# Safeguarding and Health Bulletin

**March 2026**

Dear Parents and Guardians,

Welcome to our half-termly safeguarding and health bulletin, sharing our safeguarding themes for each term and what we hope will be useful resources for awareness and discussions at home. Please keep reading for:

- Neurodiversity Celebration Week
- Staff Training
- Health Messages from the School Nurse
- The 764 Network & How to Protect Your Child

## Neurodiversity Celebration Week 2026

Neurodiversity Celebration Week 16-20 March will be marked at Exeter School.

Pupils will attend assemblies led by our Learning Support team designed to promote understanding, challenge misconceptions and celebrate the strengths that neurodiversity brings to our community.

Guided by the school's virtues, the week will encourage pupils to reflect on how kindness, respect, collaboration and a strong sense of community help ensure that Exeter School remains a place where everyone feels supported, valued and able to be themselves.

## Staff Training

This half-term, staff at Exeter School our refresher training focus has been on how best we can support our vulnerable pupils.

This includes pupils who may have additional needs or circumstances that require enhanced awareness and support, such as those with special educational needs and disabilities (SEND), young carers, pupils experiencing mental health challenges, pupils with neurodivergent profiles including ADHD, and those who may be experiencing safeguarding risks inside or outside of school.

As part of ongoing professional development, colleagues recently took part in our yearly Edfest *Inspirational Teachers, Aspirational Learners* and follow up INSET training sessions covering a range of relevant topics from external and internal speakers. Our learning support team led a session on 'Empowering Pupils with ADHD', strengthening inclusive classroom practice.

## Health Messages from the School Nurse

Free HPV vaccinations will take place in school on 24 March for 4F and for all unvaccinated pupils in Years L5–U5.
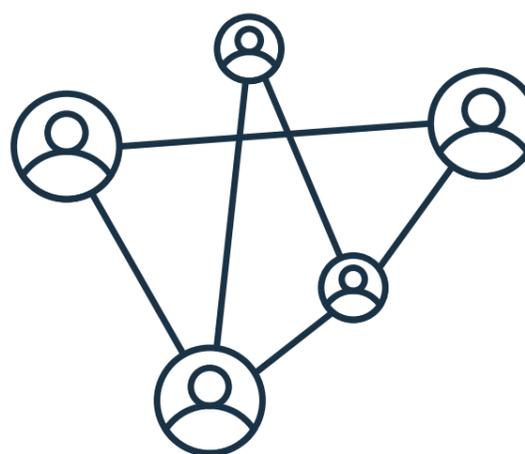
The HPV vaccine protects against the human papillomavirus, which can lead to several cancers (including cervical, mouth/throat, anal, penile, vulval and vaginal cancers) and genital warts. It is routinely offered to all young people aged 12–13 as a single arm injection and is also available to those at higher risk. Only those with a serious previous allergic reaction to the vaccine or its ingredients should not receive it.

To sign up or check if your child needs a vaccination contact: https://kernowhealthcic.org.uk/primary-care-services/school-age-immunisation/

## 764 network: The Intersection of Terrorism, Violent Extremism, and Child Sexual Exploitation

If you are familiar with internetmatters.org and follow its guidance relating to internet guidance in the home, you might have read the very recent article about the 764 network and how to protect your child. Please see below information copied from the article on internetmatters.org:

The internet is a powerful tool for social connection, friendship and community. However, like any shared space, it can also be misused by people who exploit its social features to target vulnerable individuals, including children. One emerging threat that parents should be aware of is 764.



What is the 764 network? How to protect your child

764 is an online network of predators who coerce children into committing acts of harm. See how you can protect your child in online spaces.

🅘 Internet Matters · Feb 27

### What is 764?

764 is a loosely connected, international network of online groups that target and coerce vulnerable individuals – often children – into producing child sexual abuse material (CSAM) and engaging in acts of harm to themselves or others. The network also glorifies violence, celebrating notorious killers and terrorists. Members themselves have also attempted murder, plotted mass-casualty attacks and driven victims to suicide.

