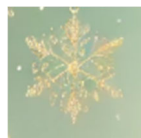


A MESSAGE FROM THE HEADMASTER

Mary and Joseph are leaving Nazareth, an ancient village which fiercely resented the proximity of pagan cities such as Tiberias. The population in Nazareth could have been as small as 500, very parochial, very insular, Mary may have only been relieved to be away from Nazareth where clacking tongues gossiped about her pregnancy. The journey to Bethlehem must have been hard. Now it is Advent, we too must accompany them on that journey, whatever difficulties we encounter. Christmas is fast approaching and we shall all rejoice.



Pax et Bonum. Dr Paul C Doherty OBE

CATHOLIC LIFE IN THE SCHOOL



As we approach the season of Advent and prepare our hearts for the joy of Christmas, we have been a hub of faith, reflection, and celebration. Here are some of the highlights from the past month:

We are grateful for the growing number of students and staff attending our daily Masses. It has been heartening to see the school community come together in prayer and reflection each morning, strengthening our faith and sense of unity.

We have celebrated the start of Advent with beautiful liturgies, focusing on hope, peace, joy, and love. These have served as a reminder to prepare spiritually for Christmas and to reflect on the true meaning of the season. Our Raphaelites have also been very busy handing out TCHS good deed calendars to all students.



CHAPLAINCY					
LOWER SITE					
DATE	CHAPLAIN	TOPIC	PRAYER	REFLECTION	ACT
15th Nov	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace
22nd Nov	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace
29th Nov	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace
6th Dec	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace
13th Dec	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace
20th Dec	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace
27th Dec	Msgr. John	St. Ignace	St. Ignace	St. Ignace	St. Ignace

In the spirit of giving, our students in the Catholic Social Teaching Club led by Mrs Aleshe and Miss Cunningham have been very busy making and sending Christmas cards to the elderly and refugees in our community. Trinity staff have also been very generous and have donated to CAFOD world gifts instead of sending each other Christmas cards this year. We have also provided spaces for quiet reflection and prayer every Wednesday lunchtimes, in our lower site chapel welcoming both staff and students.

Looking ahead, we are delighted to announce that some of our students will have the opportunity to attend Flame 2025, the largest Catholic youth event in the UK, on 15 March 2025. This inspiring event is part of the 2025 Jubilee Year, declared by Pope Francis as the Year of Pilgrims of Hope. More details will follow soon!

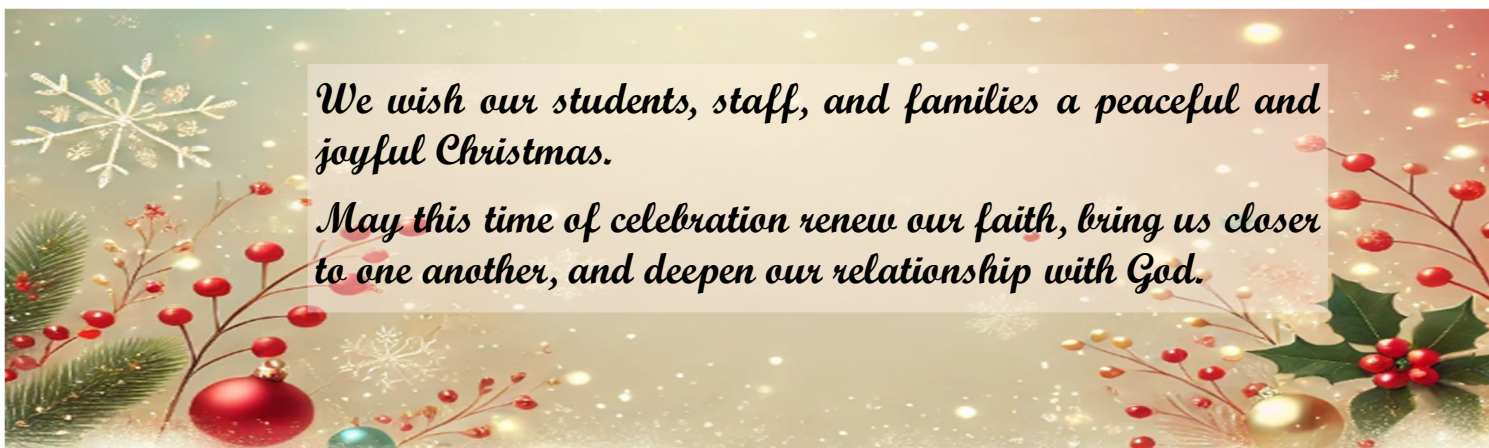
As we journey through Advent, let us reflect on the words of St. Teresa of Calcutta: "It is Christmas every time you let God love others through you." May this season inspire us to be a light for others, bringing hope and love wherever we go.

