



Safeguarding Newsletter

Issue 2 – 21.4.23

Nothing is more important to us than the safety and welfare of our pupils.

We are fully committed to safeguarding and promoting the welfare of our children and young people within our school. We work closely with families and a range of professional external agencies to secure this and follow Dudley Safeguarding policies and procedures within our school.

We hope you find this Safeguarding Newsletter useful and aim to send at least one each half term.

Why do children use social media?

Children and young people use many different social media apps and sites. The most popular are Facebook and Instagram, with many others such as Snapchat, TikTok and Twitter. There are many benefits to social networking. They can allow users to stay connected with friends and family. They can also learn many different things, from make-up or gaming tutorials to making slime, or how to create their own videos.



Like most things, there can be negatives too. For children and young people there are risks that you should be aware of, to help keep your child safe on social media. Many of these apps have an age recommendation of at least 13 years.



These are some of the features of different social media platforms and what they mean:

- Reels: are short videos that users can create, edit and upload to share with their followers.
- Stories: a way of posting photo and video content that typically vanishes after 24 hours. However, they can also be saved to a profile and viewed again.



- Snaps: a snap is a picture or video which is deleted automatically once it has been viewed. They can be viewed for only a few seconds before deleting.
- DMs: direct message, used to describe private messages sent on social media.

Oversharing:

Children and young people can sometimes feel pressure to overshare online. Remind them that they shouldn't share private things, such as:

- personal information, like names, phone numbers, links to other social media accounts or their school
- live or frequent locations
- other people's personal information
- links to join private group chats
- photos of themselves
- photos or videos of their body.

Explain to your child that, if someone starts asking them other questions, or suggests that they speak on a different messaging platform, then they should come and tell you.

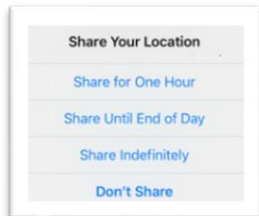
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Location Sharing:

Many apps and games give you the option to share your location. You should help children think about how and when they are sharing it. Some of the ways they may be likely to share location include:

- tagging photos with the geo-location
- checking into venues
- sharing journeys
- location settings on your child's device
- sharing images or videos that contain street names etc.



If shared publicly, their location could be seen by someone they do not know. People could find out where they live or go to school, allowing an accurate picture of their daily routine to be built up.

All these things increase risk to children, of cyberbullying, stalking or unwanted contact (from friends or others) or becoming a target.

Obsessive focus on 'likes' and comments:

Children may be very focused on how many likes or comments their posts get, which can leave them feeling that they aren't good enough, or not as popular as someone else. Try to help them remember that likes aren't everything. Instagram has an option to turn off likes



NSPCC

The NSPCC think that being online should be a positive experience for all children...

But the internet can be a difficult place for them to navigate. It can be hard to know the real from the fake, how to avoid seeing negative content, or what to do if a mistake is made.

That's why they have launched 'positive online habits – six top tips to help your child feel good about how they use the internet.' They can help you start a conversation with your family about online wellbeing. So you can all feel informed, confident and happy during your time online.



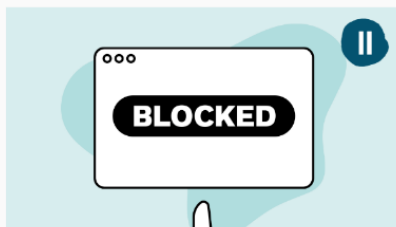
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1. Screen-time savvy

Spending less time on screens is a great way to improve wellbeing both online and offline.

Try setting some limits and boundaries surrounding screens and make use of the wellbeing settings on apps such as Instagram and TikTok, or on your devices.



2. Navigate the negative

Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this.

They can also use settings that block words, phrases, or posts they don't want to see. Encourage them to make their online space a positive one!



3. Seeing isn't believing

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing. This includes content that might be making them feel bad about themselves, or like they're missing out.

If this does happen, you could talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.



4. Mistakes happen

If your child makes a mistake online, such as getting into an argument or sharing personal information, be understanding. You could use this mistake as a learning opportunity!

