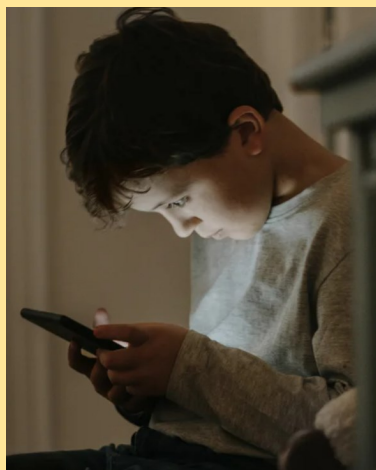




Inside Kingshurst

What We Can Learn

A theme of the support and guidance, published within this newsletter over the course of the last half term, has very much focussed on the important topic of your children being safe online. A link to an excellent webpage, compiled by Smoothwall, an IT company that monitors and filters computer systems within many schools across the country is given below that provides an overview, details of key takeaways in addition to providing links to useful reading for parents for each episode of the Netflix drama, Adolescence. Please click on the link below to go to the webpage.



["What we can learn from Netflix's Adolescence: Resources for Parents"](#)

'PEP' in Your (Exam) Step!

With the first core GCSE exam, in English Literature, taking place on Monday 12th May, Year 11 students have already experienced strategic shift in their timetable to accommodate bespoke revision sessions being scheduled the day before their examination as part of the final stages of their preparations. Where students do not have an examination, they will continue to follow their normal timetable.

This has been shared with all Year 11 students prior to the start of exams and has been sent to all parents and carers in addition to being posted within the 'Exam Dates' section of the academy website, a link of which can be accessed through [CLICKING HERE](#).

Year 7 Progress Review Evening: Wednesday 14th May
16:00pm - 19:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
- Girls football – 3g - Athletics – all years – 3g	- Football – all years – 3G - Science Club – All years - B018 - Girls gym club – all years – fitness suite - Dance – year 8/9 – dance studio	- Choir – all years – B037 - Cricket – all years	- Rounders – all years – 3g - Tennis Cardio – Tennis courts - Creative Writing – All Years – A304 - Basketball – all years – gym - Dance – year 9/10 – dance studio	- Stag sport Intervention – A108 - Dance Intervention – Week 2 - Drama Intervention – Week 1 - Dungeon and Dragons – All Years – B037 - Basketball – all years – gym

Extra Curricular: May 2025

Please find an overview of the programme of extra-curricular activities taking place each day after school.

We encourage students to look for opportunities to engage with a new challenge and stretch their abilities and to speak to their tutor or the faculties that run these clubs if they have any questions.



SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

Secondary | May 2025

Please click on the link (below) to go to the safeguarding content:

[Hidden meaning of emojis](#)

['Incel Culture'](#)

In this issue:

- The hidden meaning behind emojis
- 'Incel Culture'

The National College: Top Tips for Creating Family Rules for Using Devices



Most modern-day families probably use a multitude of devices at home. Sometimes, such devices are used more often by the children of the household, with many smartphones, laptops, consoles and the like being exclusively enjoyed by the younger members of the family. However, between the online safety risks that come with this technology and the physical, emotional and mental impacts of overuse, it can be a good idea to set some ground rules for the sake of children's wellbeing.

Agreeing rules around the use of tech in the home can sometimes pose a challenge, and it can be difficult to know what's reasonable, what might be a step too far, and what doesn't go far enough. Please find a safety guide on [page 4](#), offering you advice on how to successfully think up and enforce rules for using devices. [CLICK HERE](#)



SPOTLIGHT ON SAFEGUARDING

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Secondary | May 2025

UNDERSTANDING EMOJIS

What do these emojis really mean?

Emoji	Meaning
 	Body parts, often sexual innuendo
	Sexual references
	'Plug' or drug dealer
	Reference to being on drugs or emotionally numb
 	Delivery, sometimes drugs
	Mischief or risky behaviour
	'Lean' or drug-laced drinks
 	"Red Pill" ideology—part of online misogynistic group
	Drop the truth—sometimes linked to extremist or aggressive views
	Used to mock people who haven't woken up to Red Pill views
	Refers to the belief that 80% of women are only attracted to 20% of men – used to justify misogynistic beliefs

⚠️ NOTE: THESE SYMBOLS ARE NOT INHERENTLY HARMFUL, BUT CONTEXT IS KEY. WHEN USED TOGETHER OR IN SPECIFIC COMMUNITIES, THEY CAN REFLECT EXPOSURE TO TOXIC OR EXTREMIST ONLINE CONTENT.

