# SAFEGUARDING NEWSLETTER

*We would like to welcome all new parents/carers to our termly Safeguarding Newsletter.*
*This edition will give advise and guidance to online safety for your children.*
*We really do hope you find it useful.*

With the Christmas holidays approaching we thought we would give you some guidance on online safety to keep your children and you safe over this holiday period and beyond………..

This issue will look at social media on online safety that children are using that you may never have heard of before.  It will offer guidance on how you can help your children to stay safe and this means by talking to your children……

## 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
- communicate with educators and fellow students

## What's bad about Social Media:

The flipside is that social media can be 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.

## Starting a conversation about online safety………………

*It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:*

- reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.

- ask your child to show you what they enjoy doing online or apps they're using so you can understand them.

- be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."

- ask them if they're worried about anything, and let them know they can come to you.

- ask them about their friends online and how they know they are who they say they are.

- listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.

- ask your child what they think's okay for children of different ages so they feel involved in the decision making.

**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.

# Social Media Platforms that your children may use…………………..

## TikTok

**TikTok** is a video and music-based social media app that allows users to create and share short videos with special effects.

Users can create and upload their own videos where they lip-synch, sing, dance, or just talk. You can also browse and interact with other users' content, which covers a wide range of topics, songs, and styles.

**What should parents know about the app?**

**When signing up on TikTok, user profiles are made "public" by default - meaning anyone can view videos that your children upload.**

TikTok is mostly based on music and video - so profanity and suggestive clothing/dancing are the most obvious sources of adult content.

**But the app also encourages some themes that are much more mature than their 16+ rating would suggest.**

Strangers can send private messages - so if your child's account remains public, they may be receiving messages from complete strangers.

**People who send direct messages can access data, such as where the recipient lives.**

But one of the app's positives is the ability to turn on the 'digital wellbeing' setting.

**Once turned on, the setting will set time limits on app use, which can help your child moderate the time they spend on their phone.**

This setting also allows a parent to put restrictions on their child's account  - but not all material is flagged by the filter and some content may slip. through the net.

## 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 Dangers 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 can not 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.

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.



**S** - **Stay Safe** Don't give out your personal information to people / places you don't know.

**M** - **Don't Meet Up** Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

**A** - **Accepting Files** Accepting emails, files, pictures or texts from people you don't know can cause problems.

**R** - **Reliable?** Check information before you believe it. Is the person or website telling the truth?

**T** - **Tell Someone** Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

## 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.

## 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.

## 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.

## 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.

## STAY SAFE WITH TECH THIS CHRISTMAS!

### IPADS

Be careful what you download
Play games appropriate for your age
Ask to set up agreed parental controls with you to help

### LAPTOPS

Make sure to take care with what information you share!
Be careful about online games - are they appropriate?
Make sure you know who you are talking with

### CONSOLES

Take close care who you play with online!
Try to play games that are suitable for your age.
Make sure to take it in turns playing games with others

### SOCIAL MEDIA

Use social media appropriate to your age
Use a safe profile picture
If you are pressured into sharing something you aren't comfortable with ask an adult

### PHONES

Ask permission before taking a photo or video
Do not show off your phone in public
Make sure you keep enough credit to make calls

### FAKE NEWS

Don't believe everything you read online, including email
If unsure, ask a trusted friend or adult
Don't share stories that aren't true

# 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:**

There 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

## 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, can contact the

**CALL YOUR LOCAL POLICE**
**101**
IN AN EMERGENCY ALWAYS CALL 999

**NSPCC**
**HELPLINE**
**0808 800 5000**
help@nspcc.org.uk
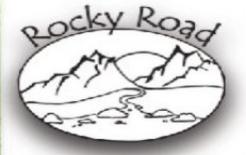
# HOPE PROJECT FOR PARENTS/CARERS

The HOPE Project offers online advice / support to parents and carers via Zoom.

If you wish to register and attend any of the remaining below sessions, please copy the below link in to your browser:

https://us02web.zoom.us/.../tZwsde6gqT0jG9Z1P-U0IckA4Y7KBzYDi...

## H☀PE

# HOPE Support for Parent/Carers

**Rocky Road**

Parenting can be problematic! 😬

We might describe it as a 'rocky road'.
But, with a helping hand & reassurance we can help and support each other. That's why the HOPE Project is extending its support to parent/carers. Please come along, it is a safe space to talk, share ideas and get support.
You ARE a good parent, you ARE doing a good job.

**You are NOT alone.**

| | |
|---|---|
| 15 Sept 2020 Via Zoom 7-8.30pm | 6 October Via Zoom 7-8.30pm |
| 10 November Via Zoom 7-8.30pm | 1 December Via Zoom 7-8.30pm |
| 5 Jan 2021 Via Zoom 7-8.30pm | 2 Feb 2021 Via Zoom 7-8.30pm |
| 23 Feb 2021 Via Zoom 7-8.30pm | 23 March 2021 Via Zoom 7-8.30pm |
| 27 April 2021 Via Zoom 7-8.30pm | 25 May 2021 Via Zoom 7-8.30pm |
| 15 June 2021 Via Zoom 7-8.30pm | 13 July 2021 Via Zoom 7-8.30pm |

Accessing virtual support sessions via Zoom: Get in touch via links to email/Facebook/Zoom. To register via Zoom - https://bit.ly/32AR9uZ

**zoom**

hopeproject2016@outlook.com

@hopeproject2016

https://www.facebook.com/groups/307600263715809