



# Personal Development - PSHRE

International Women's day

**#BreakTheBias**

Tuesday 8<sup>th</sup> March 2022

# *International Women's Day*

International Women's Day is a global holiday celebrated annually on **March 8** to commemorate the cultural, political, and socioeconomic achievements of women.

It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.

# International Women's Day

**#breakthebias**





# Will you #breakthebias today, and beyond



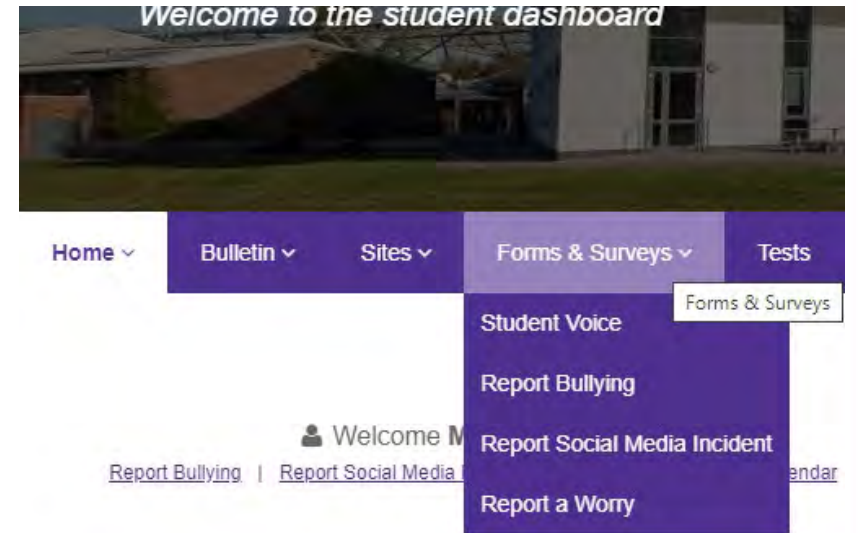
See your teams page or your year office for more information on activities you can do this month and beyond

# How to report any concerns you may have...

Log onto the school's **Safeguarding** on the **WRHS website**

<https://wrhs1118.co.uk/support/safeguarding>

Report a concern using **FROG**



## Report a Bullying Incident

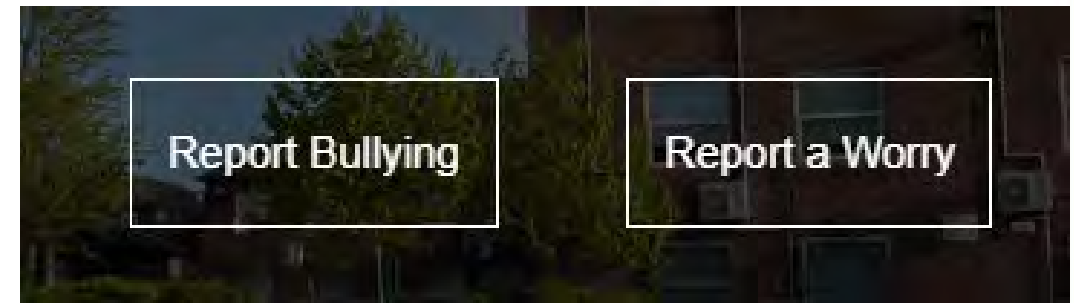
If students have a genuine concern about bullying in our school they must report it. This can be done via Frog (our Intranet) via the link below:

[REPORT AN INCIDENT](#)

## Report a Worry

Every child and young person has a right to be safe. Safeguarding means keeping you safe from any type of harm or neglect.

[REPORT A WORRY](#)



You can also report any concerns or worries you have to your **Year Office**





# STAYING SAFE AT WRHS



**“Keeping children safe is everyone’s responsibility”**

## Everyone has the right to feel safe

Are you or someone you know feeling:

**Overwhelmed /anxious**

**Hurt, neglected or abused**

**Self-harming or Suicidal**

**Forced to do things you/  
they don’t want to do**

Please talk to your Year Office, they can offer valuable support and advice and if required, can refer you to our designated Safeguarding and Emotional Health Team.

## The Safeguarding Team



## The Emotional Health Team



## SUPPORT FOR YOUNG PEOPLE



**KOOTH** (Free, safe and anonymous online support for young people)



**SAMARITANS** 24/7 116 123)



**BEAT** ([www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)) youth line 3pm – 10pm 0808 801 0711



**CHAT HEALTH** 07507 330 205 (Confidential and anonymous text messaging service for young people)



**Childline** ([www.childline.org.uk](http://www.childline.org.uk))



**Young minds** ([www.youngminds.org](http://www.youngminds.org)) Parental helpline



**42nd Street** ([www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)) Parental helpline



**Manchester Mind** ([www.manchestermind.org.uk](http://www.manchestermind.org.uk)) help for mental health in Manchester



**LGBT Foundation** (<http://lgbtfoundation/>)



**Papyrus** (Prevention of young suicide)



**Anna Freud National Centre for Children and Families** National centre for children’s mental health ([www.annafreud.org](http://www.annafreud.org))

If you would like more information or want to discuss anything you can contact your Head of Year and/or Year Coordinator

Additional information on the school’s website: <https://wrhs1118.co.uk/health-and-wellbeing/mental-health-signposting>