

UNIVERSITY ACADEMY
HOLBEACH



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ACADEMY TRUST

6th March 2026

Issue 20

WEEKLY NEWSLETTER



UNIVERSITY ACADEMY
HOLBEACH

UNIVERSITY ACADEMY HOLBEACH

Park Road, Holbeach, Lincolnshire, PE12 7PU

01406 423042 / enquiries@uah.org.uk



THIS ISSUE

DT Food

Library

Sports News

6th Form

Glasshouse

Principal's Weekly Update

Dear Parent/Carer,

We have had a very busy week with Year 11 and KS5 learners completing formal assessments and practical examinations.

Thank you to Tutor Groups G who have delivered assemblies for their year groups. We have learned about monkeys and apes, as well as football and careers!

Thank you to everyone who was able to attend Year 10 Teacher/Parent Consultation Evening on Thursday. Year 11 will have their second consultation evening on Wednesday 25th March.

Well done to Year 11 pupils who have been undertaking PE moderation practical examinations this week and also to GCSE French pupils who have been completing their speaking mock examinations during the last two weeks.

Year 11 have received their reports for the year and have had the opportunity to read their strengths and targets for improvement as they work towards securing their GCSE grades.

Year 11 Progress Test week starts Monday 9th March. This is their final opportunity to practise examination-style questions prior to the summer sittings. We wish them well.

We look forward to welcoming Year 9 parents/carers and pupils on the evening of Monday 16th March for our Options Evening.

We wish you a restful weekend.

S. Paige

S. Paige

Theme of the Week National Careers Week

"The only way to do great work is to love what you do." - Steve Jobs

KEY DATES

Year 11 Progress Tests
W/C Mon 9th March

Year 10 Key
Assessment Point
W/C Mon 16th March

Year 9 Options Evening
Mon 16th March

KS3 Key Assessment
Point
W/C Mon 23rd March

Year 11 Parents'
Evening
Wed 25th March

Attendance Target: **97%**

7B – 97.5%

8B – 96.4%

9D – 98.3%

10G – 96.8%

11G – 96.4%

Department News - Library

Celebrating with

WORLD
**BOOK
DAY**

World Book Day is a wonderful opportunity to encourage the love of reading. Reading for pleasure can make a real difference in children's lives. When they choose to read for themselves, it often leads to better results at school and many other positive benefits too. Reading helps to build confidence, improve well-being, and develop a richer vocabulary. It also opens the door to new ideas, stories, and knowledge about the world around them.

We are continuing this theme through the month with activities in the Library including competitions, a borrow-to-win prize draw and designing bookmarks on their passions or favourite books

The Carnegie shortlist is announced on 11th March and pupils and staff can attend our Hooked on Books Club every Wednesday lunch time. Winners of the Carnegie Medals will be announced on 23rd June. For more information, visit Carnegies.co.uk

The
Carnegies



We are holding the annual Scholastic Book Fair from Wednesday 11th March until Tuesday 24th March. Pupils and staff can come along to browse and buy the books on offer.



You can explore the 1,000s of books and magazines online for free using your school login on the SORA app.

Library Lunch Opening Times

Year 7 and Year 8 – 12.30pm – 1.00pm

Years 9, 10 and 11- 1.00pm – 1.25pm

Miss Kettlewell & Mrs Whenman

Learning Resource Centre

Department News – DT Food

DT Food have been busy creating culinary delights to celebrate both St. Valentines Day and Chinese New Year



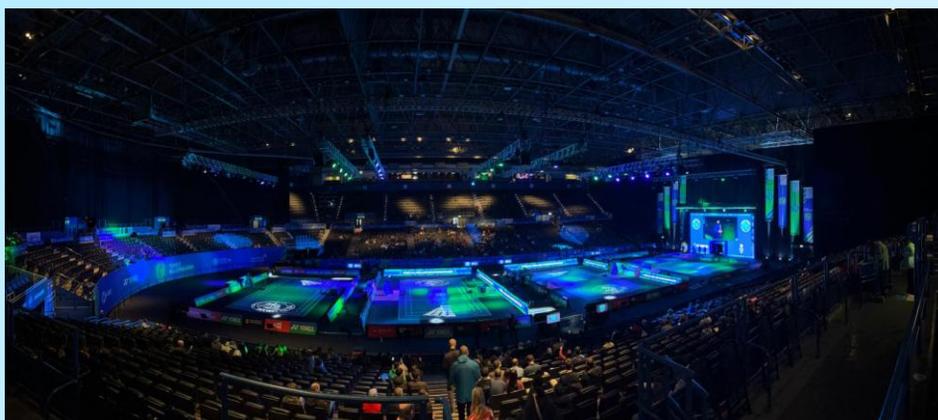
Mrs Brogden
Head of DT Food

Department News – PE

On Wednesday, 14 pupils visited the Utilita Arena in Birmingham to watch world class Badminton.

The standard was very high, with some excellent matches watched. The students were shocked at the speed and power of some of the play, with shots at over 400kph being played.

A fantastic day was had, with lots to inspire play to a higher standard at Badminton club.



Notes from the Glasshouse

Eco Team

Eco Team spent time in the Nature Area being inspired by all the plants and animals they could see, hear and even smell. The pupils are working on art (pictures and poems) based on the area and this will be submitted to The Woodland Trust, forming part of our bid to achieve Green Tree Schools Award – Platinum status, by the end of the year.

