

Safer Newsletter

Our Safeguarding Team

Safeguarding is everyone's responsibility at Peters Hill but we have staff with designated responsibilities for Safeguarding. We have a Designated Safeguarding Lead (DSL) and a group of deputies. We also have a dedicated Safeguarding Officer.

Meet the team below.

If you have any concerns you can contact any of the Safeguarding Team who will deal with your concern promptly, confidentially and without judgement.

Meet our Safeguarding Team

Tracy Curnin DSL	Simon Duncan Deputy DSL	Hayley Owen Deputy DSL	Ellen Foxall Deputy DSL	Stephen Porter Deputy DSL	Karen Bridgwater Safeguarding Officer
---------------------	----------------------------	---------------------------	----------------------------	------------------------------	---

What's App

Over the last few weeks school staff have been unpicking and dealing with a number of issues relating to inappropriate use of What's App and in particular, conduct within group messages. Mr Duncan has spoken to pupils in Year 6 and the local police were consulted for advice. WM Police advice to parents is as follows;

Firstly, we would like to make you aware that it violates the terms of the WhatsApp service for primary children to download the app, as the age restriction is 13 years or over."

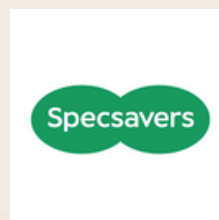
Secondly, by using apps in an unkind way (cyber bullying), pupils are in fact committing an offence of 'harassment or improper use of public electronic communications network' (this offence also includes sending emails, text messages and voicemails that could cause annoyance, inconvenience or needless anxiety) and as such, may result in them obtaining a criminal record/convictions which could impact on them should they want to travel or when applying for courses or jobs in the future.

Therefore, please take this opportunity to speak to your child about the use of such sites/apps to make them aware of the consequences of the inappropriate use of them.

Acting Sargeant Stephen Judd-Ingram 21790

As a school we are also concerned about the time children are spending on this messaging app and the impact on their mental health as well as their eye health. We are told that messages are being sent from 3.30pm until past midnight and chats can be exceeding 1000 messages a night.

Support on screen time can be found on the following QR codes;





**...and
BREATHE**

Feeling worried or sad?
Childline's Calm Zone can help.
From breathing exercises to yoga, find what works for you.
Visit
childline.org.uk/calm-zone

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC (NSPCC 2020). Registered charity, England and Wales 252622. Scotland 552707 and Jersey 354. Created on 15/05/2020 by 15/05/2020

New Mental Health Resource

Childline have released a new toolbox on their website with resources to support children with their mental health.

You can find a wide range of strategies, games and links to other websites to support in a range of situations.



NSPCC – Pantosaurus Resource

Since 2013, Pantosaurus has helped over six million parents to Talk PANTS and help keep children safe from sexual abuse.

Developed with children, parents, carers and teachers, Talk PANTS is here to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

When's the right time to talk PANTS?

Every family is different, and when and where you have these conversations may depend on your child's age, or how grown up they are – it's all about whatever feels natural for you and them. Some examples of times you can talk PANTS are:

- **After school** – if they've had a lesson on personal relationships or Talk PANTS at school, ask them what they remember when they get home.
- **Bathtime** – you could start a conversation when you're running your child's bath, or helping them get dressed.
- **Car journeys** – this can be a great time to talk, and your child will have plenty of time to ask questions if they need.
- **Reading** NSPCC new PANTS storybook together.
- **Singing** – sing along to our PANTS song with Pantosaurus!
- **Swimming** – a great time to say that what's covered by swimwear is private.
- **Walking** – walking home from school, or a weekend walk to the shops can help you both feel more at ease as you stroll and chat.
- **Watching TV** – if a TV show features a sensitive storyline, you can encourage them to talk about anything that upsets them.

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

Donate Unwanted Kids Clothes



kids clothes project
If you have good quality children's clothes aged between 2 -12 years, you can donate at a number of places locally. Check their Facebook page for drop off points.

Wake Up Wednesdays

The Online College produce weekly posters on all aspects of online safety, these are free for parents. Sign up on www.nationalcollege.com

If you are concerned about the welfare of a child, you can contact Children's Services directly via the information below;

Children's Front Door

Telephone: 0300 555 0050 (select option 3)
Opening hours: 9am to 5pm, Monday to Friday

Emergency Duty Team

Telephone: 0300 555 8574 (Out of office)
Open 5pm to 9am, Monday to Friday, 24 hours at weekends and on bank holidays

Learn more about online safety

ParentSafe

 www.parentsafe.lgfl.net

An amazing resource page from the London Grid for Learning (LGfL) with guidance and videos on a variety of topics online, including safe settings and controls, and how to talk to children about online life.

Internet Matters

 www.internetmatters.org

Step-by-step guide on how to set parental controls on a number of devices, internet connections, gaming and social media apps.

NSPCC

 www.nspcc.org.uk

 0808 800 5000



NSPCC

The UK's leading youth charity that has lot of useful information and resources available covering a wider variety of topics. They also have a YouTube channel, scan the QR to find out more.

Stop radicalisation and exploitation

Anyone can be vulnerable to extremism and radicalisation, but children are particularly at risk. As they grow and become more independent, it is not unusual for them to take risks, explore new things and push boundaries. Educate Against Hate's website (www.educateagainsthate.com) offers practical advice and support to protect children from extremism and radicalisation. NetMums have partnered counter-terrorism policing to promote Act Early, a safeguarding website for parents, friends and families who are concerned, visit www.netmums.com/act-early for more information.



Report online sexual abuse

If you or your child is worried about online abuse or grooming, make a report to on CEOP's website www.ceop.police.uk/Safety-Centre

A Child Protection Advisor will get in contact and help you talk through what's going on. CEOP cannot help with bullying or account hacking.

For a child or young person, having a sexual image or video of themselves shared online can be a distressing situation. This can be difficult for parents and carers too, but there are ways you can support your child. If they're under 18, they can use Report Remove. Report Remove is a tool that allows young people to report an image or video shared online, to see if it's possible to get it taken down. Provided by Childline and the Internet Watch Foundation, it keeps the young person informed at each stage of their report, and provides further support where necessary.

Advice for parents - search 'NSPCC Report Remove' for more information or scan the QR code to make a report

Search 'WMP Advice' for more information.



childline

 www.childline.org.uk

 0800 1111

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



NOS
National Online Safety®
#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-53204505>
<https://www.social.com/instagram/social-media-algorithms/>