Mrs O'Boyle - Head of R.E. and Catholic Life of the School

Mrs Aleshe – Chaplaincy Lead

We wish our students, staff, and families a peaceful and joyful Christmas.

May this time of celebration renew our faith, bring us closer to one another, and deepen our relationship with God.



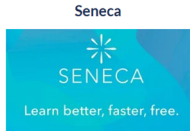
MRS LAW'S KS5 CURRICULUM, TEACHING & LEARNING UPDATE



Year 12—As we near the end of Year 12 students' first term of Key Stage 5 study, students have largely settled into the expectations required. One of the greatest differences between GCSE and A Level study, is the requirement for students to complete three hours per subject of Independent Study per week, an aspect which teachers continue to reinforce. We advise students to use their study periods productively to consolidate areas of insecurity, not just to complete homework and remind them that they can profit from our range of online platforms such as Massolit, Up Learn, Dr Frost Maths and Isaac Physics with more examples and resources available on both our Digital Hub and in the Sixth Form Independent Study sections of our website.



Year 12s spring assessments will take place from 20 January and departments have advised students on how best to prepare for these.



Year 13 - With around 15 school weeks until the A Level examinations start, we are encouraging all Year 13 students to establish a revision programme for course content from Year 12 alongside their current Year 13 studies. We will guide them on this further in the new year, along with running revision booster sessions. Mock assessments for Year 13 take place from 24 February.

★ Star Students of the Month ★



Jessica R (Y12)
Outstanding Guardian Angel



Isla L (Y12)
Relentless in her pursuit of excellence in Maths



Carrick K (Y13)
Excellence and effort in A Level Economics



Marina S (Y13)
Consistently high attainment and engagement in A Level Media



Donnie F (Y7)
Most achievement points in year group



Brian O (Y8)
Fantastic attitude to school



Ruby P-P (Y9)
Always polite, helpful, punctual, smart uniform etc



Monty M (Y10)
Fantastic attitude to every lesson



Ava G (Y11)
Perfect attendance and punctuality Y11 Autumn Term



Saoirse M (Y7)
Most achievement points in year group



Sylwester S (Y8)
Fantastic attitude to school

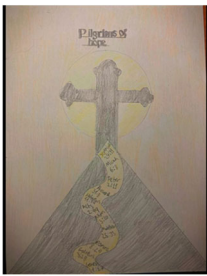


Luke R-M (Y9)
Attendance, punctuality, model student



Hannah R-M (Y10)
Fantastic attitude to every lesson

Liam K (Y11)
Perfect attendance and punctuality Y11 Autumn Term



Pilgrims of Hope competition

In Religious Education many students are currently working on a Columban missionary competition to celebrate the start of the Jubilee Year: Pilgrims of Hope. The Jubilee Year begins on 24 December 2024 and ends on 6 January 2026. In order to launch this holy year students are creating artwork or a piece of writing focusing on the theme of hope and linking to Catholic Social Teaching.



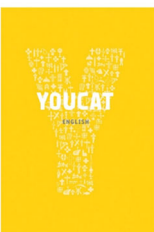
Key Stage 3

Years 7 and 8 have been working on the topics Covenant and Creation, Prophecy and Promise. These are key themes in the Bishops Religious Education Directory which came into place in September 2023 for Year 7, September 2024 for Year 8 and will be September 2025 for Year 9. The curriculum is called 'To know you more clearly'. The resource 'Source to Summit' has been utilised and is available on Kerboodle for homework use. There is also a KS3 homework club on a Friday for anyone wishing to join.

