



Tavistock College Newsletter

Dartmoor Multi Academy Trust

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12/01/2024

Child Protection

Your child's safety is of paramount concern to us. If you have a concern which involves the safety and wellbeing of a child or young person, please contact

Mrs Hazel Blackmore (Designated Safeguarding Lead), Mr Jack Brokenshire or Miss Rachael Squire immediately.

If the concern is outside College hours, please contact MASH on 0345 155 1071 (email: mashsecure@devon.gov.uk) Children's Social Care Emergency Duty Team (out of hours) on 0845 6000 388 or Police on 101 (non-emergency) and 999 (emergency).

Devon County Council

School Information Alerts



Dartmoor Multi Academy Trust
...everyone in our Trust.

Together; we care, we challenge, we excel

SAFEGUARDING OUR COLLEGE

If you have any concerns about your own safety, or that of another person, please talk to a member of our team or another adult at our College

 H Blackmore <small>Designated Safeguarding Lead</small>	 T Forster <small>Principal</small>	 J Buchanan <small>Vice Principal</small>	 N Read <small>Assistant Principal</small>	 A Savage <small>Deputy Designated Safeguarding Lead/ Assistant Principal</small>
 S Hunter <small>HoY 7</small>	 N Ingleby <small>HoY 8</small>	 L Evans <small>HoY 9</small>	 R Squire <small>Deputy Designated Safeguarding Lead/ HoY 10</small>	 D Jacob <small>HoY 11</small>
 T Massey <small>Deputy HoY 7</small>	 S Marsh <small>Deputy HoY 8</small>	 S Fox <small>Deputy HoY 9</small>	 P Trimmer <small>Deputy HoY 10</small>	 N Murphy <small>Deputy HoY 11</small>
 W Stephens <small>Deputy Designated Safeguarding Lead/ Head of Sixth Form</small>	 E Ruxton <small>Sixth Form Pastoral Lead</small>	 L Howard <small>Sixth Form Pastoral Lead</small>	 R Turner <small>Director of SEND</small>	 J Brokenshire <small>Deputy Designated Safeguarding Lead</small>

Devon County Council offer a free school information update service. This service aims to keep you updated with information regarding temporary school closures and school transport route issues. This is a particularly good service during the winter months when the weather can be unpredictable and icy.

To sign up to Tavistock College Alerts visit:

https://public.govdelivery.com/accounts/UKDEVONCC/subscriber/new?qsp=UKDEVONCC_4

February Half Term Break - Monday 12th - Friday 16th February 2024

COMMUNITY PARTNERSHIP PROGRAM

GETTING THE MOST OUT OF YOUR INGREDIENTS FOR LESS



Yummy spaghetti and meatballs were on the menu, with lots of top tips on how to get the most out of your ingredients.

The second class, which ran on Tuesday 9th January as part of our Community Partnership Program was a great success. A delicious warm evening meal was taken home by participants to enjoy with their families along with the recipe to use again and again.



Meatballs in Tomato Sauce with Spaghetti

Portions: 4 Portion cost : £1.01 **Method**

Ingredients

Beef/ Quorn mince 250g
Stuffing 100g
Water 200ml
Sea salt 1 pinch
Chopped tomatoes 1 can
Pepper ground 1 pinch
Onion 1
Carrot 1
Courgette 1
Spaghetti pasta 200g

1. Mix the dry stuffing mix with hot water and leave to cool
2. Grate the carrot and courgette and add 1/2 to the beef/Quorn mince then mix in with the stuffing, season with a pinch of salt and pepper.
3. Pan fry the onions and gently fry for 2 minutes until the onions have softened, add the carrot and courgette and fry for further 2 minutes, add the chopped tomatoes and 3 tablespoons of water, turn heat down and simmer then add the cooked meatballs and cook for a further 5 minutes.
4. Place a pan of water on the stove and bring to the boil, add the spaghetti and cook for 12 minutes or until al dente.
5. Drain the pasta and place on the plate, top with meatballs in tomato sauce.



enjoy

Cost of living Help and guidance



Are you worried about the rising cost of energy bills, food and transport?

You are not alone, the cost of living crisis is affecting many of us.

