

16 January 2024

Dear Parent / Guardian

### **Jeremy Indika – Speaker on Childhood Sexual Abuse and Grooming**

On Monday 13 January we had a visiting speaker Jeremy Indika here to speak to Years 8,10 & 11 students and staff about his lived experience surviving Childhood Sexual Abuse and Grooming, in an age-appropriate way. He discussed the warning signs, and how staff can support students that may experience this and how students can reach out for support.

This was a hard-hitting, but incredibly important, session for students and we have received overwhelmingly positive feedback from our attending students, who expressed that they had found his talk important and informative.

We are very aware that this may have been a trigger for some students and wanted to share some resources with you to support discussions at home. We are also available to support parents and students in school. Please contact the safeguarding team, via our school reception desk, if your child is affected in any way.

[NSPCC](#) / [Barnados](#) / [IDAS](#) / [Stop Abuse Together](#)

We are hoping to have him back later this academic year to speak with year 7 and 9.

Below you will find a post-visit communication from Jeremy himself.

*Hello everyone*

*My name is Jeremy Indika and on Monday 13 January I presented an important message to students at Maiden Erlegh School in Reading.*

*I'm currently travelling around the country discussing my story of sexual abuse in my childhood. I do this in an age-appropriate way, discussing why I never told anyone at the time, what I wish I had done differently and that it's still possible to lead a successful life following that happening to you. I also share tools on how to speak out if they ever encounter a situation that they feel concerned with.*

*It went phenomenally well, with positive feedback from the students who said it was one of the most interesting talks they'd ever received.*

*My talk was inspiring to them, and they took a lot from it. If you would like to ask them about it, you could use the following questions.*

1. *What was Jeremy's main message? (To tell someone if you are going through a sexual abuse situation online or in-person)*



2. *What were the five main places Jeremy said you could go if you were ever concerned about a situation that you were in? (1-parents, 2-teachers, 3-friend, 4-police, 5-childline)*

3. *Tell me one inspirational thing you took from Jeremy's talk.*

*If you would like to see more of my work, you can visit my website [www.jeremyindika.com](http://www.jeremyindika.com)*

Yours sincerely



**Miss B Davies**

Assistant Headteacher - Safeguarding and Welfare  
Designated Safeguarding Lead