Meanwhile Year 9 have focused on 'Relationships and Family Life' and 'Peace and Conflict'. The opportunity to apply religious teachings to topical issues have led to class debates, critical analysis and evaluative writing.

Key Stage 4

KS4 have focused on Catholic Beliefs and Teachings and Sources of Wisdom and Authority such as studying the Nicene Creed and the influence of the Magisterium. Some students were interested to know that there is a youth copy of the Catechism of the Catholic Church, known as 'Youcat'. This can help guide young Catholics through the social world today. Do you have a copy alongside a Bible at home?



The incarnation topic has been timely with the Feast of the Immaculate Conception and Advent. Student's have enjoyed watching 'The Christ Child' as well as 'The making of the Christ Child' combining theological knowledge with the media.

Key Stage 5

'God is love' is an interesting statement explored over many weeks in KS5. There are those that say you cannot say what God is, as you are limiting God to human language. Instead we can only say what God is not. Therefore, 'God is not bad'. Is this successful? Does it work? If I tell you 'I am not a maths teacher', can you guess what I am?

Year 12's have studied and created Plato's cave, Aristotle's four causes and soul, mind and body in Philosophy. Ethics has seen the study of key ethical theories such as Natural Law and Situation Ethics. Both of which have

been applied to Euthanasia. As with KS4, the topic is timely with the end of life bill being discussed in parliament.

TAKE THE TRIP by Karl K (10M)

Take the trip and travel to Rome
Go somewhere that's far from home
Pray real hard and cleanse those sins
Throw the iniquity in the bins

Take the trip, an industrious feat
A warming presence you'll inevitably meet
Of someone whom we all love and trust
A wonderful sight, oh yes you must!

Take the trip so that you'd feel
The satiation of a warm meal
With Nike, Adidas, and brands galore!
Or barefoot to properly show your amore

Take the trip and be enriched
Invite your friends, an idea to pitch!
Enjoy the faith all at once
Like a double, pulling the stunts

Take the trip and see what it's like
Feel His presence, oh how it's nice!
Pray and plead to relieve all your stress
To change you completely: from your worst to your best

Take the trip and nourish your spirit
Be the first to say "I did it!"
Do it on behalf of those who can't
Do it on behalf of your uncle and aunt

Take the trip and receive the blessings
Eradicate all sin and come clean by confessing
Go to a place so grandiose and sacred
Come back clean and free of hatred

Take the trip and make the most of it
Soak it all in, every last bit!
Remember the reason for your trek
To keep the religion and faith in check

Take the trip, it's what He would want
Let your passion and belief be at the forefront
Of all that you do and in the way you act
To speak nothing but good and keep good tact

Take the trip and acknowledge your worth
If you're coming from London or even Perth
Do it as it is your right
For the 2025 Jubilee and your pride

R.S.H.E. All year groups have participated in Relationships, Sex and Health Education lessons (RSHE) based on the Catholic resource TENTEN. *"I have come that you may have life and have it to the full". John 10:10*



This is statutory requirement with sessions taking place half termly within R.E. The topics for this half term include:

Year 7: Who am I?

Year 10: Authentic Freedom

Year 8: Created and Chosen

Year 11: Self Worth

Year 9: The Search for Love

ST ANTHONY'S VISIT TO OUR HOME ECONOMICS



As part of our on-going commitment to strengthening not only the school's relationship with feeder schools but our personal relationship, we once again invited St Anthony's Year 6 classes in to make Gingerbread men. This has become an annual tradition with both classes of 30 coming in and cooking with Miss Loster and Mrs Bergh.

The purpose of the visit is to enthuse and inspire the students with what they have to look forward to when they join us in Year 7. We hope that by cooking with us they will begin Key Stage

3 with a level of confidence and independence when they start their round of cooking. By the end of the day, between the two classes we made over

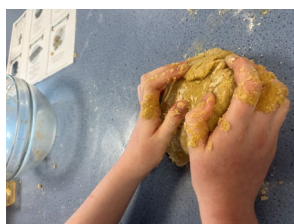
1000 gingerbread biscuits which the proud students were able to take home and share with their families. We are already looking forward to next year.



