



March 2024

Safeguarding

Newsletter for Parents/Carers



Welcome

As part of our ongoing partnership with parents and carers with regard to keeping our students safe, both online and offline, we have produced this briefing with some reminders and updates.

Designated Safeguarding Lead (DSL): Ms Button

Deputy DSLs: Mrs Gonzalez and Mrs Rayner

Safeguarding team: Mr Ramsden, Mr Linz, Miss Verma, Mr Coulson, Mrs Chaventré, Mr Jessop, Mrs Parsons, Mr Davies, Mrs Pike, Mrs Whitford

Support for Students

We continue to remind students of their avenues of support, both in school and out of school – and we encourage all of our students to talk to us at school or to a trusted adult at home about any worries or concerns that they may have.

There is lots of support available for students in school and we would always encourage them to come and chat with us if they are, at any time, feeling worried, anxious, unhappy or sad.

Form tutors and Sixth Form mentors are the first point of contact for students. Students may also, of course, talk to their Head of Year and Progress Leader as well as the Deputy Head and Assistant Heads who lead their Key Stage team. Mr Linz, our Student Wellbeing Lead, is also available for students as are our Inclusion Team.

If students would prefer to make contact about wellbeing by email, we have a dedicated wellbeing email which is monitored between 8am and 5pm on weekdays during term time. The School website has a page dedicated to student wellbeing, with a support form accessible during term time.

The links are available here



smile@littleheath.org.uk



[www.littleheath.org.uk/
studentwellbeing](http://www.littleheath.org.uk/studentwellbeing)



Concerns Email

As we have done over previous holidays, we wanted one point of call for emergency contact or safeguarding matters that you feel you need to pass on whilst school is closed for the holiday. **Please note that this email is for emergency or Safeguarding matters ONLY and should not be used for “routine queries”.**

The email is monitored on weekdays from **Thursday 28 March until Monday 15 April.**

It will NOT be monitored on the Easter Bank Holidays



concerns@littleheath.org.uk



Look Closer

The Childrens' Society has partnered with the British Transport Police and the National County Lines Coordination Centre on an award winning “Look Closer “ campaign to raise awareness and advice about the exploitation of young people. On the website parents can find information around the signs of exploitation/signposting and reporting mechanisms. There is lots of downloadable material on the website.

[http://](http://www.childrenssociety.org.uk/lookcloser)



www.childrenssociety.org.uk/lookcloser

Parents Protect

The Parents Protect website is designed to help parents and carers protect children from sexual abuse and exploitation. It has lots of information and advice, including a confidential helpline.

[http://](http://www.parentsprotect.co.uk)



www.parentsprotect.co.uk





Attendance at School

The Department for Education has published a blog which reinforces the importance of attendance at school. The blog explains the effects, on wellbeing and development, of children missing out on school.

You can read the article at:



www.educationhub.blog.gov.uk

Parenting Smart

Place2Be have a website designed to support parents with typical situations that they may experience with their child. There are a wide range of topics and tips available.



www.parentingsmart.place2be.org.uk



Relationships

The NSPCC have advice about healthy and unhealthy relationships and talking with young people about relationships. There is also advice about what to do if parents/carers are concerned at any time.

You can read the advice at:



www.nspcc.org.uk

Sexting

The NSPCC have produced some advice for parents to support them in having conversations with children about sexting. 'Sexting' is the action of sending sexually explicit photographs or messages via mobile devices or social media. You can access the advice at:

[http://](http://www.nspcc.org.uk)  **www.nspcc.org.uk**

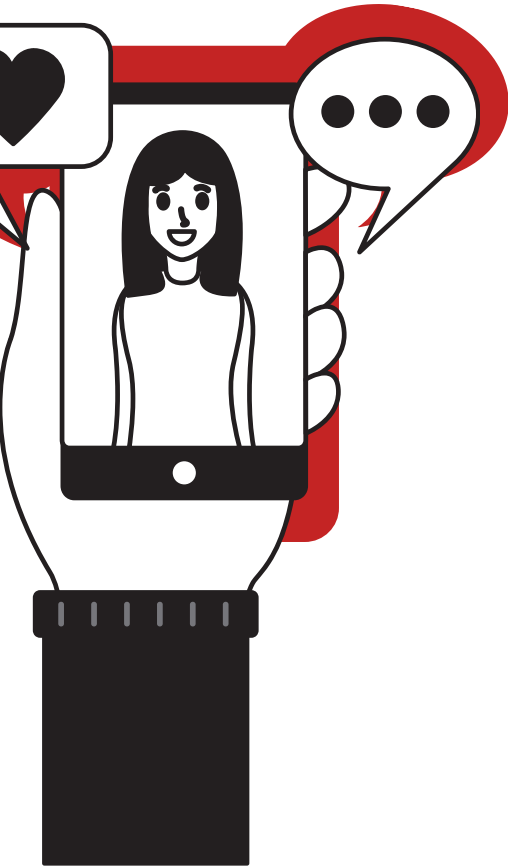
CEOP (Centre for Online Protection and Exploitation) have a resource for parents and carers entitled "nude selfies: what parents and carers need to know". You can find this resource on their website at:

[http://](http://www.thinkuknow.co.uk/parents)  **www.thinkuknow.co.uk/parents**

We remind parents/carers to be vigilant about what their children are receiving and sending online. Young people are at risk of receiving potentially harmful content such as nudes. Young people may ask for, or take and send such pictures. Should you become aware of any such content, please take measures to ensure that your child does not save or pass it on.

Adults should do everything they can to avoid seeing explicit pictures of children themselves. Sending or passing on pictures of children is illegal, even if the sender took the picture of themselves.