You may want help accessing grants and debt advice, support getting all the money you are entitled to, or simply want to know more about the government's recent support measures. West Devon Borough Council want to reach out to residents to make sure you are aware of support available.

Free School Meals

Many people are not aware their children qualify for a free school meal. Check using this website – you do not need to tell the school yourself.

www.devon.gov.uk/educationandfamilies/school-information/school-meals

Your child will receive a nutritious two course meal each day.

School holidays can put increased pressure on finances but there are ways in which you can be supported through subsidised or free holiday clubs.

www.devon.gov.uk/educationandfamilies/family-support/haf-programme/information-for-parents

Healthy Start Card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card. The card has money on it to be used in shops to buy:

- plain liquid cow's milk;
 - fresh, frozen, and tinned fruit and vegetables;
 - fresh, dried, and tinned pulses; and
 - infant formula milk based on cow's milk.
- You can also get free vitamins.

See online to find out more and for ways to apply.

www.healthystart.nhs.uk/how-to-apply

Food Support

The cost of living crisis has made it much more difficult for many people to afford food. If this is something you are experiencing, the Council have collated a list of food hubs on their website.

www.westdevon.gov.uk/foodbanks

There is also support for your animals – www.rspca.org.uk/adviceandwelfare/costofliving/foodbank

Household Support Fund

This will be available from April 2023 to provide short-term financial support to help meet the needs of those struggling to afford food, energy, water bills and other related essentials.

Applications can be made online.

In addition, our partners will issue food vouchers to families of children who receive free school meals so they can buy food through the school holidays. Keep an eye on our website for more information.

www.westdevon.gov.uk/household-support-fund

West Devon Support Directory

An online support directory has been created to provide information on a wide range of support available from within the Council and our external partners.

www.westdevon.gov.uk/support-directory

If you need any more information from the Council, then reach out to us through our 'Contact Us' page which will direct you to the information you are looking for.

www.westdevon.gov.uk/contact-us

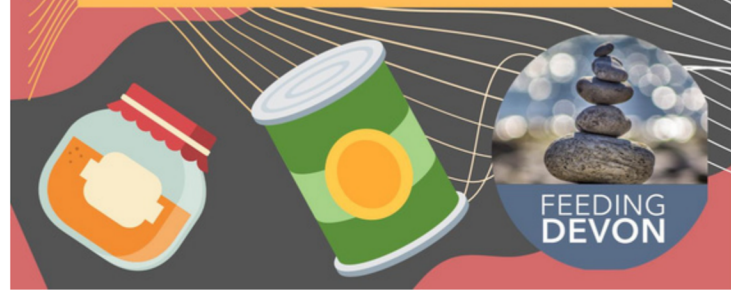
- Energy
- Income
- Home
- Wellbeing

Tavistock food hub

An Affordable Food Club

Feeling the pinch? Why not join our food club and save up to 60% on supermarket prices. Only £5 donation per bag!

Wednesdays 11.30am to 12.30pm at
The King's, Pixon Lane or
Saturdays at The Red & Black Club,
Crowndale Road 11am to 12pm
email info@feedingdevon.org.uk



WANT A NEW SKATEPARK? SHOW YOUR SUPPORT!



We are Tavi Skate, a local steering group, with a vision for a new concrete skatepark to be built in Tavistock.

We want to start conversations to build a picture of the community's outlook for future facilities. Quality skateparks support vibrant, healthy communities. These dynamic spaces can be used for skateboarding, BMXing, scooter riding and rollerblading for riders young and old.

Our goal is to replace the current skatepark with a modern park that's quieter, safer, and more welcoming for all. To make it happen we need the support of our community - show you'd like a new skatepark by scanning the QR code and filling out our short survey.

SCAN HERE →
COMPLETE OUR
SURVEY OF SUPPORT
& FIND OUT MORE.

hello.taviskate@gmail.com
www.tavistockyouthcafe.com

Tavi.skate
Tavi Skate

tavistock youth cafe

Tavi Skate.

Are you missing out?

More money for your school!



Nutritious meal every day!



Access to free holiday clubs!



More teachers, trips, and activities!