YEAR 7 CHRISTMAS COOKING CLUB



For the past month, Year 7 students have been embracing the festive spirit at the After-School Christmas Cooking Club, run by the Home Economics department. This fantastic initiative has provided students with an opportunity to develop their cooking skills while creating delicious holiday treats. From making gingerbread biscuits to beautifully decorating Chocolate Yule logs, the young chefs have been busy whipping up festive delights. The club has not only sparked creativity in the kitchen but also fostered teamwork and built confidence in cooking techniques. It has been a joyful way to celebrate the season while learning valuable skills!



YEAR 7 CHRISTMAS TEXTILES CLUB

Our Home Economics department have reintroduced this year the 'Make your own Christmas decoration' Textiles Club which we opened to all Year 7 students. For 4 weeks, students were able to design and make their own Christmas decorations with Mrs Bergh and Miss Elderton. Students enjoyed getting into the Christmas spirit whilst practising design skills, precision cutting and a range of embroidery techniques.





DON'T FORGET – upcoming events

Year 9 & 10 mid-year assessments in lessons on 7-17 January
 Year 12 exams in lessons on 20-31 January
 Year 11 second mock exams in lessons on 3 February-7 March

Parents Evenings

Year 7 (face to face) on 16 January
 Year 8 (online) on 22 January
 Year 10 (online) on 11 February

Redbridge Council are **looking for foster carers** who would like to care for children who are disabled or have additional needs. Details in attached poster.

Extra-curricular Clubs

Mondays: Lunchtime Catholic Social Teaching Club in LS Chapel (Mrs Aleshe/Miss Cunningham)
Tuesdays: Lunchtime Games Club in Room 23 (Mrs Gohil)
Thursdays: After-school Drama Club in Drama Suite (Mrs Adams)
Fridays: Lunchtime SocSciClub in Room 44 (Mrs Quaye)

Students are welcome to join these clubs— please contact relevant teacher for further details.

Redbridge Winter Holiday Fun Redbridge is running holiday and food programme from 21 Dec - 4 January for children eligible for benefit-related Free School Meals. Details in attached poster ...

MR REED'S SAFEGUARDING & WELLBEING UPDATE



If you are worried about your child's mental health and wellbeing over the Christmas period, support is available on Kooth. Kooth is an online mental health and wellbeing service for children and young people who attend schools in Redbridge. Here are some things to remember about Kooth:

- It is free to use.
- No bullying or discrimination can take place.
- No referral is needed to join.
- Signing up and getting started only takes a few minutes.

No problem is too big or small. Kooth supports young people across the UK with a range of difficulties:

- Sadness and low mood
- Anxiety
- Loneliness and isolation
- Stress
- Self-harm and suicidal thoughts
- Difficulties at school and college
- Eating difficulties and body image concerns

Want to learn more about Kooth? Check out their FAQs for parents and carers in attached booklet.

YEAR 10 FUTURE FRONTIERS

During November, 14 Year 10 students embarked on an exciting opportunity: the Future Frontiers coaching programme. Future Frontiers is a two year careers education programme, including coaching from business volunteers and specialist careers, and education advice and guidance. Throughout the programme, these students will learn from a range of experts about what career and education pathways are available to them, and create ambitious plans about their next steps. Over the course of 4 Wednesday afternoons, the students travelled to SoundCloud offices in North London where they



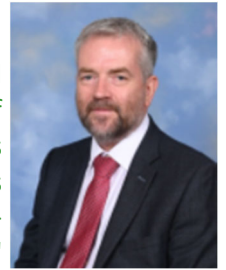
were assigned an individual mentor from the business to work through a careers programme with them. This culminated in a video call with an industry expert in the career field they are interested in. Following this, there will be an in-school workshop at the end of Year 10, the creation of a personalised action plan, and expert support and advice on GCSE results day. Students thrived on the one-to-one support provided. Kayla commented that 'my mentor was really nice and interesting and she helped me to understand so much about careers so now I have a better idea of what I want to do and how to get there.' The final visit ended with a prizegiving ceremony where mentors praised the growing confidence and communication skills they had seen in our students over the 4 weeks.



