



SAFEGUARDING NEWSLETTER

E-Safety or Online Safety – How to keep your children safe online

E-safety is a term which refers not only to the internet but other ways in which young people communicate using electronic media, e.g. mobile phones. E-safety/ Online Safety means ensuring that children and young people are protected from harm and supported to achieve the maximum benefit from new and developing technologies without risk to themselves or others.

The aim of promoting e-safety is to protect young people from the adverse consequences of access or use of electronic media, including from bullying, inappropriate sexualised behaviour or exploitation.

Teenagers spend a considerable amount of time on social media each day. It is important that we know how to protect our children when they use any online platform.

Parental controls are an important way to keep your child safe online.

Parental controls can be used to block upsetting or harmful content, control in-app purchases or manage how long your child spends online.

And the good news is parental controls are really easy to set up.

Innocent searches sometimes reveal not so innocent results. So if you're worried about what your child is searching for online, who they're talking to or what they're seeing, there are some simple rules you can take.

It's simple to get started. And, along with talking to your child regularly, using parental controls is one of the best ways to help keep children safe online.



What's good about Social Media:

- staying connected with friends and family
- volunteer or get involved with a campaign, non-profit, or charity
- enhance their creativity by sharing ideas, music, and art
- meet and interact with others who share similar interests



What's bad about Social Media:

The flipside is that social media can be a haven of cyberbullying and other questionable activities. Without meaning to, children can share more than they should. Most teens post photos of themselves on their profiles, reveal their birthdates and interests, post where they live.....the list is endless. All this can make them easy targets for online predators and those that might mean them harm. Children can also face the possibility of a physical encounter with the wrong person. Many apps reveal the poster's location. This can tell anyone exactly where to find the person using the app. Children are unable to retract photos, videos, pictures and comments once they have been posted online, which means they are impossible to completely erase from the internet.



Mobile & Tablets

Lots of mobiles and tablets come with settings that can help you manage what your child can and can't see or do online.



When using parental controls, make sure to check things like location settings and what information your child is sharing with others. It's most important to talk to your children about what they're doing online.

Games Consoles

Most games consoles are internet-enabled. Which means you child can go online and chat with other players or make in-game purchases.



Like with mobiles and tablets, the controls on your games console help you to manage what your child can and can't do. Some devices allow you to:

- Set up different profiles for each family member.
- Deactivate the internet.
- Turn off chat functions to stop your child from talking to strangers.

Home Broadband

Your internet provider may offer a free filter so you can control the content that you and your family see. You'll need to manually set-up any device connected to your home broadband.

How you do this will depend on your provider and you'll need to access your home router or hub. It's really easy and simple to do.



Search Engines

Sometimes innocent searches lead to not so innocent results.

Make sure the content that your child sees online is appropriate for their age by using controls available in search engines like Google and Bing.

Setting up filters like Google SafeSearch helps to protect your child from seeing inappropriate or adult content. Or you could use a child-friendly search engine like Swiggle and Safe Search UK.



Snapchat

Snapchat is a popular messaging app that lets users exchange pictures and videos (called “snaps”). The unique part of Snapchat is the “snaps” are only available for viewing for a set period of time.



The Evils of Snapchat!!

Once a recipient looks at the “snap” it disappears from the device and the servers after an allotted amount of time. Once the snap has been opened and viewed it simply ceases to exist. This makes it nearly impossible for parents to see what their child is doing within the application.

Because “snaps” are gone as soon as they are opened, parents complain they cannot keep an active tab on their child’s use of the application. For the same reason, some teens feel that any “snap” is fair game and safe because it quickly disappears. Because there is no log of their correspondence some teens may feel the app is completely “safe” and they can send pictures and messages that they would not otherwise send if the image could be captured, or their activity can be tracked. However, while the photos message disappears after a few seconds, it doesn't prevent the receiver from snapping a screenshot of the photo while it’s live! In addition, if a receiver knows that a message is coming, they could take a photo of the screen with another phone or digital camera and the sender would never know that their supposedly evaporating photo would be alive and well on someone else's device. Finally, because of the lower risks of having a photo eventually making the rounds of the Internet, it's also tempting for teens to use Snapchat for "[sexting](#)." (See page 4) Snapchat itself admits that up to 25% of users may send sensitive content on a regular basis “experimentally.”

The ‘Snap Map’ allows users to share their location with anyone on their Snapchat friends list. Users are able to see the exact location of their friends, even down to the street name, and what they happen to be doing at the time, such as listening to music, driving in a car etc and also view local snapchat stories in the area.

