

# Safeguarding information for staff and parents/carers.

Autumn/Winter 2020

Welcome to our second newsletter this term. As we approach the festive season in these unprecedented times as we deal with the Covid-19 virus, many of us are unsure what the holidays will be like this year for our families; this in turn is causing much anxiety amongst not only adults but children too. Much of our newsletter focusses on online safety as more time is spent on devices as we are restricted from socialising physically as well as support for wellbeing and what to do if you are concerned about someone expressing extreme views and hatred. Please also see an important safety message from Network Rail.

We would like to take this opportunity to thank you for your generous donations of food gifts for the Rotherham food bank and the Brinsworth Centre; your donations will be very much appreciated by the recipients!



## Christmas Wellbeing Tips

Mental Health Matters have some key advice for the following weeks:

**Be active** – get out for that socially distanced walk every day. Go for a bike ride, run.

**Take notice and give to others** – pay attention to what is happening around you – is there a small gesture you can make to help someone else? Making a cup of tea, volunteering for a household chore or simply saying “thank you” can help with your own wellbeing as well as theirs.

**Keep learning** - Why not learn a new skill? It can not only improve your wellbeing but also make for exciting, personal Christmas presents. Save Santa’s elves a job or two!

**Connect** – at the time of writing, we do not know what the rules will be at Christmas about meeting others – but talking online to friends and family can help you connect

**Keep your expectations of the festive period realistic** - don’t pressure yourself to live up to unrealistic standards, this holiday season will be very different to anything we have experienced. Make sure that you get some ‘me time’ such as curling up to read a favourite book or watch a Christmas film

Whatever, you do over the holiday season, stay safe by following the Covid restrictions to protect yourself, your family and local community.



# TikTok - more parental controls



With TikTok surging in popularity, including children deliberately increasing their followers to 1,000 so that they can go live, TikTok are making more controls available for parents.

The features, which are available via [Family Pairing](#), include the ability to prevent the child searching and preventing strangers from seeing their child's post.

*Here is the article from TikTok:*

## Supporting youth and families on TikTok

*By Tracy Elizabeth, Global Minor Safety Policy Lead, and Alexandra Evans, Head of Child Safety Public Policy, Europe*

*Parenting a teen's digital life can be daunting, and we often hear that parents and other caregivers feel as though they're playing catch up when it comes to the latest technology and apps their teens use. That's why we regularly speak to parents and teens and work with family and youth experts like Internet Matters to develop meaningful ways for parents to support their teens on TikTok. Our aim is to strike a balance between safety and autonomy for teenagers as we work to create a safe and supportive place for self-expression.*

*With that in mind, earlier this year we introduced [Family Pairing](#), which lets parents link their TikTok account to their teen's to enable a variety of content and privacy settings. We've now expanded this feature to give parents greater oversight and families a more robust set of tools to create the TikTok experience that's right for them.*

*Using Family Pairing, parents can help guide their teen's browsing experience with the following controls:*

- **Search [NEW]:** *Decide whether your teen can search for content, users, hashtags, or sounds*
- **Screen Time Management:** *Set how long your teen can spend on TikTok each day*
- **Restricted Mode:** *Limit the appearance of content that may not be appropriate for a general audience in your teen's For You feed*

*As young people start to build a presence online, we believe it's important to give families tools so parents and teens can set guardrails together. Our expanded Family Pairing feature now includes:*

- **Comments [NEW]:** *Decide who can comment on your teen's videos (everyone, friends, no one)*
- **Discoverability [NEW]:** *Decide whether your teen's account is private (your teen decides who can see their content) or public (anyone can search and view content)*
- **Liked Videos [NEW]:** *Many people enjoy finding new videos to watch that others they follow have also enjoyed, but this control empowers families to decide whether others can see the list of videos your teen has liked*
- **Direct Messages:** *Turn off direct messaging completely. With user safety in mind, we already have [policies and controls for messaging](#). For example, direct messaging is automatically disabled for those under 16, only approved followers can message each other, and [images and videos cannot be sent in messages](#).*

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Every family is different. Some may choose to use Family Pairing only when their teen starts on TikTok; others may choose to stay connected to their teen's account for longer; and even without Family Pairing enabled, teens can always take advantage of these tools by selecting them individually through their app settings. Whatever parents and teens decide is right for them, we hope Family Pairing will encourage families to have broader conversations about digital safety.

In addition to our tools for families, we continue to strengthen our youth safety and well-being policies. For instance, we recently added more guidelines and resources to support [body positivity](#) in our community, and we remove harmful content like [hateful ideologies](#).

We've also developed global partnerships to protect against [child exploitation](#) as we remove such content, terminate accounts, and report cases to the National Centre for Missing and Exploited Children and law enforcement.