THE PTI LEADERSHIP MARK

We are delighted to have received the school banner for the prestigious PTI Leadership Mark! It is now proudly displayed outside the Lower Site for all to see. A huge thank you to Mr Jeyakumar for managing this process and making this achievement possible.

MR CANTWELL'S KS4 PASTORAL UPDATE



GCSE Mock Exams: Mock exams are a crucial part of GCSE exam preparation as they mimic the actual exam environment that students will face in their public exams next summer. During the month of November all Y11 students at Trinity sat their GCSE Mock Exams in the same strict exam conditions that closely reflect our summer exam routine and feedback from the student body afterwards was overwhelmingly positive – mock exams help them to get used to the routine, pressure and time constraints that they will experience in their final exams and thus they have served as a 'stepping stone' for students, providing them with a unique opportunity to fine-tune their exam strategies, identify areas of improvement and build resilience for success in exams.

Of course, mock exams are not just about assessment; they are also an invaluable source of feedback and direction for staff, students and parents. Teachers use the assessment outcomes to provide constructive feedback on students' performance, highlighting areas for improvement and also commending strengths. This feedback is instrumental in guiding students on how to enhance their understanding, refine their exam techniques and overcome specific academic challenges before the final exams. What students do after the mocks is just as important as actually sitting them. There are several months before the final exams, so students should aim to spend this time revising areas where they may have struggled in the mocks. Teachers will also be able to see whether there are areas where many students performed poorly and can dedicate more classroom time to revising these areas.

Y11 Parents Evening: The Y11 Parents' Evening was conducted on Tuesday 17 December on the Upper Site. This was a great opportunity for parents to meet with their child's teachers face-to-face to discuss academic progress, the recent mock exam results and strategies to help prepare for the forthcoming GCSE Exams. Meetings provided a valuable chance for parents to ask questions, raise concerns, and get a clearer picture of how their child is performing, both academically and socially. Parents also asked about their child's behaviour in class and overall wellbeing at school.

A LEVEL MEDIA TRIP



On 15 November, 30 students from the A Level Media Studies course took part in the Advertising Unlocked day at the A&P Agency in central London. It was a fascinating day and a fantastic insight into the workings of a real professional advertising agency. The students met the creative team behind the new Argos advertising campaign (the Connie and Trevor characters seen in the Christmas adverts) and formed teams to create their own new advert campaign.

The teams worked hard and did an amazing job of creating some really impressive presentations. The final part of the day required each team to pitch their ideas to a panel of real advertising executives. It was a challenging and intimidating experience but the students blew the panel away with their ideas.

It was a great day made all the better by the inclusion of free goodie bags provided by the agency! The organisers praised our students after the event and told them how they would be happy to accommodate them for any work experience they might wish to participate in.



We are already looking forward to going back next year.

LONDON CHAMPIONS



The PE department are incredibly proud of the Year 8 football team who won London Champions at Lycra Mobile West Ham football tournament on 29 November. The boys played the whole tournament, and did not concede a single goal!!! A big thank you to Mr Yusuf and Mr Foster for supporting the team.



YEAR 12 PROSPECTIVE PUPILS OPEN EVENING



Our Year 11 students and students from other schools were invited to our Year 12 Prospective Pupils Open Evening on Wednesday 27 November. There were displays around the school and in classrooms to help inform Year 11 pupils about our A-levels and many other opportunities that will be available to them if they join our Sixth Form next year. Pupils had a chance to ask teachers and current sixth form students about subjects to help them decide what A-levels they may wish to pursue.

Dr Doherty spoke to parents and students in the Ratcliffe Hall and our Head Girl/Boy also addressed those gathered. Mrs Law and Mr McGrory were also available throughout the evening if pupils or parents wanted to ask any questions regarding our Sixth Form. It was a very busy evening and our own Year 12 & 13 pupils did an amazing job in helping the school working as guides and in departments. As always, we are extremely proud of them, they are true representatives of the school vision in action.