*Daffodil
Picture by
Eden M*



Gardening Club

As the weather begins to warm up, Gardening Club is looking towards planning what crops to grow. This week, we talked about the different methods to prepare ground for planting seeds. Pupils were then given the opportunity to sew some cress seeds, which they have taken home to look after and enjoy.



Sports News

Futsal Tournament

The girls were placed in a tough group against BGS, SHS, SA and BA and came third in this. They then went into their playoff round, winning the match against CA 4-0. Overall, the girls placed 5th out of 11 teams. There was a brilliant display from Amelia P who scored nearly all our goals. The event was hosted by School Games at Haven High. Well done to all involved.



Amelia, Amelia, Jasmine, Marilyn, Evie, Evie, Freya, Freyah & Esmae

SCHOOL GAMES CELEBRATING

U15 Girls Futsal
Tue 3rd March 2026

1st Place: Bourne Grammar
2nd Place: Spalding High
3rd Place: Deepings School

Other Participating Schools:
Haven High Academy, Thomas Middlecott Academy, Bourne Academy, Giles Academy, Cowley Academy, University Academy Holbeach, Boston High.
Host venue & Sports Leaders: Haven High Academy.

TEAM GB
Partners4GB
Department for Digital, Culture, Media & Sport
change4life
SPORT ENGLAND
YOUTH SPORT TRUST

Sports News

Cross Country

On Thursday after school, 25 pupils from a range of year groups went out to take part in the 3rd Fenland X-Country at Burghley House, Stamford. The weather was kind, with the students having ideal running conditions. All runners completed the course, which is the hardest of the three Fenland races and some very good placings were achieved. Well done to all involved.

The relay race, the final run of this year, takes place at Hampton College on the 18th March. Letters are now available for this this event.





English Stars of the Week

Mollie W
Olivia G
Nikodem S
Marnie W
Archie G
Gabija A
Teegan H
Caryna B
Reggie B
Lucy S
Isabelle L
Aidan H

Mathematician of the Week

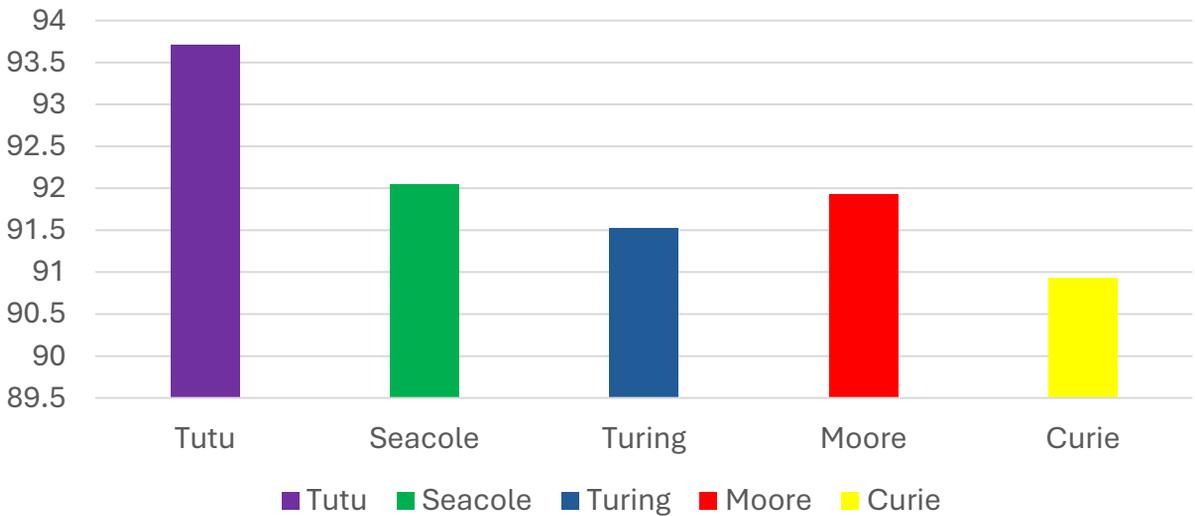
Armita S
Jasmine F
Lily W
Xavier C
Lily P
Aidan D
Caryna B
Harry V
Evie B
Ava B
Jack B
Rocco D
Jade-Elizabeth L

