



SAFEGUARDING NEWSLETTER

Online Safety

On average teenagers spend more than 7 hours per day on social media, however this is likely to be a lot higher due to the increased time that has been spent at home and away from friends over recent lockdowns. It is important that we know how to protect our children when they use any online platform.

Online Footprint

An online footprint is a record of how people spend their time online, which means everything we do online or on social media platforms can be traced back. Therefore, if posts aren't protected they can follow us around for the rest of our lives.

Once you send a message, post a comment or upload a picture it no longer belongs to you and you cannot control where it will end up. Employers routinely check the social media history of potential employees so comments/pictures etc put online when younger can and often do affect your future.

Privacy Settings

Every social media account your child will have has an optional 'privacy setting'. This controls who can see what is posted and who can contact them within each platform.

Without correct settings, accounts are open to strangers being able to contact them and see

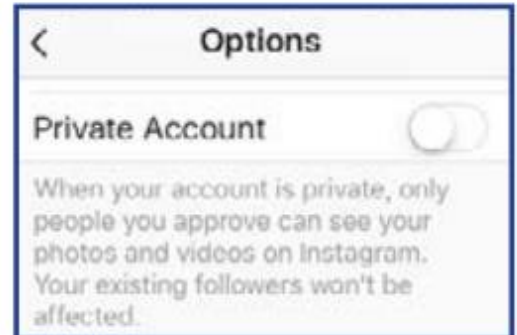
information that they wouldn't share with a stranger face to face.





Instagram

In your settings there is a section called 'privacy and safety' where you can alter a number of settings. Your account should be private, and it is wise to block people from downloading your videos as it may still be in the hands of someone else and you will have no control over them posting it again. Like other social media you make be aiming to get as many people to see your page and videos as possible but you have to remember that protecting yourself is more important than gaining followers. Having a public account should only be something you consider with permission and supervision from your parents/guardians. You may also want to block comments to protect yourself from hateful people and to support your mental wellbeing.



Facebook

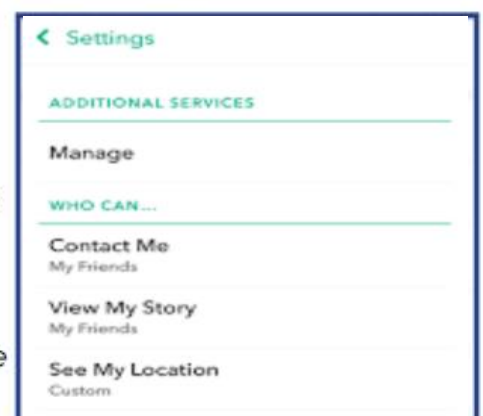
In your account settings there is a separate section for privacy settings where you can monitor who can contact you and who can access certain information on your profile. Remember you don't have to accept everyone that adds you as a friend, if they don't know you they aren't your friend! Be mindful as well of making your bio public and using it to advertise your usernames for other social media accounts.



Snapchat

To change your settings in snap chat click on your profile button and click on 'settings' then update your settings. Only your friends should be able to contact you or view your posts/stories.

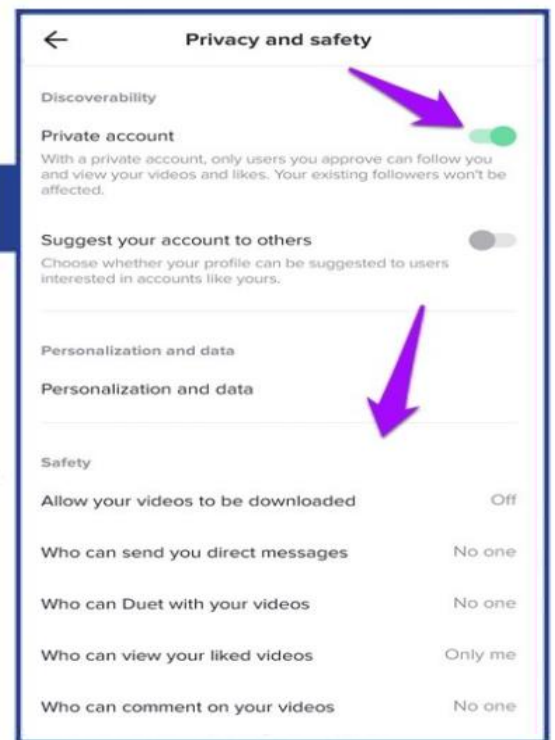
With the snap map you need to remember that exposing where you are to people can be very dangerous. If you have people you don't know on your snap chat and you are visible on snap maps they only have to monitor your movements to easily work out information like you address, the school you attend and where you go out most often. So it is important that you only have friends on the app and that you are mindful about protecting your location.