Admissions for Year 12, September 2025 is well under way with many Year 11 students having already registered on our platform, Applicaa. Students have been emailed information regarding their login details and should register as soon as possible. If students are having problems with the application, they can call in to the Year 12 office, Trinity House, at any time to speak to one of the Sixth Form Administrators, Mrs Hughes or Ms Rickard, who will be happy to help. Deadline to complete the application is 19 January 2025.



The Sixth Form application form and all details regarding admissions criteria is available on our website - please scan this QR code for the page.

ST JOHN'S CHRISTMAS PARTY



Our Senior Prefects raised funds again this year so the school could hold a Christmas party for St John's RC School for young people with learning difficulties. This is a long-held tradition at Trinity and our Sixth Formers step up every year to ensure this takes place. Again, they did not let us down. Visiting staff and pupils were warmly welcomed by our students who acted as superb hosts. There was lots of food and dancing and of course the obligatory visit from Father Christmas. We hope to keep this tradition long into the future. It is so wonderful seeing our students as true examples of Christ's Gospel values working to enhance the lives of others.





REDBRIDGE WINTER HOLIDAY FUN

21st Dec - 4th Jan



ARE YOU IN RECEPTION-YEAR 11 AND RECEIVE BENEFITS RELATED FREE SCHOOL MEALS? ENJOY FREE SPORTS, TRIPS, ARTS & CRAFTS, COOKING & MORE!

SCAN TO BOOK



NEW SKILLS
FREE FOOD
NEW FRIENDS

Funded by
 Department for Education

Redbridge
 London Borough of Redbridge

**FOR MORE INFORMATION CONTACT:
 HAF@REDBRIDGE.GOV.UK OR VISIT
 FIND.REDBRIDGE.GOV.UK/HAF**



HOLIDAY ACTIVITY & FOOD CAMP



FREE multi-sports activities and engaging workshops for ages 8 to 18. Come along and try new activities, learn new skills, have fun & make friends.
Plus, enjoy hot and nutritious meals served every day!

	SCORE Leisure Centre, E10 5UN	Loxford Leisure Centre, IG1 2UT	
DATE	Monday 23rd December Thursday 2nd & Friday 3rd January	Monday 23rd December Thursday 2nd & Friday 3rd January	
TIME	10:00 - 14:00	Monday 12:00-16:00 Thursday & Friday 14:00-18:00	
AGE	8-14 years old *Waltham Forest resident in receipt of Free School Meals	11-16 *Redbridge resident in receipt of Free School Meals	11-18
QR CODE TO REGISTER			
BOOKING LINK	www.eegu.org/experience/7132	www.eegu.org/experience/4050	www.eegu.org/experience/6155




LOCAL COMMUNITY Fostering REDBRIDGE

It takes a special person to care for a special person

Foster for Redbridge Council

020 8708 6068
www.redbridge.gov.uk/fostering



FAQ guide to Kooth for parents and carers



We spoke to parents and carers across the UK with the aim of better understanding what questions they had about Kooth, our children and young people's service.

We collated the most commonly asked questions that came up about Kooth and have outlined everything you might want to know about us in this FAQs guide.

But first, here's a little bit of information about us.

Kooth is an online, mental health and wellbeing service for children and young people.

Some things we'd like you to remember about Kooth include:

- We're completely free to use.
- Children and young people are anonymous to us.
- No bullying or discrimination of any kind takes place on our site
- There's no need for any kind of referral to join.
- Signing up and getting started only takes a few minutes.
- No problem is too big or small.

What you'll find on Kooth includes:

- Live text-based chat sessions with a mental health practitioner.
- Send a message to our team inbox anytime.
- Support from our online community of young people.
- A range of self-help tools.
- Helpful content written by other young people and our professional team.

Live chat times are:

Monday to Friday: 12pm - 10pm
Saturday and Sunday 6pm - 10pm

Hours may vary during the Christmas period, new year period and bank holidays but we are available 365 days a year.

Children and young people can visit www.kooth.com today to start accessing support.



What will happen when my child logs in to Kooth?

Making an account at Kooth is quick and straightforward; we ask for a few bits of personal information, but nothing we could identify them from. The person selects a username and password, and then immediately they are able to access a lot of the site.

This includes articles, written by Kooth staff and by other service users, exploring different aspects of health, wellbeing, and day-to-day life.

