

SAFEGUARDING NEWSLETTER

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SPOTLIGHT ON... CHILD AND ADOLESCENT TO PARENT VIOLENCE AND ABUSE (CAPVA)

Child and Adolescent to Parent Violence and Abuse (CAPVA) describes repeated patterns of abusive behaviour by a child or young person towards a parent or carer. It can include physical violence, emotional and psychological abuse, coercive control and financial abuse. It is not the same as challenging adolescent behaviour: CAPVA involves an intentional pattern through which a young person exerts power and control over a parent, often leaving them living in genuine fear of their own child.

The scale is likely far greater than reported figures suggest. Research from London's Violence Reduction Unit found that 40% of parents experiencing CAPVA do not report it, driven by shame, self-blame, and fear that their child will be criminalised or removed from the home. It is estimated to affect as many as one in ten families, yet there is no agreed national definition, no comprehensive data collection, and no clear professional ownership of the response.



TALK PANTS

In school, we use the NSPCC's 'Talk PANTS' to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried. Talk PANTS helps children to understand that they have a right to say no and if they need to speak out about something, someone will listen.

PANTS stands for 'Privates are private', 'Always remember your body belongs to you', 'No means no', 'Talk about secrets that upset you' and 'Speak up, someone can help'.

The school uses Talk PANTS videos to help our children to understand Talk PANTS. You can watch these videos [here](#) if you wish to know more about what 'Talk PANTS' is and how you can help at home.



USEFUL CONTACTS

Freeva work towards reducing domestic abuse, rape and sexual violence in Leicester, Leicestershire & Rutland. They provide support for those who are or have been affected by domestic violence and those who are seeking to change.

If you're not yet ready to speak to someone, they have a range of information and resources available for you [here](#).

ACCIDENT PREVENTION

The Child Accident Prevention Trust has created an incredibly helpful support pack with useful strategies on how to avoid common accidents around the home and protect your child from harm. You can find it [here](#).

ONLINE SAFETY

Where We Stand – ChildLine

Childline has created a series of 'Where We Stand' videos. 'Where We Stand' is a four-part YouTube series showing how Childline can help young people navigate the online world. Influencers predict what teenagers really think about online life, covering issues such as AI, screen time and online safety. These videos could act as a great way for you to start a conversation with your child about their views and experiences of online life. You can watch the videos [here](#).

The Hidden Dangers of Pinterest - White Hatter

Pinterest tends to fly under the radar. Unlike Instagram or TikTok, it has never attracted the same level of public concern, it's older, built around image collections, and most parents consider it safe.

The White Hatter, a Canadian digital safety organisation, published a blog post recently after supporting two families whose children had shared intimate images via Pinterest's direct messaging feature. In both cases, the parents had no idea the platform had a messaging function.

Sometimes platforms that present as visual or creative tools like Pinterest, VSCO, Tumblr, Lemon8, Canva, Amino, often include messaging features that aren't obvious. The question isn't "what app is my child using?" but "what can that app actually do?"

[The article](#) is a short, practical read.

Group chats and messaging apps

Many primary-aged children use group chats through messaging apps, social media or online games. These can help children stay connected, but they can also expose them to unkind messages, pressure to respond, strangers being added, oversharing, upsetting content or late-night notifications.

Parents and carers can help by:

- checking which chats their child is in and who else is included;
- reviewing privacy settings so only known contacts can message or add them;
- turning off location sharing and managing notifications;
- reminding children not to share personal information, photos, school details or live location;
- showing children how to leave a group, block/report users, and ask for help.

A helpful conversation starter is: **"Which group chats are you in, and what would you do if something in the chat made you uncomfortable?"**

Remember, we are here to help if you need any support. Please contact the school office.