is important to every one of us, at every stage of life—from childhood through to adulthood.

Alongside this, following the recent publicity surrounding the Netflix show Adolescence and the way it has brought the dark online world of misogyny and the 'manosphere' into sharper focus, I've included a range of information which I hope you'll find useful in understanding and discussing these issues with your children both at Cuffley and beyond (if appropriate for their age).

In the coming weeks, we'll be working hard in school and towards the end of term, you'll have the chance to meet your children's class teachers at our Parents' Consultation Evenings (18th and 19th June). Mrs Bedwell or Mrs Charalambous will be available at one or both events should you wish to discuss any pastoral concerns and find out more about our local offer. Mrs Farmer will also be available to discuss behaviour, and as always Mrs Wing and Mrs Lloyd will be available too.

Finally, if there is anything you would like to see featured in this newsletter around safeguarding, please do let me know via the office.

Best wishes,

Ms Evans

Who to contact if you have a concern

The Safeguarding Team oversees and co-ordinates all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge is up-to-date. If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway. See below:

Designated Safeguarding Lead:



Mrs Charlotte Lloyd

Deputy Designated Safeguarding Leads:



Mrs Wendy Wing



Mrs Andrea Charalambous



Ms Rachel Evans



Mrs Nadine Grainger

School Safeguarding Governor:



Mrs Tracy Farmer

**All staff can be contacted via the office or by telephone
on: 01707 888100**

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

Anxiety and Stress

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 eliminate stress for our children, in fact shielding them from the difficulties of life is almost impossible.

As a school, we hope to support children to become resilient and to bounce back from challenges and maintain a positive mindset. With the SATs for Year 6 before half term, it's important to be prepared for any worries your child may express. This applies to all children across our school.

Since stress is a natural part of life, our goal is to teach children healthy strategies for coping with it. The following five steps below can help:

STEP 1 REFRAME STRESS

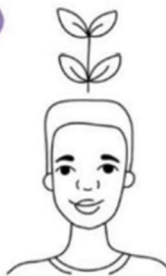
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset.

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.

These strategies work for us grown-ups too!

Adolescence

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 into 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 may start encountering manosphere content on sites like TikTok, Reddit, Discord and YouTube where influencers such as Andrew Tate 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, rules-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 proactive, 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 (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.