There are also discussion boards around particular questions or concerns, and various spaces that individuals can use for themselves such as a journal, mini-activities (designed to support mental wellbeing), and a goal setting area. They can also, if they wish, send a message to our team of practitioners, or come and join the chat queue for a live text-based conversation with a practitioner.

If someone joins a chat with a practitioner, they will be asked to complete one or two questionnaires, to help us understand more about how things are for them at the moment.

They will then be offered up to an hour of 'speaking' (using text-based communication) to the practitioner, which will typically include thinking about any challenges or concerns they have, setting some goals, and considering how Kooth can best support them. For some individuals, we may suggest a series of weekly chats, with a named practitioner, working towards a particular outcome.



What qualifications and experience do the practitioners have?

Our practitioners are made up of counsellors and emotional wellbeing practitioners, all of whom have an enhanced DBS check. Our counsellors all meet the requirements to be eligible for counselling accreditation, and some have achieved that accreditation as well. Our emotional wellbeing practitioners are a multidisciplinary team of experienced mental health practitioners who have a qualification in a relevant field (e.g. social work, mental health nursing, psychology).

All of our practitioners are supported and supervised by an experienced team of qualified clinical specialists, and their work is governed and audited internally through an industry standard best practice.

What might be helpful things to say to my child if they say they are using Kooth?

If your child tells you that they're using Kooth, we understand that you might want to ask lots of questions about 'why' and 'what for.' We'd encourage you to thank them for telling you, and to ask more open questions such as 'are you finding it helpful,' 'is there anything you'd like to share with me about it' or similar.

You can also reassure them that, 'if you ever want to tell me anything about how you're thinking and feeling, I'm happy to listen.' Try not to ask them lots of questions, but to give some validation and encouragement about them seeking support if they need it, and that we all need some extra help at times.

How do you manage any safeguarding or risk concerns, when the young people using Kooth are anonymous?

We believe that our anonymity supports effective safeguarding, rather than acting as a barrier. We also believe that a young person who is actively choosing to sign up to the service and seek help, is taking a really positive step for them. Young people consistently tell us that the anonymity aspect of our service enables them to disclose things that they wouldn't otherwise tell anyone.

If any user tells us something concerning, regarding their safety, or that of anyone else, we would request their personal identifiable information in order to help us safeguard them. Sometimes, our users do not feel comfortable giving us this information. In these situations, we will work with them to develop a safety plan and to understand and address the barriers to accessing other services. We will also signpost them to other relevant services for young people who might be able to support them, such as [SHOUT](#).

Why do you encourage users to keep their username and password private?

We encourage all of our users to ensure that their log in details are private. This is to protect their confidentiality and anonymity. We know that users may not disclose things if they are concerned that their family or friends are able to see that information.

However, a lot of our work often includes encouraging our users to speak to their friends and family about their difficulties, and to seek support from them.

How do I know that what's on Kooth is safe and appropriate for my child?

Everything that is submitted to the platform is moderated before it is published. This might be a comment on a forum or an article they've written for example. This is conducted by our team of highly skilled moderators, who have completed our bespoke moderation training.

Our moderators review all submissions to ensure that it meets our community boundaries and age ratings guidance. If a submission contains information that suggests a user is at risk from themselves or others, we would reach out to them with a message and escalate our processes appropriately.

Some submissions may be edited, or not published at all, if they do not meet our boundaries and guidelines. This process ensures that no bullying, harassment or trolling takes place on the site and this is something we feel very strongly about.

Can an adult sign up to Kooth and what happens if they do?

Our sign up process relies on trust that people select accurate responses around their demographic information, including age. This does mean that it is possible for adult individuals to sign up with an account where they are claiming to be a young person.

However, our continuous safeguarding and moderation processes ensure that even if this was the case, they would not be able to interact inappropriately with other users. Service users are also unable to privately message each other on the site.

We also ensure that no personal identifiable information of any users is published to the site.

What if the advice that young people give each other is not safe, helpful or evidence based?

We find that a lot of our users really value the opportunity to connect with their peers. It helps them to feel that they are not alone with their difficulties, and to hear more about how others might have managed them.