Check your eligibility today for Free School Meals

https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE

Devon County Council

Contact: 0345 155 1019

Devon Schools Wellbeing Partnership

PATRIOTS

JUNIOR BASKETBALL

BASKETBALL IS BACK



AGES 11-14

**U14 BASKETBALL - WEDNESDAY 5-6PM - IN THE TAVISTOCK COLLEGE GYMNASIUM
BOOK NOW BY VISITING PLYMOUTH-CITY-PATRIOTS.CLASSFORKIDS.COM**

SEN Notice Board

Director of SEND- Mrs Turner
SENDCO - Mrs Champion



We have had another busy and exciting term in the SEND department! We have celebrated successes ranging from Year 11 mock exams to end of term assessments.

Last Friday we were pleased to welcome our Educational Psychologist Kate Antony to host a Parent Forum titled: 'How Do I support my child manage the sensory overload of the school environment?'.

It was an extremely informative discussion on sensory overload and how a parent can help their child deal with overwhelming situations. With nearly thirty parents attending it was a great success! We have more Parent Forums throughout the year and the timetable of events is laid out below.

The team has also been working hard to make sure the SEND register is up to date so some of you may receive phone calls about your young person. We are now including students on the SEND register who are waiting on pathways for a diagnosis. If you think that this includes your child then please contact the team on the following email address: send@tavistockcollege.org



Date:	Event:	Description:	Who can attend:
8/03/24 9.30am- 10.30am	Educational Psychologist parent / carer forum	School Based Anxiety	Open to all parents
28/03/24 9am - 11am	SEND Coffee Morning	A chance to meet the team and other parents / carers	Parents / carers of students on the SEND register
6/3/24 9:30am - 10:30am	SEND Surgery (Virtual or face to face)	A chance to speak with the team if you think that your young person may have SEND.	For parents / carers of students not on the SEND register.
7/03/24 5.30pm - 7pm	SEND parent / carer forum	Our Graduated Response	Open to all parents.

Year 7 Notice Board

Head of Year - Mr Hunter

Assistant Head of Year - Mrs Massey



A belated Happy New Year to all of you. I hope that the recent break has recharged all students ready for a positive 2024.

This is a really exciting time for Y7 as it presents us with an ideal time to reflect on the first full term here at Tavistock College: students have had an enormous amount to learn and adjust to since leaving Primary School, and I think they have done a phenomenal job!

NOMINATIONS

CARE
Reuben G for looking out for other students

CHALLENGE
Fayre W for persevering at the start of term

EXCEL
Ollie H for earring lots of green boards this week!

I wanted to mark this milestone in an assembly that I will be delivering to the students next week, with the launch of 'Operation Paint It Green'!

Students are now well aware of the expectations on them inside and outside of lessons, and I'd really like to encourage all of them to shift their mindset from 'don't earn red boards' to 'try and earn green boards! For many of our students this is already the case, but we are going to try and encourage it in all student by offering tutor group rewards and prizes for the most green boards earned this term. I want to reiterate to them that hard work, STAR behaviours, and following the college charter will always be rewarded.

Please can we take this opportunity to remind all students that they are expected to come to school each day with the Tavi 7 (bare essentials, pencil case, pen, pencil, eraser, reading book, ruler). Some of these seem to have gone missing for students since starting - if they ever need to borrow one of these, they can do so from the Key Stage 3 office.

20 GREEN BOARDS

Ollie H, Macy G, Maddison D, Evelyn C, Sophia H, Esme O, Daisy P, Ezra Y, Evie B, Summer K, Harry R, Samuel P, Kiera-L, Will D, Ella F, Sophia B, Masha L, Lilly-A, Cassidy W, Amelia S

Year 8 Notice Board

Head of Year - Mrs Ingleby
Assistant Head of Year - Mr Marsh



20 STUDENT LEADERS

Nevaeh B, Jack E, Tia M, Riley H, Arthur M, James B, Samuel D, Ruby H
Daniel O, Elliott S, Summer W, Casey F, Sam G, Oscar M, Daniel N
Saba P, Melody V, Dibeh A, Alex C, Ariah G

Welcome back, Year 8. We hope you had a fantastic festive break. Now that we're back to school, it's time to re-ignite the excitement for learning and set our sights on the exciting journey ahead in Year 8.

