



### The Safeguarding Team at Belmont

If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team.



Mrs Clair Veli

Designated Safeguarding Lead (DSL)



Miss Rachel Carroll

Deputy Designated Safeguarding  
Lead (DDSL)



Ms Zoe Virgin

Family Support Worker (FSW)  
& Attendance Officer



Mrs Kirstin Eccles

Mental Health Lead

Dear Parents and Carers,

Welcome to the March edition of the Belmont School Safeguarding Newsletter.

As you know, we recently welcomed Ofsted into school for an ungraded inspection. We are beyond proud with the outcome; the inspectors recognised that Safeguarding is effective at Belmont and the children are safe and happy. This is what we strive to achieve at Belmont and are glad that it has been recognised and celebrated externally.

This month, we are focusing on the crucial topic of online safety, specifically understanding 'incel culture' and its potential influence on young people. With the rise of social media and online forums, it is more important than ever to be aware of harmful ideologies that may affect children and young people.

If you have any questions about the topics in this newsletter or other safeguarding concerns, please feel free to reach out by email.

As always, we're here to help.

*Clair Veli*

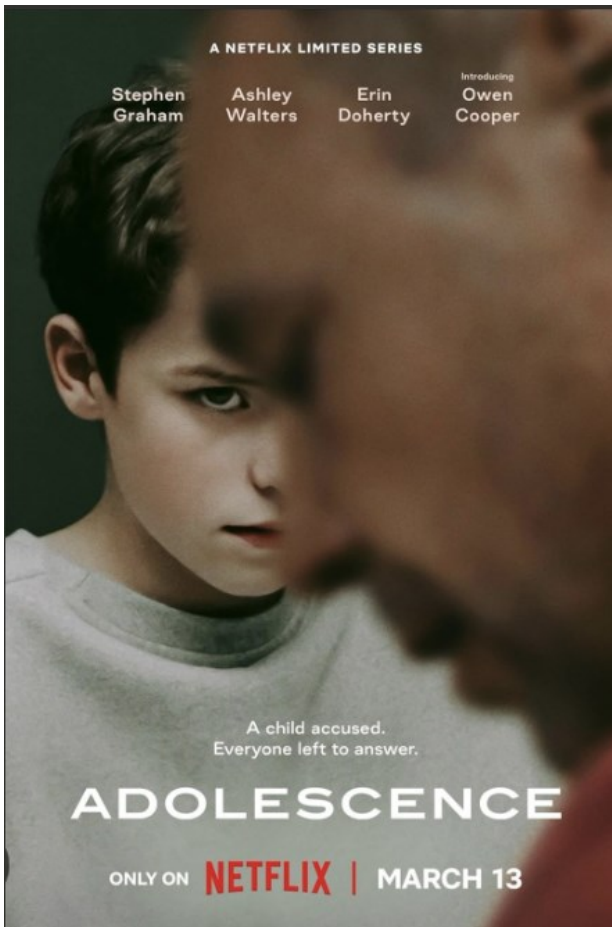
Assistant Headteacher

& Designated Safeguarding  
Lead

The following policies have been updated:  
Safeguarding; Attendance; Relationships  
& Behaviour

You can access them here:

[Policies & Procedures - Belmont School](#)



The recent Netflix series '**Adolescence**' explores the struggles young people face today, including the impact of harmful online communities like the incel movement. The show follows the story of a 13-year-old boy accused of a serious crime, highlighting issues like loneliness, bullying, and negative online influences.

The series has sparked important conversations about how digital spaces can shape young people's beliefs and behaviours.

Parents and educators are encouraged to watch it to better understand these challenges and help guide children in navigating the online world safely.

## Keeping Children Safe Online: Understanding Incel Culture

The internet provides young people with a wealth of opportunities to learn, connect, and explore. However, some online communities promote harmful ideologies that can influence vulnerable individuals. One such group is the 'incel' (involuntary celibate) community, which can foster resentment, misogyny, and, in extreme cases, radicalisation.

### What is Incel Culture?

The term 'incel' refers to individuals who feel unable to form romantic or sexual relationships despite wanting to. Some online incel communities encourage negative attitudes towards women, blame them for personal struggles, and promote an 'us versus them' mentality. While not all incels engage in harmful behaviour, some groups spread misogyny and even advocate violence.



## Why Should Parents Be Concerned?

Recent media coverage has highlighted the growing influence of incel culture among young people. Many of these beliefs spread through social media, forums, and influencers who promote harmful ideologies. It is important for parents to be aware of this issue, recognise warning signs, and have open discussions with their children about healthy relationships and online safety.

## Common Incel Terminology

Understanding the language used in these communities can help parents identify warning signs. Here are some common terms:

- **Incel (Involuntary Celibate)** – Someone who feels they cannot find a romantic or sexual partner and often blames society for their situation.
- **Chad** – A term used for an attractive, confident man who is seen as successful in relationships.
- **Stacy** – A term for an attractive, popular woman who is believed to only date "Chads."
- **Black Pill** – The belief that personal struggles, especially in relationships, are unchangeable, leading to hopelessness.
- **Red Pill** – The idea that men must "wake up" to harsh truths about gender and society, often with a negative view of women.

## Warning Signs to Look Out For

- **Low self-esteem** – Feeling unworthy or hopeless about relationships.
- **Use of incel language** – Terms like 'Chad', 'Stacy', 'Black Pill', or 'Red Pill'.
- **Hostility towards women** – Expressing negative generalisations about women.
- **Increased frustration or anger** – Particularly about relationships or social status.
- **Isolation and secrecy** – Spending excessive time on incel-related forums or withdrawing from social interactions.



### How Can Parents Support Their Children?

Talking openly with your child about relationships, self-worth, and online influences is crucial. Here are some helpful conversation starters:

- What do you think makes a healthy relationship?
- Is it fair to blame one group of people for personal difficulties?
- How do you decide whether something you read online is trustworthy?

Encourage critical thinking about the content they consume online and reinforce positive values such as respect, empathy, and self-improvement. If you are concerned, seek support from school.

**Together, we can create a safe and supportive environment for our children to grow and thrive.**

### Useful Resources for Parents

For more guidance on understanding incel culture and how to support young people, visit:

- **Educate Against Hate** – Information and advice for parents on recognising and responding to incel-related concerns: [www.educateagainsthate.com](http://www.educateagainsthate.com)
- **You Can't Know Everything** – A dedicated parent and carer guide on incel culture: [www.youcantknoweverything.com](http://www.youcantknoweverything.com)
- **ASCL (Association of School and College Leaders)** – A guide to understanding and addressing incel culture in schools: [www.ascl.org.uk](http://www.ascl.org.uk)
- **High Speed Training** – Advice on how schools and parents can tackle incel culture: [www.highspeedtraining.co.uk](http://www.highspeedtraining.co.uk)
- **Devon County Council** – A safeguarding guide for educators and parents: [www.devon.gov.uk](http://www.devon.gov.uk)