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## Coping with Exam Stress

Some exam stress can be helpful-it motivates us, but too much can be harmful. Here are some top resources and tips to support your child's wellbeing during exams.

### Wellbeing Apps:

- **Stop Breathe and Think**  
For emotional wellbeing and mindfulness breaks.
- **Forest**  
Encourages focused study while growing a virtual forest.
- **Headspace**  
Guided meditations for stress relief.
- **Sleep Cycle**  
Tracks and improves sleep patterns.
- **Evernote**  
Get notes organised.
- **Quizlet**  
Flashcards, quizzes, and learning tools.

### Top tips for exam prep:

- Make a revision timetable.
- Use to-do lists and celebrate completed tasks.
- Take 5-10 minute breaks every 45 minutes.
- Eat slow-energy foods (e.g. bananas, pasta) and stay hydrated.
- Get good quality sleep to support memory and wellbeing.
- Break study sessions into smaller manageable chunks.

**We wish all those sitting exams good luck!**

## Learner Support Fund

We offer a bursary scheme for eligible students to help with the cost of travel, meals, course materials and childcare.

For 2025/26, returning students with no changes to their details can complete a declaration form to streamline the application process.

Details of how this can be done will be shared via student email, available from 12 May 2025.

For further support please contact our team direct on [studentfunding@barnsley.ac.uk](mailto:studentfunding@barnsley.ac.uk).



## COMING UP IN TERM 3

- > **June – Pride Month**  
Celebrating and supporting our LGBTQ+ students and community with events and educational campaigns across College.

## Safeguarding

## Understanding Online Harms

Online harm refers to any kind of negative or dangerous experience that happens through the internet.

It can take place on any internet-connected device, including computers, smartphones, tablets and gaming consoles. These risks can occur in many places—such as voice chats during online games, messaging apps, email, social media, and even comment sections during live streams.

Young people can be exposed to a wide range of harmful content and behaviour online. This includes things like abuse in any form, cyberbullying, harassment, racism, misogynistic or abusive language, exposure to pornography or violent content and material that promotes self-harm. It can also involve more serious criminal activity, such as the sharing of illegal images, grooming, exploitation, radicalisation and the sale of illegal goods or services.

Even trolling or the spread of false information (disinformation) can be damaging.

Online harm also includes online hate which refers to any kind of hateful, threatening or abusive content shared on the internet. This can be directed at individuals based on their race, religion, gender, sexuality, disability or appearance.

As a parent or carer, one of the best ways to support a young person's safety and well-being online is by staying informed and keeping open, judgment-free conversations about their digital life. This means not only knowing which social media platforms or apps they're using but also understanding the type of content they're engaging with—and even the language and emojis they use. Online communication moves fast, and some symbols or phrases can carry meanings that aren't always obvious.

By showing interest in their online world, you're not just monitoring—you're building trust and creating space for them to talk to you if something ever makes them uncomfortable.

## Spotting The Signs and Indicators Of Online Harm Or Abuse

The following behaviours, though not an exhaustive list are intended as a guide to help identify a young person who may be experiencing online harm or abuse:

Spend much more or less time than usual online, texting, gaming or using social media.

Seem withdrawn, upset or angry after using the internet or texting.

Changes in mood, sleep or appetite.

Appearing nervous when using devices or receiving messages or emails.

Attempt to avoid certain people/situations.

Be secretive about who they're talking to and what they're doing online or on their phone.

Be excessively using pornography or illegal sexual imagery found on devices.

Have unexplained phone numbers, texts or e-mail addresses on their phone, laptop or tablet.

Use many different social media accounts, chat apps and image sharing apps.

Demonstrate extreme/narrow views on topics and a refusal to listen to other viewpoints.

## Reporting a Concern of Online Harm or Abuse

Parents and carers can seek support from college staff if they have any concerns relating to online harm or abuse by contacting the Central Safeguarding Team on **01226 216142** or [safeguarding@barnsley.ac.uk](mailto:safeguarding@barnsley.ac.uk)

### Other important contacts if required are:

The police for non-emergencies on 101 or for emergencies on 999.

NSPCC to discuss any concerns about online harms and abuse who can signpost to a range of reporting services and support.