This year holds a wealth of new opportunities, challenges, and knowledge waiting to be explored. As you step into the classrooms, be prepared to engage with your subjects, ask questions, and embrace the learning process. Each lesson is a chance to discover something new and develop your skills.

Remember to stay focused on your goals and aspirations for the year. Whether it's improving your grades, participating in extracurricular activities, or honing specific skills, setting clear objectives will help guide your efforts.

Don't hesitate to seek support from your teachers, classmates, and school resources if you encounter difficulties along the way. Education is a collaborative journey, and we're all here to help each other succeed. Embrace the challenges, stay curious, and make the most of every learning opportunity. Here's to a successful and fulfilling Year 8!

Welcome back, and let's make this academic year a memorable one!

Demonstrating one of the cooperative values- Solidarity, Self-help, Self-responsibility, Democracy,

Demonstrating one of our ethical values- Openness, Honesty, Social-Responsibility, Caring for others:

NOMINATIONS

Riley H
Nevaeh B
Jack E
Tia M
Arthur M

Enrichment

A huge supportive well done needs to go to all of those who took part in the basketball match against Torpoint during last week of term. They put up a valiant fight!

Year 9 Notice Board

Head of Year - Miss Evans

Assistant Head of Year - Miss Fox



Firstly, we hope you had a restful and relaxing two week holiday even though this now seems so far behind us!

Secondly, the New Year is obviously a time for new beginnings - about having another chance to be the person that you have always wanted to be. As Oprah Winfrey said, the New Year is "another chance for us to get it right." It appears that you are already living by this mantra. You have all made a fabulous start to the new term and we are immensely proud of you all.

REMINDER

Remember to wear your uniform with pride: meaning skirts should not be rolled up and shirts should be tucked in.

Please also remember that no one should be chewing otherwise a lunchtime detention will follow.



NOMINATIONS

CARE

Oscar J for his great attendance and his enthusiasm to learn

CHALLENGE

Manni B for his excellent punctuality and well as his extreme politeness to all

EXCEL

Scarlett K for pushing herself to improve her behaviour and attendance

Enrichment

A huge supportive well done needs to go to all of those who took part in the basketball match against Torpoint during last week of term. They put up a valiant fight!



20 BIRTHDAY BOARDS

Megan B, Charlie B, Emmie C, Amelia D, Isabelle F, Sunny F, Samantha G, Evie G, Sommer M, Sienna M, Anastasiia M, Isabella N-C, Issy R-R, Aimee S, James S, Harvey T, Eddie T-Y, Enya T, Annika W and Maisie W

Year 10 Notice Board

Head of Year - Mrs Squire
Assistant Head of Year - Mr Trimmer



20 GREEN BOARDS

Luana P, Thalia W, Matilda S, Daniel U, Erin H, Ellie G, Sofia R E, Josh D
Cerys M, Oscar R, Nya W, Josh A, Leila A, Bea B
Sophie D, Esme E, Eric C, Jack R, Jamie C, Isabele K



NOMINATIONS

CARE

Students are really showing that they care about their work with 1888 Green boards awarded for working hard and 1213 consistently meeting expectations in lessons and 801 positive points for outstanding effort in lessons Keep this up Year 10.

CHALLENGE

Holly W for her huge surge of Green boards of 39. Keep this up Holly and well done. Your teachers believe in you and your hard work!

EXCEL

We nominate Josh D for his commitment to and hard work in school with 29 positive green boards

A big welcome to all year 10 Students this term. We have a short term so we look forward to all students working hard and doing their best. We have been impressed with students' commitment to the new line ups on the Hard Courts and a big thank you to their resilience and maturity with this positive start to the day.



Work Experience

Please all families help your child successfully complete the work experience form below. The sooner this is done the better in gaining a good placement.

Work Experience

You will need to know the following before completing this form

Consent from a parent/ guardian
Medical needs

Name of WEX company
Name of contact
Valid email address
Contact phone number

Once ALL sections are completed the college will send out the risk assessment for to the person of contact.