A lot of our users also appreciate being able to offer support to others through the Kooth community. Our moderation processes ensure that we don't publish inappropriate or dangerous advice.

Why can't I be informed of what my child is discussing/sharing, especially if it involves risk to their health and wellbeing?

We know that, as a parent or carer, you want to be aware of any important aspects of your child's life, including their mental health. We also know that, for all of us, it's important to have spaces that feel safe and where we can share some of our thoughts and feelings, without worrying about the impact on the person that we're talking to.

There are a lot of reasons as to why people may not feel able to share their difficulties with friends and family.

Please be assured that we would encourage individuals to speak to their support network about what they were experiencing, and that if we are able to, we will ensure that key figures such as parents/carers are aware of those difficulties.

One of the things we also consider and assess, is whether somebody has the mental capacity and understanding to consent to counselling. This is something that they have the right to consent to, if they have the capacity to do so, without their parents or caregivers being informed. If someone does not have the capacity to consent to counselling, we would adjust the way in which we work with them, offering more of a 'key work' style of support. Essentially, we always think about how to provide each service user with the most appropriate and effective support for them.

Why might someone use Kooth instead of accessing face-to-face support?

There are lots of great face-to-face services that can provide effective support for people. However, there are some barriers to these services, including their geographical location, waiting lists, and thresholds for accessing them.

We've found that some people prefer to use a service like Kooth, which they can access outside of 'traditional' hours and from wherever they are. We do not have a waiting list or thresholds for access, so it can also be helpful for people who want to access support at the present moment, before things may worsen with their mental health.

Some people also feel there is some shame and stigma attached with attending face-to-face mental health services, especially if their peers may see them e.g. at school. Anonymity can support individuals to access support in a way that remains confidential from those around them.

In addition, young people who have additional needs, neurodiversity, or disabilities that make traditional services inaccessible or difficult to navigate, may find Kooth a more manageable way to access support.

Why might my child not get to speak to a practitioner when they request a chat session?

When a service user joins the chat queue, we try to connect them with a Kooth practitioner as soon as possible. Unfortunately the service does get very busy at times, especially towards the end of the evening shift which runs up to 10pm.

If it looks like someone is not going to be able to access a chat, we will ensure that we send them a message, to try and offer some support and to signpost them to other relevant resources and areas of the site such as activities, articles and journaling.

We also look to take into account when prioritising the chat queue anyone who has tried to speak to a practitioner that week, but has not been able to.

What if my child asks for counselling but they are not ready for it?

One of the things we always consider and assess, is whether someone has the 'mental capacity' and understanding to consent to counselling.

If someone does not have the capacity to consent to counselling, we would adjust the way in which we work with them, offering more of a 'key work' style support. This focuses on the 'here and now,' and developing coping skills and strategies.

How can I trust Kooth provides effective support?

Kooth was established in the UK over 20 years ago and is the largest digital provider of mental services for children and young people.

It is commissioned primarily by the National Health Service (NHS) and is the only digital service of its kind to be accredited by the British Association of Counseling and Psychotherapy (BACP). There is a wealth of evidence demonstrating its impact for children and young people in the UK.

Our approach is tried and tested and always taking into consideration our 'user voice' - in other words Kooth has been built for young people WITH young people. Please do contact us at contact@kooth.com if you would like to see some of our publications demonstrating our reach and impact in the UK which you can find at koothplc.com/about-us/research.

How can I help my child if they are experiencing mental health difficulties?

It can be really difficult to know how best to support someone you care about, when they're experiencing mental health difficulties. There are some great support spaces for parents and carers, such as the Charlie Waller Trust.

There's a lot of truth in the cliché that you need to look after yourself in order to look after others! It's okay to feel frustrated or helpless at times. Try to show your child that you care about them and are there to support them, but without forcing them to talk to you.

Sometimes it can be helpful to ask what they need, e.g. 'I know that things are difficult for you at the moment. I really want to help, but I'm not sure of the best way to do that. Is there anything that you think I could do to support you?' Of course, at times you may as a parent need to be more assertive around ensuring they access support, or seeking medical treatment when required, and we would encourage you to discuss any of those concerns with their GP or with mental health professionals.