House News

House Attendance

Tutu

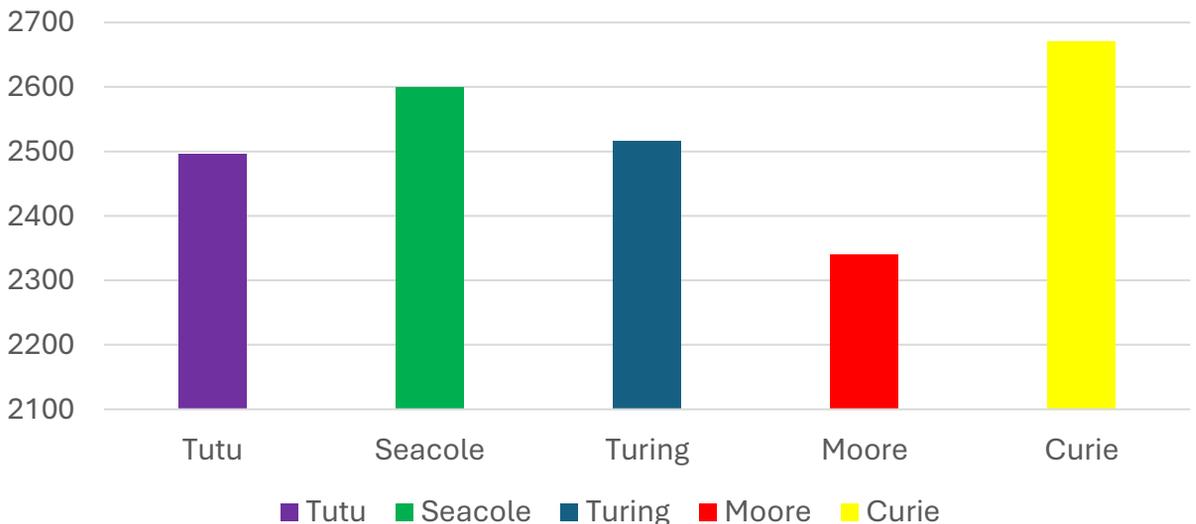
Attendance



House Achievement

Curie

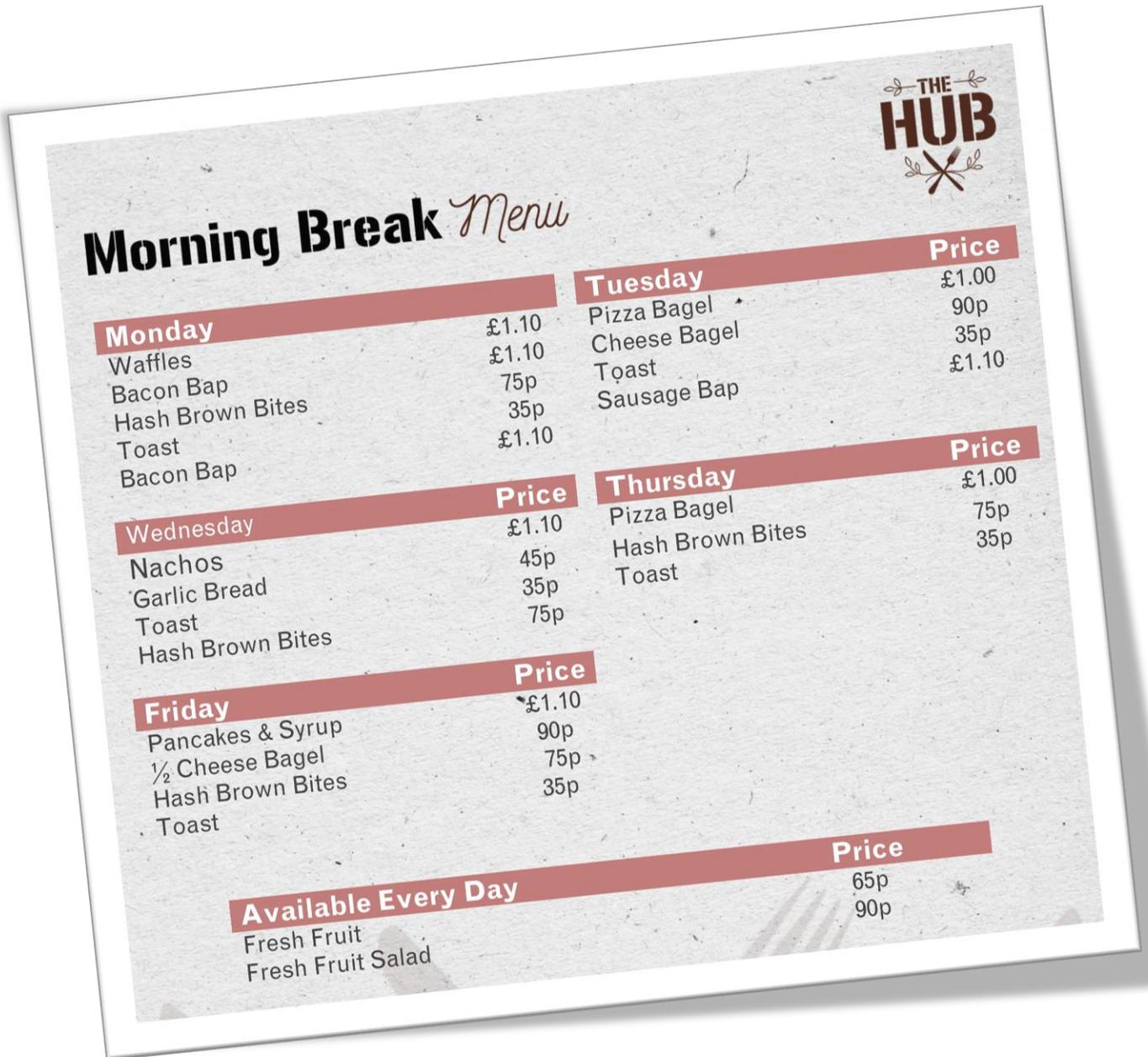
Praise Points



The Hub

Breakfast Menu

The canteen is open to all pupils from 8am for a light breakfast.
Prices start at 35p



The poster features the 'THE HUB' logo in the top right corner, which includes a stylized leaf and a crossed fork and knife. The title 'Morning Break Menu' is written in a large, bold, sans-serif font, with 'Menu' in a cursive script. The menu is organized into sections for different days of the week, each with a red header bar. The items and prices are listed in a clean, sans-serif font.

