

Safeguarding Newsletter



Autumn Term 2023

At Alverton Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and of utmost priority.

The aim of our termly safeguarding newsletter is to communicate key information to parents concerning safeguarding and how as a school we aim to keep you informed to actively promote the safeguarding and welfare of all our pupils. We try to have a different focus each term to provide information that is helpful for our parents about situations that their children might face now or in the future.

You can find further safeguarding information in the Safeguarding section of our website, including all our previous Safeguarding newsletters which contain a range of safeguarding information.

<http://www.alverton.org.uk/website/safeguarding/85998> , http://www.alverton.org.uk/web/safeguarding_newsletters_for_parents/652398 and http://www.alverton.org.uk/web/staying_safe_online_who_can_help/550827

Online Risks

As you know from the Friday News and communication from school, we are seeing a growing number of children using social media sites where they can be exposed to inappropriate and unsafe content. Our newsletter this term focuses on some of the risks to children being online, particularly if unsupervised.

Oversharing

Children and young people can sometimes feel pressure to overshare online. Remind them that they shouldn't share private things, such as:

- personal information, like names, phone numbers, links to other social media accounts or their school
- live or frequent locations
- other people's personal information
- links to join private group chats
- photos of themselves; photos of their body

Sharing their location

Many apps and games give you the option to share your location. You should help children think about how and when they're sharing it. Some of the ways they may be likely to share location include:

- tagging photos with the geo-location
- checking into venues
- sharing journeys
- location settings on your child's device
- sharing images or videos that contain street names etc.

If shared publicly, their location could be seen by someone they don't know. People could find out where they live or go to school, allowing an accurate picture of their daily routine to be built up.

Talking to people they don't know

Some social networking sites promote connecting you to chat with people you don't know. This puts young people at risk of grooming or online forms of abuse, along with the risk of moving the conversation to other platforms or meeting up offline. You should be aware of this across all social media.

Obsessive focus on likes and comments

Children may be very focused on how many likes or comments their posts get, which can leave them feeling that they aren't good enough, or not as popular as someone else. Try to help them remember that likes aren't everything. Instagram has an option to turn off likes on posts to ease the pressure.



Sending or receiving inappropriate content

Young people can feel pressured into sharing content that could be harmful to themselves or others. This could be in the form of sexting or sharing nudes, or it might be sharing memes and images of others without their consent which can be a form of cyberbullying.

DMs (direct messages) can be used to share very quickly and the children have no control over how the image is shared further. Some social platforms have features such as disappearing messages where an image or text will only show for a certain amount of time for the recipient before deleting. This might make users feel they can share more, but the recipient can still screenshot and forward the content to others

Unrealistic sense of body image or reality

With so many influencers and users sharing photos, children can feel under pressure to conform to the 'ideal' body and lifestyle. It's important to talk about positive body image and help children see that what others post is a curated version of their life, and to question what they see online

Age restrictions of Social Media Apps

Please be mindful that social media apps are not appropriate for pupils under the age of 13. Below are the age restrictions for the most popular apps:

- WhatsApp—16 years +
- Instagram—13 years +
- Facebook—13 years +
- Snapchat—13 years +
- TikTok—13 Years +



Teaching Children about Online Safety

We use Natterhub across Key Stage 2 to teach online safety. They have developed Natterhub Home <https://natterhub.com/forhome> which you might like to look at.

There are lots of websites which offer advice for parents about helping their children to stay safe online and have activities for children to support this. One example is the ThinkUKnow website <https://www.thinkuknow.co.uk> which provides loads of really useful information about online safety including activities for your children to complete to support their online safety at home.

Who can I talk to if I am worried about a child?

If you see it, hear it or know about it - report it!

This could be a child being neglected or any other kind of abuse.

Remember - safeguarding is everyone's responsibility.

Mr Brown is the Designated Safeguarding Lead (DSL) for Alverton School and **Mrs Wicks** is the Deputy DSL. They will always be willing to listen to any concerns you may have.

If they are not available, Mrs Clemens, Mr Dawe, Mrs Daylak, Mrs Hughes, Mrs O'Neill, Mrs O'Rourke and Mrs Simpson have all received additional safeguarding training and will be able to help you.

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Cornwall Multi-Agency Referral Unit
0300 123 1116

NSPCC 
HELPLINE
0808 800 5000
help@nspcc.org.uk

ChildLine
0800 111 