Protecting minors – online and offline – is vitally important and requires collaboration between platforms, governments, and child safety organizations. That's why we've endorsed implementation of the [Voluntary Principles to Counter Online Child Sexual Exploitation and Abuse](#), which offers a framework that can be consistently applied across digital sectors and services to respond to changing behaviours and protect young people.

For families who want to learn more about online safety, we've created a number of resources, including our [Youth Portal](#), [Parents page](#), [educational safety videos](#), and more. We're committed to the safety of our community – especially youth – on TikTok and will continue to develop resources, tools, and policies as we aim for the highest level of safety.

#### **What our partners are saying:**

*Carolyn Bunting, CEO of Internet Matters, said: "It's clear that social media companies need to do more to ensure their platforms are safe spaces for young people, so we welcome the new safety features that TikTok is adding to its Family Pairing feature. Ultimately, it's often parents who have to balance their children's safety with their enjoyment, and we know from our work at Internet Matters that children with parents who are engaged with what they're doing online, are safer online. Parental controls can be a great help to families, but priority must still be around finding time to have regular conversations with children about the spaces they enjoy online so we can deal with any issues that may arise."*

**Internet Matters.org**

## **The Cybersurvey: in their own words – the digital lives of children**



The annual Cybersurvey by Youthworks explores the rapidly changing lives of young people in the digital environment, tracking trends, benefits and emerging concerns. 14,944 young people took part in the survey during 2019. Here is a summary of what young people reported:

### **1. Content risk is more commonly experienced than contact risk:**

**Pro-suicide content** is being widely encountered - it is the most frequently seen and very harmful content type, mentioned by one in four of our young people. **Pro-anorexia content** as well as content encouraging teens to **'bulk up your body'** has been widely seen, whilst **content about self-harm** is seen 'often' by already vulnerable teens,

### **2. Parents could talk more to their children about online life in general, rather than only when giving advice:**

3. **The gap widens between vulnerable and non-vulnerable teens:** online experiences are often influenced by whether or not a young person is vulnerable offline. It represents a digital divide by new measures.
4. **Cyberbullying** remains stable at 22% of the total sample having experience of this type of bullying
5. **Meetups are commonplace**
6. **Sexting, desire, coercion and relationship norms:** the most common reason given for sharing explicit images is 'I was in a relationship and I wanted to'. Over 1/3 of boys expected sexting within relationships.
7. **Online aggression is racist, homophobic, often gendered, and hate speech is common:** more than one in five of those with learning difficulties has often seen comments or messages containing violence, hatred or racist views. Those with speech difficulties are even more likely to come across these.
8. **Spending quite a bit of money in games:** of those who have done this, 76% are boys. Gamers are in a world of player friends. Frequent spenders feel they fit in with others and have no friendships concerns.
9. **Too few of our teenagers are actively following the online safety advice they were taught:**
10. **The positive aspects of online life are enjoyed by all young people but appear much more important to already vulnerable teens than to their peers:** despite their online problems and greater exposure to risks, they value the internet in a different way and perhaps are more dependent on it. They stand to gain so much from their online access that their safety is all the more important.
11. **The influence of vloggers with a particular age group:** the rising popularity of vloggers is illustrated among the 11-13- year olds.

The full report makes interesting reading: <https://www.internetmatters.org/wp-content/uploads/2020/10/Internet-Matters-CyberSurvey19-Digital-Life-Web.pdf>

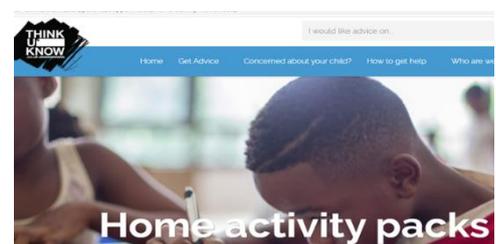
# CEOP



CEOP (Child Exploitation and Online Protection Command) have asked us to share their website details with you: <https://www.thinkuknow.co.uk/parents/> - here you will find many useful resources linked to online safety

## Home activity packs

CEOP are continuing to create online family activity packs to support online safety at home – these are **15 minute activities** you can do with your child and often involve watching short video clips.



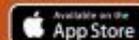
**NHS**



Sign up to our **FREE** app and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.



Scan our QR code for a **FREE** direct download:



For further information visit our website: [withmeinmind.co.uk](http://withmeinmind.co.uk)

Or follow us on socila media on:   



## ***Supporting you to support them***

This year has been extra stressful, especially if you're a parent. With so much uncertainty, it's entirely normal for your child to be finding things difficult, and for you to be unsure how best to look after their mental health and wellbeing, as well as your own. It's not easy, but you're doing the best you can and you deserve credit.