Monday		Tuesday	
	Price		Price
Waffles	£1.10	Pizza Bagel	£1.00
Bacon Bap	£1.10	Cheese Bagel	90p
Hash Brown Bites	75p	Toast	35p
Toast	35p	Sausage Bap	£1.10
Bacon Bap	£1.10		
Wednesday		Thursday	
	Price		Price
Nachos	£1.10	Pizza Bagel	£1.00
Garlic Bread	45p	Hash Brown Bites	75p
Toast	35p	Toast	35p
Hash Brown Bites	75p		
Friday		Available Every Day	
	Price		Price
Pancakes & Syrup	£1.10	Fresh Fruit	65p
½ Cheese Bagel	90p	Fresh Fruit Salad	90p
Hash Brown Bites	75p		
Toast	35p		

The Hub



Grab & Go Menu

Monday	
Tomato Pasta	£1.95*
Tugo Pizza Slice	£1.60*
BBQ Chicken Wrap	£2.00*
Tuesday	
Tomato Pasta	£1.95*
Sausage Roll	£1.65*
French Bread Pizza	£1.65*
Wednesday	
Tomato Pasta	£1.95*
Chicken Flatbread	£2.00*
Pannini Cheese, Cheese & Ham or Tuna & Cheese	£2.00*
Thursday	
Tomato Pasta	£1.95*
Fishfinger in a wrap	£1.65*
Mayo Chicken Wrap	£2.00*
Pizza	£1.60*
Friday	
Tugo Pizza Slice	£1.60*
Pizza & Chips	£2.00*
Southern Fried Chicken Burger	£2.00*

JACKET POTATOES AVAILABLE EVERY DAY

*In Meal Deal

Water Bottles

Please note we are once again selling water bottles. These new bottles are available from Pupil Reception for £1.50. Pupils can pay electronically and these are also available to order on ParentPay. If you purchase one via ParentPay, pupils should then go to Pupil Reception to collect them.

The Hub

THE HUB

Lunch Menu

WEEK ONE - AUTUMN/WINTER

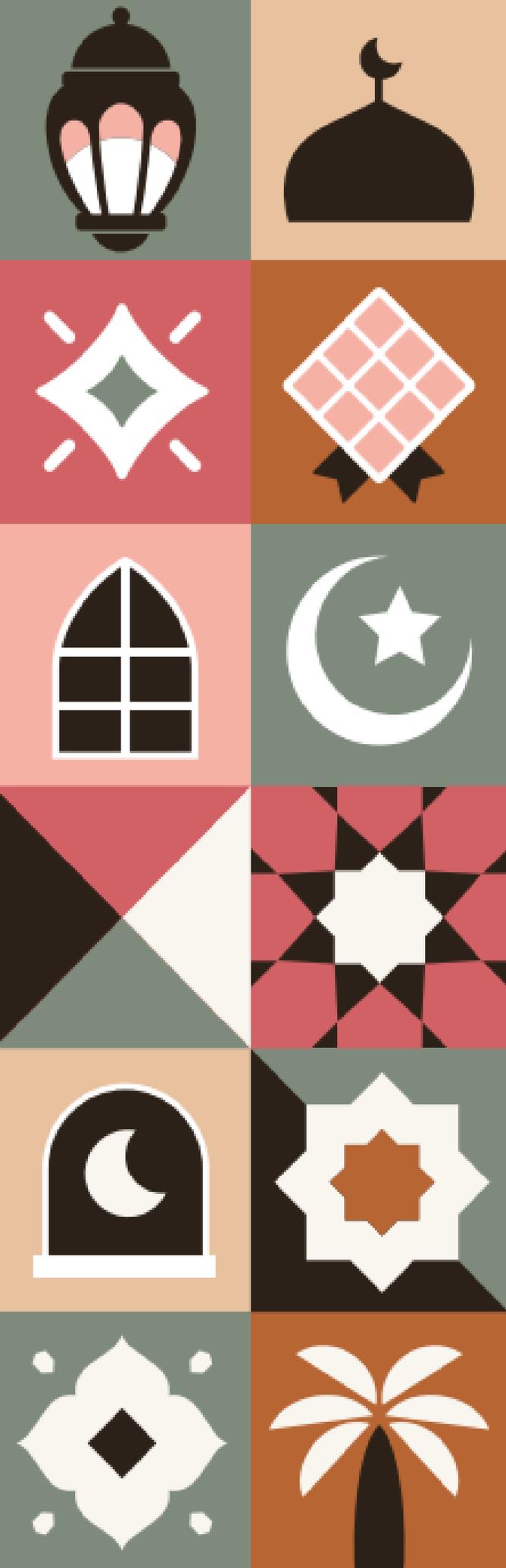
(V) veg option

	Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Homemade Macaroni Cheese (V)	BBQ Beef & Bean Chilli with Penne Pasta	Roast Chicken with Mashed Potato & Gravy	Chicken & Sweetcorn Pie with Veg	Sustainably Sourced Battered Fish & Chips Chicken Burger
MEAT FREE	Thai Yellow Vegetable Curry (V)	Vegimince Cottage Pie (V)	Roast Quorn With Mashed Potato & Gravy (V)	Cheese, Onion & Potato Pie & Veg	Cheese & Tomato Pizza & Chips
	Broccoli, Baked Beans, Mixed Salad	Sweetcorn, Baked Beans, Mixed Salad	Mixed Veg, Baked Beans, Mixed Salad	Veg Baked Beans, Mixed Salad	Peas, Baked Beans, Mixed Salad
HOT PUDDS		Apple Crumble with Custard	Jam Sponge with Custard	Chocolate Sponge with Custard	

Cold Food Pre-Ordering Trial

The Canteen is pleased to announce that they will be trialling a new system for pupils to order cold food items. Pupils will need to come to the Canteen at breaktime to order and pay for cold food items. These can then be collected at lunchtime, when they queue to come in.