**True Vision** to report online hate content.

**Internet Watch Foundation (IWF)** to report child sexual abuse images and videos and seek assistance to remove them.

**Child Exploitation and Online Protection (CEOP)** for concerns linked to online grooming, online sexual abuse or worried about the way someone has been communicating with a child or young person online.



## My Barnsley College Advantage

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At Barnsley College, we're committed to supporting every aspect of your young person's personal development, wellbeing and success. Our Student Services team offers an extensive range of health, wellbeing, financial and career support helping students thrive both academically and personally.

## Health and Wellbeing

### Award Winning Support

Our Health and Wellbeing Centre provides free, confidential advice and health services to all students.

### Sexual Health

We offer access to the C-Card system for free contraception (condoms) for under-25s. Confidential STI testing kits and free pregnancy testing are also available onsite. Students are encouraged to visit the centre for any sexual health concerns.

### Physical Health

Support is available for students who wish to stop smoking or vaping, and for those dealing with alcohol or substance misuse. We also provide access to sanitary products and hygiene essentials, with financial assistance via our close partnership with the Student Funding team.

### Mental Health

Our partnership with Barnsley Talking Therapies (NHS) means students can access 1:1 or online mental health support directly on campus. We also offer external counselling via RBMIND and short-term 1:1 wellbeing intervention covering:

- Anxiety and stress
- Grief and bereavement
- Resilience and emotional regulation

### Key Partners:

- CHILYPEP
- IDAS
- SPECTRUM
- COMPASS BE

Pop into the Health and Wellbeing Centre at the Old Mill Lane campus to further advice and support, alternatively you can contact [hwbc@barnsley.ac.uk](mailto:hwbc@barnsley.ac.uk)



## Careers and Next Steps

### Careers, Enterprise, Information, Advice and Guidance

Our qualified Careers Advisers are available to support all students. Bookings can be made via the Careers and Enterprise Hub at Old Mill Lane, or through our **Careers TUBE Map** or by emailing [careersteam@barnsley.ac.uk](mailto:careersteam@barnsley.ac.uk) or calling **01226 216732**.

### Online Careers Tools:

- **Level 3 Students: Careers TUBE Map** – 24/7 support for HE, employment, and apprenticeships.

- **Apprentices: Apprenticeship Compass** – Guidance and next steps for post-apprenticeship planning.

### Entrepreneurship Opportunities

Students can register to become a Barnsley College Futurepreneur and apply for our **Business Launch Grant** to fund their ideas. The Enterprise team manages purchases so students can focus on growth.

To register interest, complete the registration form or contact [enterprise@barnsley.ac.uk](mailto:enterprise@barnsley.ac.uk).

### Enterprising Futures Fund

This fund offers students financial support for unique work experiences such as Camp America, volunteering abroad or shadowing professionals.

Enquire via the registration form or contact [enterprise@barnsley.ac.uk](mailto:enterprise@barnsley.ac.uk).

## Information and Guidance

Has your child decided what they're doing next? The Information Team is available to provide advice and guidance to help them take their next step at Barnsley College.

The team are located in the Information Unit, on the ground floor in our Old Mill Lane campus.

You can contact the team on [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) or **01226 216 123**

## Social Media and Group Chats

### Social Media

A social media platform is a website or app that allows people to create and share content, communicate with others and connect over shared interests. These platforms are designed to help users interact, whether through posts, photos, videos, messaging or live streams. Examples of social media platforms include:

- Instagram** – for sharing photos, videos, and stories
- TikTok** – for short video clips, often set to music or trends
- Snapchat** – for sending photos/videos that disappear after viewing
- WhatsApp** – for messaging, voice/video calls, and group chats
- Facebook** – for posting updates, sharing media, and joining groups
- X (formerly Twitter)** – for short messages and following news/trends
- Discord** – for chatting (voice, video or text), often used by gaming or interest-based communities

Social media platforms can be a great way for young people to connect with friends, explore interests and express themselves—but it also comes with risks linked to privacy, safety and online interactions with others. As a parent/carer, understanding these risks can help you support them in navigating the online world more safely.

### Key risks to be aware of relating to social media and group chats

**Inappropriate Content** - Young people may come across material that isn't suitable for their age, including sexually explicit content or posts that promote harmful behaviours like self-harm or eating disorders. Group chats are often unmoderated which heightens the risk of exposure to a range of online harms.