THE SYMBOLS MAY ALSO HAVE DIFFERENT MEANINGS DEPENDING ON AREA AND AGE OF CHILDREN.

Here are a few simple steps to support your child:

- ✅ **Start conversations:** ask your child about how they use emojis and what they mean to them.
- ✅ **Stay informed:** keep up with common digital slang and social trends.
- ✅ **Check in regularly:** know what platforms your child uses and how they interact online.
- ✅ **Create a safe space:** encourage your child to talk to you if they see or hear something concerning.
- ✅ **Use monitoring tools where appropriate:** but always use these alongside open communication.

In this issue:

- The hidden meaning behind emojis
- 'Incel Culture'

In today's digital age, emojis have become a universal language, used across texts, social media and messaging apps. But did you know that some emojis don't always mean what they seem to mean?

With the recent release of Netflix's *Adolescence*, a mini-series exploring the digital lives of teenagers, the use of emojis in coded and sometimes concerning ways has been pushed into the spotlight. The series highlights how teens often communicate in ways that fly under the radar of adults, using innocent-looking symbols to convey deeper, and occasionally darker, meanings.

While most emojis are harmless and fun, a growing number of them are being used to communicate hidden messages—sometimes these are linked to bullying, inappropriate content or even illegal activity, such as drugs. That's why it's essential for parents to understand the double meanings behind some of these seemingly innocent icons.

If you are worried about the emojis your child is using or their online activity, speak to our safeguarding team. We're here to support you with guidance, resources and a listening ear.

SPOTLIGHT ON SAFEGUARDING

Understanding and protecting your child from 'incel culture' online

In today's fast-paced digital world, children and young people are exposed to a wide range of ideas, communities and influencers online. While many of these can be positive, informative and empowering, others can be harmful, manipulative and rooted in toxic ideologies. One such concerning trend is 'incel culture.'

'Incel' stands for 'involuntary celibate.' It refers to an online community, made up mostly of men, who express extreme resentment, frustration or hatred toward women, as well as towards other men they perceive as more successful, socially or romantically.

Over time, this culture has grown to include misogynistic content, glorification of violence and deeply harmful worldviews. Some of its narratives promote hopelessness, anti-social behaviour and, in rare but worrying cases, extremist ideologies.

How might your child encounter this online?

'Incel' content can appear in many forms and platforms:

- **Social media platforms** like TikTok, Instagram, YouTube and Reddit.
- **Gaming communities** including Discord servers and Twitch.
- **'Advice' or 'self-improvement'** videos that begin with seemingly harmless content about fitness, dating or confidence, but slowly introduce harmful narratives.
- **Algorithm-driven suggestions** — once a user interacts with a few videos or posts, platforms may begin to recommend similar or more extreme content.

This can create what's called a 'content spiral', where the algorithm shows more and more intense material, pushing users deeper into a particular worldview, often without them even realising.

How can you support your child?

1. Start with open conversations

Ask questions such as:
"What videos or accounts do you follow?"
"Have you seen anything online that felt extreme or uncomfortable?"

3. Explain how algorithms work

- Algorithms aim to keep viewers engaged rather than ensure accuracy.
- One click can trigger a series of increasingly extreme content.

5. Lead by example

Be conscious of your own online habits, the influencers you support and the way you talk about others, especially in front of your children.



2. Teach critical thinking

Help them develop the skills to question what they see:
"Who made this content, and why?"
"Is this opinion balanced or is it trying to provoke a reaction?"

4. Use parental controls

Tools such as YouTube's Restricted Mode, TikTok's Family Pairing and time-limiting apps help monitor your child's digital activities without being intrusive.

10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screen time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday®

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Source: See full reference list on guide page at: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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