Please note, this is a trial and we will be reviewing and amending the process over the next few weeks.



IFTAR

TAKE-HOME OPTIONS

RAMADAN



DAN

IFTAR

SPEAK TO THE
CATERING TEAM FOR
TAKE-HOME OPTIONS
FOR IFTAR

WELCOMING THE MONTH OF
RAMADAN

Government Consultation on Mobile Phones



The Government has launched a landmark consultation on UK children's digital wellbeing, covering social media age bans, curfews, AI chatbots and gaming.

We would encourage all families to participate in this. Further details can be found on the following link:

<https://www.gov.uk/government/consultations/growing-up-in-the-online-world-a-national-consultation>

unifrog

SUBJECT DISCOVERY FAIR

From finance to nursing, law to creative arts, and engineering to teaching, get all your questions answered by the experts!

Wednesday 18 March, 4pm - 6:30pm



scan to
sign up



<https://webapp.spotme.com/login/eventspace/subject-discovery-fair>

Holiday Activities and Food (HAF) Programme



**HOLIDAY
ACTIVITIES
AND FOOD**

Free inclusive holiday programme for all children aged 5-16 years eligible for benefits-related free school meals

A variety of activities at each club from fun and games, sports, arts & crafts, cooking, music, drama and much more. All clubs include a choice of healthy meals.

For more information see
<https://www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme>
or email HAF@lincolnshire.gov.uk

 Department for Education

 **Lincolnshire**
COUNTY COUNCIL
Working for a better future

Holiday Activities and Food (HAF) Programme

The Holiday Activities and Food programme (HAF) is a Government funded programme that provides free holiday clubs for pupils in Reception to Year 11, who are in receipt of benefits-related Free School Meals in Lincolnshire over the Summer, Christmas and Easter holidays.

Families of eligible children and young people will receive their activity vouchers for the Easter holidays at lunchtime on **Tuesday 10th March**.

If you do not receive your vouchers within 24 hours, please contact enquiries@uah.org.uk

Spotlight on 6th Form



Hairdressing – Level 2

Coorey and Olivia chose to continue their hairdressing studies at UAH, having first begun their training in Year 10. Both enjoy the practical elements of the course: Coorey particularly appreciated styling and braiding, whilst Olivia is most enthusiastic about colouring and cutting.

Hairdressing offers a wide range of flexible career pathways, including self-employment, mobile work, roles on cruise ships, and salon ownership – within an industry known for its stability and creativity, and consistently ranked as one of the most fulfilling professions.

Both students plan to progress to Level 3 Hairdressing and aspire to establish their own businesses after gaining industry experience.

To enrol for this subject, you will need: 5 GCSEs, Grades 9-3

UAH Pupils: Click on the personalised link sent to your UAH email inbox

External candidates, apply here: www.uah.applicaa.com

Department News - Apprentices



Sparks Learner of the Year 2026

One of our Electrical Apprentices, Andrew Clarke, proudly represented University Academy Holbeach at the Midlands regional heats of the SPARKS Learner of the Year 2026, demonstrating outstanding technical ability, professionalism, and determination.

Competing against some of the region's most skilled electrical apprentices, he showcased strong problem-solving skills, precise workmanship, and a calm, methodical approach under pressure.

Although he did not progress to the final heat, reaching the regional stage of such a prestigious competition is an excellent achievement. Everyone at University Academy Holbeach is extremely proud of Andrew's hard work, commitment, and positive attitude throughout the process. His participation reflects his dedication to his apprenticeship and his drive to continually develop his skills — qualities that will serve him well in his future career.

Well done Andrew!





Apprentice and Year 12 Level 2 Plumbing learners recently participated in an educational visit to Geberit College.

The Geberit Group, a global organisation and European leader in sanitary products, maintains a strong local presence across Europe and is renowned for delivering innovative solutions in sanitary technology and bathroom ceramics.

During the visit, learners were introduced to the latest advancements in plumbing fittings and technologies. They also took part in a practical workshop, where they developed hands-on skills by creating a crimped, watertight plumbing joint using a press-fit tool.