**Cyberbullying** - This includes mean or threatening messages, unkind comments, leaving someone out of a group chat, impersonation, or sharing photos without consent. Even subtle or "joking" behaviour can be damaging. Unfortunately, these issues often spill over into real-life situations at college or with friends.

**Excessive Screen Time** - Spending too much time online can interfere with sleep, college work, relationships, and mental well-being.

**Stranger Contact and Grooming** - Social media makes it easy for strangers to connect with young people. Some of these interactions can be unsafe or lead to exploitation. Young people can be added to group chats by others they don't know or have already blocked.

**Viral Challenges** - Some online challenges may be fun or harmless, but others can be risky or even dangerous. Young people may struggle to spot the difference or feel pressured to participate.

**Privacy and Screenshots** - Anything shared in a group chat—photos, voice notes or messages—can easily be screenshotted and shared elsewhere. It's important that young people think before they post.

**Oversharing Personal Information** - Many young people don't fully realise the risks or long-term consequences of sharing personal details like their college, location, phone number or revealing photos.

**Algorithms and Echo Chambers** - Social media algorithms often show users content that matches their interests or views. This can limit exposure to diverse perspectives and in some cases lead to unhealthy or obsessive content spirals.

## How to Help Young People Stay Safe Online

### How to help young people stay safe online

**Stay Informed** - Know which platforms young people are using and check age ratings. Consider waiting until they're the appropriate age to access certain apps.

**Use Parental Controls Wisely** - Set content restrictions and agree on screen time limits together. Involve young people in the conversation rather than just enforcing rules.

**Keep Communication Open** - Regularly talk to young people about their online activity. Ask who they follow, what trends they're into, and how they feel about their digital experiences.

**Set Boundaries Around Devices** - Consider keeping devices out of bedrooms overnight to help protect sleep and reduce late-night scrolling.

**Teach Online Tools** - Make sure young people know how to report, block and mute content or users when needed.

### What else can you do as a parent/carer?

**Talk Regularly** - Don't wait for something to go wrong. Have ongoing conversations about group chat dynamics, online kindness and what's okay to share.

**Encourage Empathy** - Remind them to think before they type. Would you say this face-to-face? Could this comment hurt someone?

**Keep Devices in Shared Spaces** - This makes it easier to casually stay involved in their online world and who they're interacting with.

**Model Healthy Digital Habits** - Young people watch how we use our own devices. Setting boundaries, being respectful online and taking time away from screens shows them how to manage tech in a balanced way.

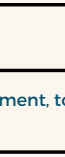
## Additional Information and Support

There is a wealth of further information and useful resources that parents and carers can access to assist them in keeping young people safe from online harm and abuse some of which are detailed below:

- Internet Matters
- Child Exploitation & Online Protection (CEOP)
- Childnet
- NSPCC
- Educate Against Hate
- UK Safer Internet Centre

## UCAS Timeline 25/26 Cycle

### Year 1:

<b>May 2025</b>	<b>UCAS opens</b> - Register and complete sections: Personal Details, Nationality, Where You Live, Contact Details, Supporting Information, Finance and Funding, Diversity and Inclusion, More About You, Education, Employment and Extra Activities.
<b>June - August 2025</b>	Research your potential HE courses. Start writing your personal statement. Use the <a href="#">Careers Tube Map</a> for help with the structure! 

### Year 2:

<b>September 2025</b>	Submit final draft of personal statement to be checked by your department tutors. Make your choices on UCAS.
<b>October 2025</b>	<b>Early Application Deadline 15.10.25</b> (Medicine, Veterinary Science, Dentistry, Oxbridge).
<b>November 2025</b>	<b>College UCAS deadline 07.11.25</b> - Completed applications that have been checked and approved by department, to be submitted to the Careers Team via tutors.
<b>December 2025</b>	Check feedback from the Careers Team and/or tutors and make final amendments.
<b>January 2026</b>	<b>UCAS Equal Consideration Deadline 14.01.26</b> - All applications submitted by this deadline are sent to UCAS.
<b>February - June 2026</b>	<b>UCAS Extra 26.02.26</b> No offers? You can add an extra choice! Respond to all offers by your individual UCAS Track deadline.
<b>July 2026</b>	<b>UCAS Clearing opens 05.07.26</b> Remaining places on courses are available to apply for.
<b>August 2026</b>	<b>Results days</b> and final places confirmed (A Level/T Level/Level 3/GCSE)



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