This is a part of building digital resilience, which will help you all feel better about being online.



5. Take the lead

Your children look to you as an example. Make sure you're acting on your own online wellbeing advice – doing things like taking breaks and not engaging with negative content.



6. Get chatting

Have regular chats with your child about what they like doing online and how it makes them feel.

Don't forget to talk about the positives of being online as much as the negatives, and really listen to what they're telling you.

UK Emergency Alert:

As you may be aware, the national UK Emergency Alert test is due to take place on Sunday 23rd April 2023. This is a test of the system which will be deployed in case of future national emergencies. It involves an automatic notification to all mobile phones, on all networks, in the form of an alert sound, even if a mobile phone is switched to silent.

If you would prefer not to have this alert, you need to follow the following steps to turn off emergency alerts:

Android Phone:

1. Go to settings
 2. Type emergency in the search bar and emergency alert should appear as an option
 3. Select emergency alerts
- This should take you to a page titled either emergency alerts or broadcast settings
- Click or tap on the blue toggle beside emergency alerts to switch the option off. It will turn grey, and the alert will be switched off.

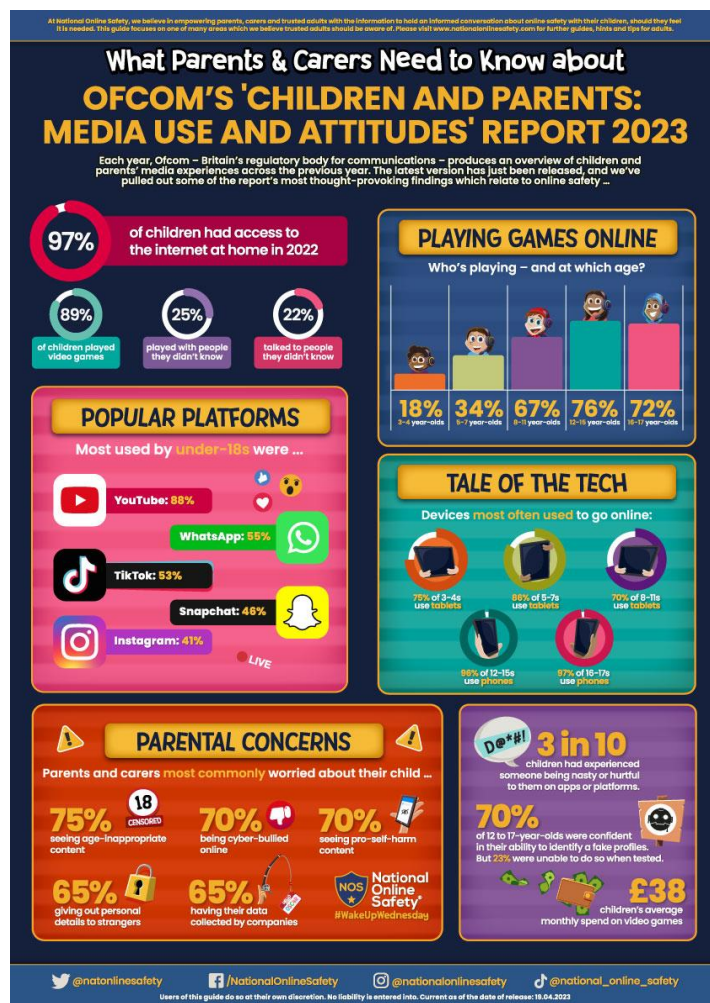
iPhone:

1. Open the settings app
2. Select notifications, a red square with a white bell
3. Scroll down the notifications screen to the bottom to find emergency alerts
4. Tap the toggles to turn the emergency alerts off. They will turn grey, and the alerts will be switched off.

Ofcom's Media Use and Attitudes Report 2023:

This guide highlights some of the key points from Ofcom's 2023 Media Use and Attitudes report.

It outlines statistics and trends such as the current most popular platforms for young people and the proportion of children in each age group who play online games.



Meet our Safeguarding Team

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