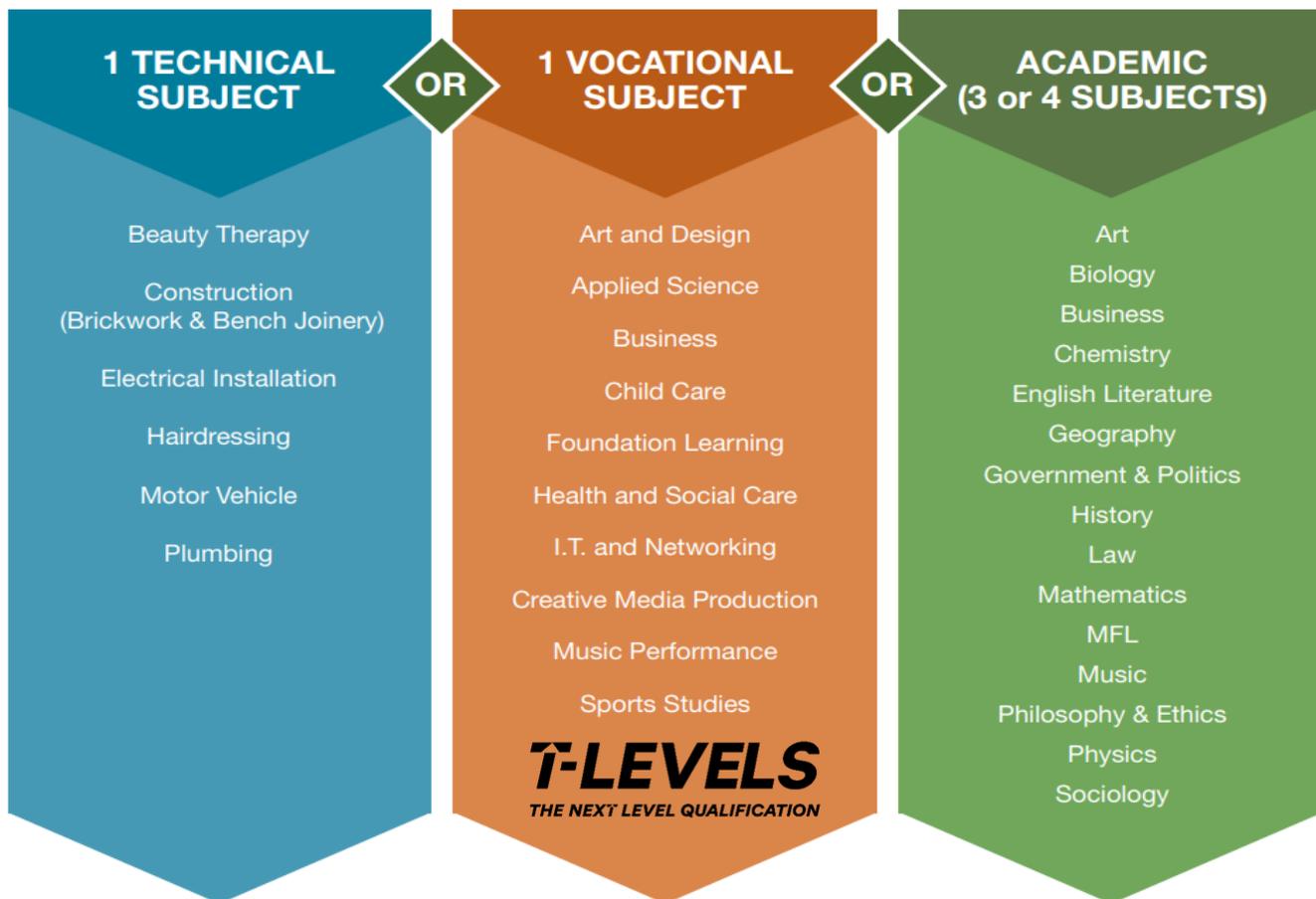
Health students were given the opportunity to take home electronic babies, designed to replicate the real-life care needs of a baby. These simulators required learners to respond to a range of essential tasks, including changing, feeding, burping and soothing.

This valuable experience provided learners with meaningful insights into a baby-room environment and the practical demands of meeting an infant's care needs. The activity offered excellent enrichment for all involved – and a long night for some!



In Social Studies this week, Year 12 students explored ways to support a friend who confides in them that they identify as LGBTQ+. Meanwhile, Year 13 tutor groups discussed strategies for reframing negative thoughts and behaviours into positive ones.

Your Choice - you will need to choose from:



GRADE REQUIREMENTS

Level 1 courses - 5 GCSEs 9-1

Level 2 courses - 5 GCSEs 9-3

Level 3 courses (including T Levels) -
5 GCSEs 9-4 including
Maths & English

A Level courses - 5 GCSEs 5 or above
Plus a 6 or above in your chosen subjects

Extra Curricular Clubs

At University Academy Holbeach, we are proud to offer a programme of extra curricular activities, designed to support their interests, learn new skills and help them reach their full potential. From sports and creative arts to academic support and special interest groups, there is something for everyone to enjoy

Monday

Club	Time	Room	Year
Silent reading and craft	Break and Lunch	LRC	All
Homework Club	Lunch	Language Lab	All
Keyboard Club	12:30 – 1pm	Music 1	All
Mash Up!	12:30 – 12:55pm	Music 2	All
Y7, Y8 & Y9 Football	12:30 – 12:55pm	Field	KS3
KS3 Girls T1 Rugby	12:30 – 12:55pm	Field	KS3
Gymnastics / Dance	12:30 – 12:55	Gym	All
Fitness Suite (Girls)	12:55 – 1:20pm	Fitness Suite	All
Spanish Club	12:30 – 12:55	Language Lab	All
Indoor Cricket	12:55 – 1:20pm	Sports Hall	11
Talent Show Rehearsals	12:30 – 12:55pm	Sports Hall	9
Knit and Natter	12:30 – 12:55pm	Room 1	All
Programming with Micro:Bits	12:30 – 12:55pm	6Cisco	All

Club	Time	Room	Year
Independent practice	3:35 – 4:30pm	Music 2	All
Trampolining	3:45 - 4:45pm	Sports Hall	All
Darts – Group 2	3:45 - 4:45pm	Gym	All

Please note: our club offerings are subject to change throughout the academic year