TikTok

In your settings there is a section called 'privacy and safety' here you can alter a number of settings. Your account should be private, it is wise to block people from downloading your videos as it may still be in the hands of someone else and you will have no control over them posting it again. Like other social media you make be aiming to get as many people to see your page and videos as possible but you have to remember that protecting yourself is more important than gaining followers. Having a public account should only be something you consider with permission and supervision from your parents/guardians. You may also want to block comments to protect yourself from hateful people and to support your mental wellbeing.



TOP TIPS

A quick guide to staying up-to-date with what your child is doing online

- Think about how you guide your family in the real world and use the parenting skills you already have, such as showing an interest in their lives and the company they keep, to do the same in the digital world.
- Try out the technologies your child enjoys. Download some of their music and have a go at games they like.
- Talk to friends and family about how they manage their children's digital lives.
- Remind older siblings that websites they use may not be suitable for younger brothers and sisters.
- Make digital issues part of everyday conversation. Use news stories or things that have happened to people you know, to raise subjects like cyberbullying, sexting and copyright infringement by downloading music or films you haven't paid for.
- When you're talking about bullying, sex and relationships and other issues, don't forget to include the online aspects.
- Ask your child about whether the issues they face are different online and offline.
- Don't be afraid to set boundaries and rules. Children may complain but research shows they respond to this.
- Talk to your child about them controlling their online reputation by thinking before they post or share anything.

Sexting - What is Sexting?

Sexting is the sending of sexually explicit pictures or messages. This can be done over text messaging or using social media platforms.

If everyone involved is over the age of 18 there is no legal issue with sexting, but no matter what your age there are always possible unforeseen consequences of being involved in producing and sending messages or pictures of a sexual nature.

It's against the law to:

- ⇒ Create a sexually inappropriate image of someone under the age of 18 - including yourself!
- ⇒ Send or share a sexually inappropriate image of someone under the age of 18, even if it is an image of you.

Under 18?

You need to
know

Consequences of Sexting



If you create or share an inappropriate image of yourself or someone else under the age of 18 you will have broken the law and will potentially face criminal charges which could affect your ability to work and travel to different countries in the future.

Regardless of your age, sexting has other negative consequences. Once an image has been created and shared you no longer have control over where the image ends up. It takes only seconds for someone to download and share an image and once it has been spread online, it is almost impossible to delete every copy that exists.

You may feel you trust the person you are sending the image to, but you can never be certain that they will keep your privacy or it won't accidentally fall into someone else's hands

Getting Support

No one should pressure you into sharing an inappropriate picture. If they are asking you to, knowing you are under 18, they are breaking the law and you can report them to the police.

Trust your parents / carers and tell them it is happening or if you need support in reporting what is happening, please see a member of the Pastoral Team.

Mrs Metcalfe

Deputy Headteacher i/c of Pastoral

Mrs Hedges

Student Welfare Officer

Mr Hancock

Head of Sixth Form

Miss Sidhu (Yr7), Mrs Tinsley (Yr8)

Miss Austin (Yr9), Miss Simmons (Yr10)

and Mr Parry (Yr11)

Heads of Year