

# Safeguarding Newsletter



Spring 2017 edition

Dear Parent Carer

Welcome to the Spring Safeguarding Newsletter Here at St Francis we take safeguarding very seriously want to work together with parents carers and families to help to keep all the children here at St Francis safe Please do not be offended if we seem to be asking questions we are doing our job and adhering to our Duty of Care in making sure that our children are happy and safe both in and



## Online Safety

Safer Internet Day 2017 is being celebrated in school on Tuesday 7th February with the theme 'Be the change: unite for a better internet'. It's clear that online safety is an issue that is affecting our young people.

### So what is online abuse?

The NSPCC defines online abuse as "any type of abuse that happens on the web, whether through social networks, playing online games or using mobile phones. Children and young people may experience cyberbullying, grooming, sexual abuse, sexual exploitation or emotional abuse. This could be from people they know as well as by strangers."

We continually work with the children to equip them with valuable knowledge and skills to help keep themselves safe when online. In school, we have appropriate filters in place to prevent children from accessing harmful content via the school's internet. I know many of you have concerns about what children can access outside school. You may find the following websites below useful:

<https://www.thinkuknow.co.uk/parents/>

<https://www.google.co.uk/safetycenter/families/legends/>

The NSPCC has a useful guide for parents called Share Aware which allows parents to look up different sites, games and apps to see what the recommended age is and what the risks and benefits are:

**NSPCC**

[net-aware.org.uk](http://net-aware.org.uk)

UK Safer Internet Centre has step by step guides to set parental controls on devices (iPad, Xbox etc.) and your internet provider. (Sky, virgin etc.)

**UK Safer Internet Centre**

[saferinternet.org.uk](http://saferinternet.org.uk)

**Vodafone Digital Parenting** - Helping you to help your child manage their digital world. Includes age specific checklists, expert advice and 'How To...' guides as well as activities to do with your children

**vodafone Digital Parenting**

[vodafone.com/content/parents](http://vodafone.com/content/parents)

**Common Sense Media** promote safe technology and media for children. Contains reviews of apps, games, books movies written by children AND their parents.

**on common sense media**

[Commonsensemedia.org](http://Commonsensemedia.org)

## Screen Time:- Ask the experts

Psychologist Dr Aric Sigman, talking to the BBC, gave the following advice:

- \*Recommended leisure screen time for children aged 3+ years is no more than 2 hours a day
- \*Too much screen time over stimulates the brain and makes it hard to wind down. For that reason screens are not a good idea in a child's bedroom.
- \*Set rules about screen time and switch off at least an hour before bedtime.
- \*Explain the reason for setting the rules.
- \*Lead by example!

## Education Against Hate Website

It offers practical advice and information for parents about extremism and radicalisation, which is high on the agenda for Safeguarding in Walsall. It includes information on:

- \*Warning signs
- \*How parents should talk to their children about extremism
- \*Steps concerned parents can take.

The website has advice regarding preventing all forms of extremism including, for example, far-right views.

<http://www.educateagainsthate.com/>

## FACTS & STATS



1 in 4 children have experienced something upsetting on a social networking site including online sexual abuse, online bullying and online safety.

1 in 3 children have been a victim of cyberbullying. 35% reported that they have experienced cyberbullying - compared with 16% the previous year. 4 in 10 said they had witnessed others being picked on online - almost double the 22% recorded the previous year.



Almost 1 in 4 young people have come across racist or hate messages online.

One in five 8 to 11 year olds and seven in ten 12 to 15 year olds has a social media profile.



Simple conversations, like crossing the road safely, bullying and dealing with strangers, are subjects that you and your child might talk about. But what about staying safe from sexual abuse? It's a conversation no parent wants to have, but thankfully it doesn't have to be scary. In fact, you don't even have to mention 'sexual abuse'. Simple conversations really can help keep your child safe. The Underwear Rule is a simple way to help keep children safe from abuse. It teaches children that their body belongs to them, they have a right to say no, and that they should tell an adult if they're upset or worried. Our children learnt these rules during a visit from the NSPCC last year, but we need to remind them of these important rules whatever age, wherever they are... so parents, let's start talking PANTS!

For further information about  
The Underwear Rule  
visit:  
[nspcc.org.uk/underwear](http://nspcc.org.uk/underwear)



## Together, we can keep our children safe.

If you require any further information or if you have concerns about a child or you see something, please report it to a member of the Safeguarding Team in

School immediately or alternatively call **0300 555 2866** (Monday - Thursday, 8.45am - 5.15pm Friday, 8.45am - 4.45pm) or the Emergency Response Team on 0300 555 2922 or 0300 555 2836 during Evenings, weekends, bank holidays (out of hours).