Extra Curricular Clubs

Tuesday

Club	Time	Room	Year
Silent reading and craft	Break and Lunch	LRC	All
Homework Club	Lunch	Language Lab	All
Ukelele Club	10:00 – 10.30am	Music 2	All
Orchestra	12:30 – 1:00pm	Music 2	All
Young Carers	12:30 – 1:00pm	Glasshouse	All
Sociology Drop-In / Intervention	12:30 – 12:55pm	Science 9	11
Dungeons & Dragons	12:30 – 1:00pm	4	All
Warhammer	12:30 – 1:00pm	4	All
Chess	12:30 – 1:15pm	T4	All
Yoga	12:30 – 12:55pm	Gym	All
GCSE PE Intervention	12:30pm – 12:55pm	Science 12	11
Golf	12:55 – 1:20pm	Gym	All
KS3 Boys Rugby (Contact)	12:30 – 12:55pm	Field	KS3
Cricket (Girls)	12:55 – 1:20pm	Sports Hall	All
Science Club	12:30 – 1:00pm	Science Club	7
Knit and Natter	12:30 – 12:55pm	1	All
British Sign Language Club	12:30 – 12:55pm	IT3	7-10
Debate Club	12:30 – 12:55pm	12	7-10

Club	Time	Room	Year
Independent practice	3:35 – 4:30pm	Music 2	All
Badminton	3:45 - 4:45pm	Sports Hall	All

Please note: our club offerings are subject to change throughout the academic year

Extra Curricular Clubs

Wednesday

Club	Time	Room	Year
Silent reading and craft	Break and Lunch	LRC	All
Homework Club	Lunch	Language Lab	All
Eco Team	12:30 – 1:00pm	Glasshouse	All
Rock Club	12:30 – 1:00pm	Music 2	All
Music Production	12:30 – 1:00pm	Music 1	All
Pride Club	12:30 – 12:55pm	Upper LRC	All
Religious Studies Drop-In / Intervention	12:30 – 12:55pm	Science 9	11
Lunch time fitness	12:30 – 12:55pm	Fitness Suite	All
Y7&8 Basketball	12:30 – 12:55pm	Sports Hall	7-8
Geography Club	12:30 – 12:55pm	15	7-9
Blooket Club	12:30 – 12:55pm	Language Lab	KS3
Y10 Football	12:30 – 12:55pm	Field	10
Bronze Duke of Edinburgh	12:30 – 1:20pm	16	10
All Years Netball	12:55 – 1:20pm	Sports Hall	All
Animation Club	12:30 – 1:00pm	Art 3	8
Graphics DT / RM	12:30 – 1:20pm	DT Graphics	KS4
Knit and Natter	12:30 – 12:55pm	1	All
Hooked on Books	12:30 – 1:00pm	LRC	All

Club	Time	Room	Year
Independent practice	3:35 – 4:30pm	Music 2	All
GCSE Trampolining	3:45 – 4:45pm	Sports Hall	KS4
Chamber Choir	3:45 – 4:30pm	Music 2	All

Please note: our club offerings are subject to change throughout the academic year

Extra Curricular Clubs

Thursday

Club	Time	Room	Year
Silent reading and craft	Break and Lunch	LRC	All
Homework Club	Lunch	Language Lab	All
UAH Community Champions	12:30 – 1:00pm	Upper LRC	All
Concert Singers	12:30 – 1:00pm	Music 2	All
Dungeons and Dragons	12:55 – 1:25pm	4	All
Warhammer	12:55 – 1:25pm	4	All
Graphics DT / RM	12:30 – 1:20pm	DT Graphics	KS4
Girls Football	12:30 – 12:55pm	Field	All
Y10 Basketball	12:30 – 12:55pm	Sports Hall	10
F1 in Schools	12:30 – 1:00pm	Science 12	7-9
French GCSE Revision	12:55 – 1:20pm	Language Lab	11
Lunchtime Fitness	12:30 – 12:55pm	Fitness Suite	All
Darts – Group 1	12:30 – 1:20pm	Gym	All
Entrepreneur Club	12:30 – 1:20pm	T2	All

Club	Time	Room	Year
Independent practice	3:35 – 4:30pm	Music 2	All
KS4/5 Fitness Suite	3:45 – 4:45pm	Fitness Suite	KS4/5
Y9/10 Indoor Cricket Nets	3:45 – 4:45pm	Sports Hall	Y9/10

FRIDAY

Club	Time	Room	Year
Silent reading and craft	Break and Lunch	LRC	All
Homework Club	Lunch	Language Lab	All
Y11 Football	12:55 – 1:20pm	Field	11
Netball	12:30 – 12:55pm	Sports Hall	7/8
Table Tennis	12:30 – 12:55pm	Sports Hall	All
Book Buddies (SEN)	12:30 – 12:55pm	5	7
Badminton	12:55 – 1:20pm	Sports Hall	All
Fitness Suite	12:30 – 12:55pm	Fitness Suite	All
Gardening Club	12:30 – 1:00pm	Glasshouse	7

Fire Safety School Talk



Key messages

Lincolnshire Fire and Rescue fire safety advocates have visited your child's school to discuss fire safety. We aim to give them the knowledge and understanding to empower them to make good decisions and prevent accidental fires. We covered the following topics:

- Fire prevention
- Get out, stay out, call 999
- Stop, drop and roll
- Use of fire alarms and importance of smoke alarms
- The causes and consequences of fire and arson

We have also asked students to discuss fire safety with their families, including test their smoke alarms and design a home evacuation plan.

In the UK there are still over 34,000 house fires every year. We want to work with families to reduce this risk and keep everyone safe.

If you have concerns about fire safety, would like a home fire safety check, or if your child has been playing with fire and would benefit from fire safety intervention, you can visit our website at

www.lincolnshire.gov.uk/home-fire-safety or call 01522 843415.