A ‘Snapstreak’ occurs when two users have snapped back and forth within a 24-hour period for three days in a row. Once this occurs, a flame emoji and a number will appear next to the streakers' names to show how long the streak has been maintained. Maintaining streaks is very important to teens because streaks allow kids to interact socially and feel part of something many of their peers are doing. For many children, they're a measure of their friendships. It’s a worry, though, that the pressure of keeping a streak going - teens are often maintaining many streaks at the same time and this may take a toll on children.



Sexting - What parents need to know....

What is 'Sexting'?

'Sexting' is when someone sends or receives a sexually explicit text, image or video on their mobile phone, computer or tablet. It can include sexual chat or requests for pictures / images of a sexual nature.



Is it illegal?

This depends on what the image is or what the chat involved and who it is sent between. However, it is a crime to possess, take, make, distribute or show anyone an indecent or abuse image of a child or young person under 18 years of age.

Always remember that, while the age of consent is 16, the relevant age in relation to indecent images is 18.

What if a child (under 18 years of age) takes a sexually explicit image of themselves?

That child has committed an offence by making and possessing that image. If that child then sends the image to another person then the child has committed a further offence of distributing the image and the person who receives the image will also be liable for an offence of possessing the image. **In these cases you should contact local police on 101 for advice and guidance.**



Please be aware that, while offences may technically have been committed by the child/children involved, the matter will be dealt with sensitively and considering all of the circumstances.

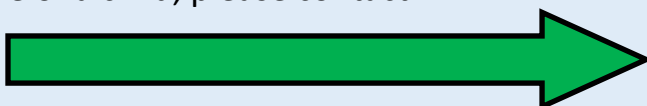
If it's sexually explicit text/chat between children:

This may still be a possible offence but in these cases the detail of the text/chat should be considered. General sexual references would not necessarily constitute an offence but text/chat that incites a child to engage in sexual activity or to make or distribute sexual images of themselves or another child should be reported to local police for further guidance. Do not delete or alter any material.

Please be aware that, while offences may technically have been committed by the child/children involved, the matter will be dealt with sensitively and considering all of the circumstances. In particular any age difference between the children should be considered.

If you need any further information or guidance:

Anyone looking for advice about sexting or keeping children safe online, or concerned about the safety and welfare of a child, please contact.....



Peer on Peer Abuse

It is important to recognise that abuse isn't always perpetrated by adults; children can abuse other children and it can happen both inside and outside of educational settings and online. This is referred to as 'peer on peer abuse' and can include:

- bullying, including cyberbullying, prejudice-based and discriminatory bullying
- abuse in intimate personal relationships between peers
- physical abuse such as hitting, kicking, shaking, biting, hair pulling, or otherwise causing physical harm; this may include an online element which facilitates, threatens and/or encourages physical abuse
- sexual violence, such as rape, assault by penetration and sexual assault; this may include an online element which facilitates, threatens and/or encourages sexual violence
- sexual harassment, such as sexual comments, remarks, jokes and online sexual harassment, which may be standalone or part of a broader pattern of abuse
- causing someone to engage in sexual activity without consent
- initiation/hazing type violence and rituals
- 'Upskirting' which involves taking a picture under someone's clothing without them knowing; this is usually with the intention of viewing their genitals or buttocks for sexual gratification, or cause the victim humiliation, distress or alarm. Upskirting is a criminal offence and anyone of any gender, can be a victim
- consensual and non-consensual sharing of nude and semi nude images and or videos (See page 4 - Sexting)

All staff at Sir Graham Balfour are able to recognise the indicators and signs of peer on peer abuse and know how to identify it and respond to reports. Students are reminded regularly in RSE lessons and via the student bulletin to report incidents to their Form Tutor, Head of Year, Mrs Metcalfe or by email to the following email address:

help@sirgrahambalfour.staffs.sch.uk

Bullying

Bullying is a type of behaviour, repeated over time, that intentionally hurts another individual or group. If left unaddressed, bullying at school can have a serious impact on a young person's mental health, self-esteem and ability to thrive in education.

Bullying can/may:

- Be physical abuse, such as: hitting, kicking, shaking, biting
- Be emotional abuse, such as: name calling, spreading rumours or social inclusion
- Involve intimidation or threats of violence
- Involve racial, sexual or homophobic abuse
- Be perpetrated by an individual or a group
- Take place online or via technology (cyberbullying)
- Be motivated by real or perceived differences
- Involve an imbalance of power
- Disproportionately impact children with SEN and disabilities