### The Com Network

764 does not exist in isolation. It's part of a wider online culture where some groups treat extreme violence as entertainment or a way to gain attention and status. The term '764 network' often describes a collection of related groups that operate under different names within this wider online ecosystem. This is often referred to broadly as the 'Com Network'.

### Targeting children and teenagers

Research from the Institute for Strategic Dialogue shows that the 764 network methodically targets individuals who they believe will be most susceptible to manipulation, threats and blackmail such as children and teenagers. This also includes those who have shown signs of vulnerability, such as neurodivergence, social isolation or engagement in self-harm, eating disorders and other mental health struggles.

### Commonly used platforms

There is no single online space or platform that is uniquely responsible for 764 activity. However, our analysis has identified Discord, Roblox, and Telegram as common environments for grooming and exploitation. It's important to note, though, that all three are used for otherwise non-harmful activities.

Additionally, predators within this network use other large mainstream platforms and games as 'hunting grounds' for potential targets. These platforms include X, Instagram, Reddit, TikTok, YouTube, Minecraft and Fortnite, among others. They often cast a wide net in initiating contact with users on these platforms.

Perpetrators will scour their public profiles and messages for clues that they may be especially vulnerable to manipulation.

## How to Protect Your Child

### Regular conversation

Protecting your child from the 764 network starts with creating an environment for open, regular dialogue about their online activity. It's a space where they feel safe to engage in these discussions without fear of shame or punishment. You want your child to believe that if anything goes wrong online, they can seek support from you. Tell this to your child clearly and repeatedly to develop a sense of trust and safety.

### Build digital resilience

It is also helpful to teach your child about basic online safety. Like we give children offline safety tips, such as not getting into a stranger's car, we can share simple tips for them to follow in their online lives.

Teach them to be cautious of online strangers, especially if someone asks them for sensitive information or to move to a different platform. Encourage them to immediately report any suspicious interactions to a trusted adult. Your child must also understand that they do not need to reply to strangers; they can block and report anyone who they think is harmful.

### Agree on boundaries

Instituting some practical and preventative boundaries can also help keep your child safe. This can include limiting screen time, keeping devices in shared spaces overnight, maintaining awareness about what apps they're using and using device or app-level parental controls where appropriate.

### Secure your child's accounts

Strengthening privacy settings is also essential. This includes keeping accounts private and not sharing identifying information, disabling location services and using strong passwords and two-factor authentication. Most importantly, try to stay aware of their online activities in a calm and curious manner so that it feels more like support than surveillance.

### Find the right support

If you suspect your child has been harmed by 764 – or has been coerced into harming others – reassure them that they are not in trouble. Tell them that your priority is to keep them safe. Have them stop any contact with their abusers and remove any opportunities for further communication.

Importantly, do not delete messages, images or online accounts, as these can be critical for police investigations. These cases often involve complex victim-perpetrator dynamics. This means that a child who has caused harm may have also been groomed, coerced or manipulated into doing so. As such, it's essential to engage trained professionals including law enforcement, child protection organisations and mental health providers.

### Organisations who can help

NSPCC: Find support and advice or report a child who you think might be harmed.

Childline: Your child can talk with counsellors for 1-2-1 support if they're less comfortable sharing with you.

CEOP: Report online sexual abuse or other harmful online communication.

Internet Watch Foundation: Report suspected child sexual abuse images or videos, including AI-generated, drawn or 'fake' content.

The Cyber Helpline: Find advice on supporting your family's cyber safety.

Papyrus UK: Get mental health support for yourself or a young person in your life.

Samaritans: A mental health helpline that you can use and make your child aware of if they struggle.

Ultimately, the most effective protection involves supportive parental involvement, early action and a safe environment where your child knows they can approach you without judgement.

**If you have any concerns and wish to discuss them with school, please contact your child's form tutor.**