DON'T LEAVE LIGHTERS
OR MATCHES IN
REACH OF CHILDREN



TEST YOUR
SMOKE ALARMS

Further education

If you would like to learn more about the topic of fire safety with your family then you can visit the StayWise website. It has games, information sheets and activities for a range of ages: www.staywise.co.uk





Knife Crime Information Sheet



WHAT IS KNIFE CRIME?

Any crime involving a knife or other bladed or pointed object. This involves carrying a knife, owning a banned knife, trying to buy a knife if you're under 18, and/or threatening, injuring or fatally wounding someone with a knife.



KNIFE CRIME KEY TOPICS:

 **Self Defence** = an action taken during an attack, which must be of reasonable and proportionate force or the minimum force needed to get away.

 **Joint Enterprise** = two or more people charged with the same offence, even though they may have played different roles in the crime. This includes intending, encouraging and assisting the crime.

 **Stop & Search** = Police have the power to stop and search any person if they have 'reasonable grounds' to suspect that person may be carrying something that could cause harm to others.

A knife crime occurs every 11.5 minutes in the UK



...that's 125 a day on average.

THE LAW

- It is against the law to carry a knife in a public place and can result in up to four years in prison.
- A person must be 18 or over to purchase a knife.
- Age of criminal responsibility is 10 years old. Therefore, you can be arrested and charged aged 10 and above.



RESOURCES FOR YOU AND YOUR CHILD

Childline offer a confidential helpline (0800 1111) and forum where children can talk to counsellors.

Fearless offer an anonymous crime reporting service, as well as signposting to further youth services in areas such as county lines, drugs and knife crime.

Lincolnshire Police website offers a crime reporting portal, as well as 'StreetSafe' a portal for reporting local safety concerns.



@LincsPoliceEdu

www.lincspolice.uk

#LincsPoliceEdu



Y9 & 10 Online Safety



Today we visited your child and discussed fake news and misinformation in relation to online safety.

The key messages included:

Sharing incorrect information can have significant consequences, so it is important to not re-post anything unless you are sure the information is correct.

Some views online go beyond what most people consider acceptable and often involve intolerance toward differing opinions. They can be developed from repeated exposure to one viewpoint.

Misleading stories can be identified by checking sources, corroborating with trusted outlets, and analysing context.

- **Helping Your Teen Navigate Online Information:** As a parent or carer, it's important to take an active interest in your child's online life. Talk to them regularly about what they're seeing and doing online, and help them understand that not everything they come across is true or trustworthy.
 - **Spotting Misinformation Together:** Teenagers are constantly exposed to information online—some of it helpful, but some of it misleading or false. You can support them by encouraging the use of multiple reliable sources to check facts.
 - **Ask your child to think critically about the content they see:** Who created it? Why was it shared? What message is it trying to send?
 - **Understanding Online Echo Chambers:** Social media platforms often show users content that matches what they've already engaged with. Over time, this can create an echo chamber—a space where only one viewpoint is repeated and reinforced. This repetition can lead to those ideas becoming deeply held beliefs, even if they're not based on fact.
- A helpful way to think about this is:

PERSPECTIVE + EVIDENCE + REPETITION/TIME = BELIEF

What you can do to help:

Have regular conversations about what they're seeing online.

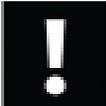
Encourage empathy by discussing how different viewpoints might affect others.

Promote curiosity by asking them to explore different perspectives.

Support fact-checking by guiding them to trusted sources before they form opinions or share content.

Create a safe space for discussion, to help your child build skills to navigate the internet with confidence and care.

Report harmful content you have witnessed to:

 **REPORT HARMFUL CONTENT**

For further advice visit:

 internet matters.org

Social Media



Safer
Lincolnshire



Stay Safe
Partnership



@StaySafePartner

Contact for info:  SSP@lincolnshire.gov.uk

 <https://www.lincolnshire.gov.uk/staysafepartnership>

HEALTHY RELATIONSHIPS

KS4

LINCOLNSHIRE
**DOMESTIC
ABUSE**
PARTNERSHIP



Key Information

Today, a member of the Stay Safe Partnership, delivered a Healthy Relationship workshop to KS4

The workshop is an interactive session where pupils develop their understanding of domestic abuse, coercive control, stalking and how to protect themselves.

Learning Objectives

- Recognise the use of misogynistic language in relationships
- Take an in-depth look at Coercive Control.
 - Develop an understanding of relationship abuse

Key Messages

Misogyny does more than offend when used in media, by influencers, jokes or everyday speech. It shapes our beliefs, lowers our awareness of abusive behaviour and makes unhealthy behaviours in relationships normalised.

It undermines the development of respectful and healthy relationships amongst teens.

Domestic abuse is an umbrella term describing 4 forms of abuse that occurs between two people over 16 in a familial or romantic relationship.



LINCOLNSHIRE
**DOMESTIC
ABUSE**
SPECIALIST SERVICE



Why we do what we do?

73 % of Gen z have encountered misogynistic content online

5x More likely to believe hurting someone physically is acceptable if you say sorry afterwards.



23% of young people exposed to domestic abuse are also demonstrating harmful behaviour themselves.

47% of young people exposed to domestic abuse are being directly harmed by the family member.



72%



51%

have experienced emotional violence

How can you carry on the conversation?

Normalise conversations around friendships and romantic relationships.

Be aware of what children are watching or activities they are engaged in.

Try not to fall into problem solving.



Use your influence to show what a healthy relationship looks like.

Ask them how they would feel in certain situations where control is present.

Don't minimise the problems young people may face.

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