You should inform the police via 101 or online if you are made aware of a child sending, being sent or being asked for nudes.



Remember...Online Safety

If your child is ever upset by anything they have received via text or via a social media site, please report to your mobile phone provider, or, if online, via the reporting functions on social media sites. Students are reminded that if they receive anything that concerns or upsets them, they should not reply; they should block the person and they should tell an adult.

CEOP is also available if a child has been contacted in an inappropriate manner or if they are in danger of being tracked or abused. The CEOP website allows you to complete an online form which goes directly to the police. This is for when someone is in danger from another person.

You can make a report here:

[http://](http://www.ceop.police.uk/safety-centre)  **www.ceop.police.uk/safety-centre**



Online Safety

Concerns



Snapchat

Snapchat are expanding the features available in their Family Centre, allowing parents to view:

- story settings: you will be able to see who your child is sharing their story with e.g. all their friends or a smaller group.
- contact settings: see who your child can be contacted by (by people they have added as a friend or their phone contacts).
- if your child is sharing their location with friends on the Snap Map.

You can find out more at:



www.values.snap.com

Instagram

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you.

How can I keep my child safe on Instagram? The NSPCC have a page which has information and advice



www.nspcc.org.uk/keeping-children-safe

Misogyny in the Media

We continue to be concerned about the impact of online influencers who promote misogynistic rhetoric. This content can be permissive of discriminatory behaviours and attitudes (including racist, anti-Semitic, homophobic, transphobic, and misogynistic attitudes); sexual harassment and abuse; abuse in relationships; and victim-blaming.

Andrew Tate is one such influencer, who has become well known to young people. He is a self described "success coach" with a subscription based marketing programme. There are significant concerns about his influence on young men towards misogyny.

Young people are especially vulnerable to persuasive narratives. Much of this content seeks to exploit insecurities and vulnerabilities. The sharing of unsuitable content by some influencers can inform behaviour and attitudes towards other people and puts other people at risk.



What Children & Young People Need to Know about **FREE SPEECH VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's *not* the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to others. Whether online or offline, communication attacking or discriminating against groups or individuals (because of protected characteristics like race or religion) is hate speech, not free speech.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's ideas were incredibly offensive to many at the time, while not everyone agrees with Darwin's theory today. Freely exchanging ideas promotes progress.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having *ours* challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote or decent working conditions – couldn't have been achieved without it.

Freedom of expression includes the right *not* to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal.

Hate speech refers to any communication – like talking, texting or posting online – which displays prejudice against someone's identity. Derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes ...

Targeting people or groups because of who they are – including but not limited to aspects such as race, sexuality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on those same attributes: referring to them as if they were animals, objects or other non-human entities, for example.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way.

Making up or repeating insults about a person or group because something about their identity is different to the person who's posting.

Promoting the segregation of certain groups, or discrimination against them, because of who they are.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

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Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents>
<https://www.legislation.gov.uk/ukpga/1998/42/schedule/1/P1-text-1/Everyone%20has%20the%20right%20to%20the%20freedom%20of%20expression>

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

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What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



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Source: <https://www.bbc.com/news/technology-56111111>, <https://www.theguardian.com/technology/2017/jun/01/group-chats>, <https://www.bbc.com/news/technology-56111111>, <https://www.bbc.com/news/technology-56111111>

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



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Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | https://haveibeenpwned.com

Steps you can take to help keep your child

Safer Online

From NCA CEOP

Parental controls

Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet.

For more information and step by step instructions on setting up parental controls, visit:



www.internetmatters.org

Have an ongoing conversation

Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read:



www.thinkuknow.co.uk

Be non-judgemental

Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support

Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset.

Make sure they know about NCA CEOP

Young people can report a concern about grooming or sexual abuse to NCA CEOP and get support from a specialist Child Protection Advisor.



www.ceop.police.uk/safety-centre/

How their online actions can affect others

If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Tell them about Thinkuknow

Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried.



www.thinkuknow.co.uk/
11_18/

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.02.2023

Support and Advice for Parents/Carers with Online Matters

CEOP supports parents and carers in protecting their children from abuse online.

The site provides advice for parents who are concerned about their children, as well as those just looking to learn more about what they can do to keep their children safe.

There are guides to social media sites, information and advice and this site has up to date advice for parents on some of the latest issues.

Please do take the time to visit this site:

 [**www.thinkuknow.co.uk/parents**](http://www.thinkuknow.co.uk/parents)

The NSPCC website also has various other resources for parents relating to online safety and to holding conversations with young people about staying safe whilst online. We would recommend that all parents have a look at

 [**www.nspcc.org.uk**](http://www.nspcc.org.uk)

Internet Matters has a range of online safety advice for parents:

 [**www.internetmatters.org**](http://www.internetmatters.org)

Online grooming - IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. Visit their website here:

 [**www.talk.iwf.org.uk**](http://www.talk.iwf.org.uk)

EAL resources for online safety can be found at:

 [**www.childnet.com**](http://www.childnet.com)

Support and Advice for Parents and Carers

There is support available for parents and carers to support the wellbeing of young people:



www.youngminds.org.uk/parent



www.mind.org.uk



www.childrensmentalhealthweek.org.uk

Emotional Health Academy Young people, families and professionals can refer to the Emotional Health triage – find out more and the to access the online referral form at

www.westberks.gov.uk/emotional-health-academy



www.good-thinking.uk/parents-and-carers



Little Heath School



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[http://](http://www.littleheath.org.uk/studentwellbeing)

www.littleheath.org.uk/studentwellbeing



[http://](http://www.littleheath.org.uk/supportforparents)

www.littleheath.org.uk/supportforparents