[Sign in to Google](#) to save your progress. [Learn more](#)

Year 11 Notice Board

Head of Year - Mr Jacob

Assistant Head of Year - Mr Murphy



We hope that you all had an enjoyable Christmas break and feel refreshed. The year 11 students have returned looking eager and ready to go. We look forward to supporting the students as their GCSE's get closer. Revision for some subjects has already started so please keep an eye out for more information around this.

Mocks

The students have their second round of mock exams coming up the week beginning Monday 29th January. The mock period will last for 2 weeks and will finish Friday 9th February. We would encourage all the students to start putting together or following a revision timetable in order to start prioritising the remaining time they have in year 11. Students will be given time to create a revision timetable during their tutors sessions.

REMINDER

A reminder around uniform standards as these slipped a little bit before the christmas break.

Students must wear:

- ✓ Black sweatshirt with Tavistock College badge and/or a black blazer with Tavistock College badge
- ✓ Tavistock College tie
- ✓ Plain white collared shirt - buttoned to the collar (worn tucked in)
- ✓ Plain black trousers or tailored button waist black shorts
- ✓ Tavistock College tartan skirt (Year 11 (2023/2024) are permitted to wear a black skirt which adheres to the previous uniform policy - Black knee length skirt either A-line or pleated).



2023 BOARDS

Sebastian L, Megan G, Finley W, Joshua H, Harold C, Lennon M, Lucas E, Joe S, Ruby C, Rosie K, Ben P, Bella D, Ben C, Tal P, Orrey-Dean C, Oliver D, Ash N
Angel H, Oliver H, Edward S.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVs

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the TV News at Ten. He has two children and writes regularly on the subject of internet safety.



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Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



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What Children & Young People Need to Know about **FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL
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Sources: <https://www.legislation.gov.uk/ukpga/2010/15/contents>
<https://www.legislation.gov.uk/ukpga/1998/42/schedule/18/text-1/entry-3/2010-the-2010-right-to-2010-freedom-of-2010-expression>

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IF YOU ARE A PARENT OR CARER

You can text a Health Visitor on

07520 631 721

We can help with all kinds of things like.....

CHILD HEALTH & MENTAL
DEVELOPMENT HEALTH
ADJUSTING TO SLEEP &
PARENTING FEEDING
TOILETING CONTINENCE ROUTINES
FAMILY HEALTH

Text us for confidential advice & support

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HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR

CONFIDENTIAL HEALTH ADVICE AND SUPPORT:

07520 631722

OR SCAN THE QR CODE FOR MORE INFO:



GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING RELATIONSHIPS SMOKING

EMOTIONAL HEALTH BULLYING SELF HARM

ALCOHOL & DRUGS ANXIETY SLEEP PUBERTY

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WWW.HEALTHFORTEENS.CO.UK/DEVON



SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,

AND FIND OUT THE TRUTH BEHIND THE RUMOURS

FIND US ON INSTAGRAM: @health_forteens #HealthforTeens

Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only which does not include messages sent from landlines, international mobile numbers and some number masking mobile apps. To opt out of receiving messages from a healthcare professional, please text: STOP to our number. Messages are charged at your usual rates.

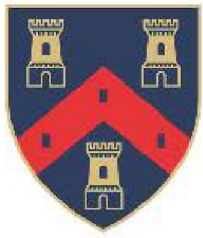
IF YOU'RE 11-19 YEARS OLD
TEXT A SCHOOL NURSE
07520 631722

WE HELP YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

RELATIONSHIPS
MENTAL HEALTH BULLYING SELF
HEALTHY EATING ALCOHOL HARM
DRUGS SMOKING

Text us for confidential advice & support

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MOUNT
KELLY

MOUNT KELLY

PREP SCHOOL

SATURDAY MORNING CENTRE

Mount Kelly Prep School

Tavistock, Devon, PL19 9JL (top pitch, large car park)

Every Saturday Indoors or Outdoors

(Excluding bank holiday weekends)

4-11 Years

9am-10am



in partnership with



ARGYLE
COMMUNITY
TRUST

jacob.fahy@pafc.co.uk
argylecommunitytrust.co.uk

LEARN. PLAY. SUCCEED