



## Safeguarding: Netflix show Adolescence



Stephen Graham and Jack Thorne's Netflix drama Adolescence has captured the country's attention, both for the quality of the drama and the light it shines on the issues facing young people today, which can affect their mental health in new and complex ways. Many parents may be shocked at the portrayal of teenagers' online life and the distress it can cause. Giving children the tools to manage their online use and to keep themselves safe is vital. Not all online communities are healthy, as Adolescence shows to devastating effect. While digital communities lower the bar to expression, this can also lead to a culture of bullying and toxicity which young people have no respite from in an 'always on' culture. In particular, Adolescence highlights the toxicity of the manosphere, where misogyny flourishes. This ranges from regressive and wrong attitudes around gender all the way through to extreme misogyny on incel and related forums.

The incel culture has created its own language for in-group conversations that allows members to identify who is part of their community.

Here are some of the words used in incel forums and their definitions

- \* **Stacy:** Used to refer to a woman that incels consider attractive, usually carrying the implication that they have lots of relationships, typically with "Chads".
- \* **Chad:** Used to refer to a man that incels consider attractive, masculine and popular with women, placing them at the top of the social hierarchy in incel ideology. Incels sometimes express admiration for Chads, but at other times express hatred of them.
- \* **Normies:** People that incels consider to be of average attractiveness and intelligence, with an accompanying 'normal' worldview and lifestyle.
- \* **Femoid or foid:** Derogatory term meaning "female humanoid" used by incels to refer to women in a way that suggests that they are less than full human beings.
- \* **Bluepill:** Based on the movie "The Matrix", the term is used to describe people who subscribe to conventional and mainstream beliefs, living in a state of blissful ignorance.
- \* **Redpill:** In opposition to the "bluepill", "redpill" describes men who have "woken up" to a supposed reality that the world favors and benefits women over men. Different manosphere communities build on this base in different ways, offering contrasting advice on how men can overturn the supposed advantages that women hold in work, culture, relationships and more.
- \* **Blackpill:** Adherents of "blackpill" ideology accept the "redpill" idea that society is stacked in favor of women and against men but reject the idea that men can overcome this disadvantage. This leads to a nihilistic worldview in which incels believe society necessarily excludes some men from fulfilling social lives, careers and relationships.
- \* **Looksmaxxing:** Refers to a set of methods and strategies developed by incels and others which purport to improve physical appearance, many of which are unproven or even dangerous. Many incels believe that physical appearance can be objectively assessed on a numerical scale.
- \* **Going ER:** A term used to describe the act of committing mass murder. This is a reference to Elliot Rodger, the 22-year-old who killed six people and injured fourteen more in Isla Vista, California, in 2014. Before committing the crime and killing himself, he posted a misogynistic manifesto about his hatred of women. This phrase is used by the incel community to promote violence against women and society by committing mass murder.

Lots more information regarding this can be found at [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

You can also come and see Miss Akers in school, who will signpost you for further support and/or information.

## EMOJI SLANG

DO YOU KNOW WHAT IT

MEANS



'Ghosted' - to be ignored



To be shocked



Idiot/stupid



'Capping' lying



'Dead Meat'



Stab



Punch



Gun/Shoot



Self Harm



Getting High



Buying drugs/County Lines



Male genitalia



Female genitalia



Sharing an explicit image



# The Anchor News

Serving the local community in the name of Christ since 1859

28th March 2025

This half term our Value focus is **Courage**



Hello everyone, what a busy and exciting week it has been!

We had Parents' Evening on Wednesday, and it was lovely to see so many of you there. It was a great opportunity to discuss the children's progress and celebrate their achievements. Thank you to all the parents and carers who attended - we truly appreciate your ongoing support.

Yesterday, our Year 1 children had a fantastic trip to Cadbury World, where they learned all about the history of chocolate and had lots of fun exploring. It was a wonderful experience for them, filled with learning and delicious treats!

Today we had the lovely Early Year's Mother's Day Assembly, as this Sunday is Mothering Sunday, a special time to show appreciation for the wonderful mothers, grandmothers, and mother figures in our lives. Whether you're celebrating with a heartfelt card, a kind gesture, or simply spending time together, we hope it's a day filled with love and gratitude.

Finally, as the week comes to an end, we will also mark the end of Ramadan, and I'd like to take this opportunity to wish everyone celebrating a very happy Eid. May you have a joyful time with your loved ones, filled with happiness and togetherness.

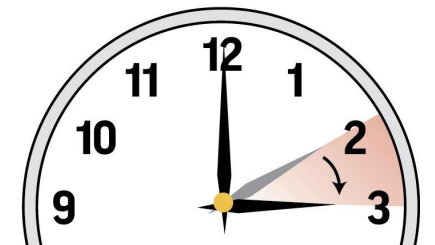
Wishing you all a fantastic weekend!

Mrs Sidhu - Learning Mentor

DON'T FORGET

## Spring forward

Daylight saving time starts Sunday at 2 a.m. local time. Set your clocks **ahead one hour** before bed Saturday.



Develop enough courage so that you can stand up for yourself and then stand up for somebody else.

Maya Angelou

# Eid Mubarak

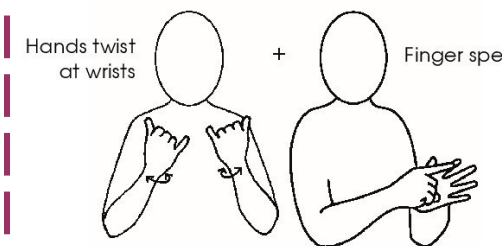
School will be authorising Monday 31st March for those who celebrate Eid.

We are aware it may be Sunday but as we need to make a decision earlier rather than later, we have decided to authorise that day.

wishing you and your loved ones a blessed Eid

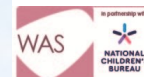


This weekend is the end of Ramadan and we wish Everyone a Happy Eid.



Eid

Don't forget it is important to say the word as you sign it.



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#LearningforLifeAnchoredInChrist



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