But whatever you and your child are dealing with, you are not alone. We're here for you and we have lots of advice and practical tips that can really help. Use our new Supporting Parents Helpfinder to find the support that is right for you and your child, whatever they've been going through during the pandemic.

[Use our Parents Helpfinder](#)

# Is someone close becoming a stranger?

It can be hard to know what to do if you're worried someone close is **expressing extreme views or hatred, which could lead to them harming themselves or others**. Working with other organisations, the police protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent.

**Act early** and tell us your concerns in confidence. You won't be wasting our time and you won't ruin lives, but you might save them. Visit the Act Early website for further information and how you can share a concern online:

<https://actearly.uk/>



## Share a concern

Call the national police Prevent advice line 0800 011 3764, in confidence, to share your concerns with our specially trained Prevent officers. The advice line is open 9:00am – 5:00pm every day.

# Important safety message from Network Rail

Over the past 8 weeks there have been reports of young people of school age putting themselves in significant danger by trespassing on the railway in your area.

This is alarming and both Network Rail and the British Transport Police are extremely concerned about the welfare of local children and would like to remind everyone that trespassing on the railway can result in catastrophic injuries or fatality.

## Key Messages:

- Trespass can lead to **catastrophic incidents & Fatality**.
- Trains **were still running** during lockdown (although these may have been at different times, which highlights the fact that no-one should presume they know when the next train will pass).
- It is against the law to trespass on the Railway and anyone aged 10 and over **can be arrested and prosecuted** which could lead to a **criminal record** and can also result in a **fine of at least £1000**.
- A criminal record will have a negative impact on a child's future career opportunities
- Network Rail work closely with the British Transport Police to help reduce trespass, vandalism & fatality across our network. Should you wish to report any non-emergency crime or incidents on the Railway then you can text the British Transport Police on **61016**, in the event of an emergency please always dial **999**.



Schools, Parents & Guardians can access Ofsted approved educational resources on rail safety via our website at: <https://www.networkrail.co.uk/communities/safety-in-the-community>

## Where to get further advice and guidance.

Many of these sites have a parent/carer section as well as a section for young people

Rotherham Safeguarding Children Partnership

<http://www.rscp.org.uk/>



<https://www.childline.org.uk>

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



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



<https://www.kooth.com>



Thinkuknow

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



Rotherham POWER online safety advice

<https://www.rotherhampower.co.uk/>

Please contact our Academy **Safeguarding Team** if you have concerns or need further advice/support (please ring reception and ask for the Safeguarding Officer or your child's Head of Year in the first instance). See the academy website for further safeguarding and wellbeing information.

<http://www.brinsworthacademy.org.uk/safeguarding/>

**Ethics Overview – Spring Term 2021**



In our lessons this term students will be developing their three key skills of team work, independence and communication via our engaging, topical curriculum.



Our curriculum adheres to the requirements of the DfE, with the overall aim to help to prepare your child with life skills and knowledge to keep them safe and informed in today's society. We encourage Brinsworth students to talk, listen, think, challenge, appreciate, show respect and be good British citizens.

**'Keeping children safe in education; statutory guidance for schools and colleges' 2020**

92. As schools and colleges increasingly work online, **it is essential that children are safeguarded from potentially harmful and inappropriate online material.**
93. Governing bodies and proprietors should **ensure that children are taught about safeguarding, including online safety.** Schools should consider this as part of providing a broad and balanced curriculum.
94. This may include **covering relevant issues through Relationships and Sex Education and Health Education** which are compulsory from September 2020.

You can find more information about the topics your child will be learning about in the grid below.

Y7	Y8	Y9	Y10	Y11
<p><b>Me and my body – How might my body change?</b> - Puberty, Menstruation, Relationships</p> <p><b>What do I want my future to look like?</b> - Dreams and aspirations, family roles, skills, job roles</p>	<p><b>What is my version of excellence? – Careers</b> - Qualities and Skills, Options for GCSE, Employment, Budgets</p> <p><b>How do I stay safe?</b> - Online Safety, First Aid, Safety in person, British Values</p>	<p><b>How do I have safe relationships?</b> - Healthy and Unhealthy Relationships, Sex, Contraception, Puberty, Menstruation</p> <p><b>How can I be a good citizen?</b> - What does it mean to be British? Prejudice, Sexism, Racism, Homophobia, Islamophobia, Discrimination</p>	<p><b>How do I have safe relationships?</b> - Healthy and Unhealthy Relationships, Contraception, Consent, Online Safety</p> <p><b>Is violence ever the answer?</b> - Wars, Violence, Gangs, Extremism, Knife Crime, Death Penalty</p>	<p><b>How do I have safe relationships?</b> - Healthy and Unhealthy Relationships, Contraception, Consent, Online Safety, Coercive Behaviour</p> <p><b>How do I make financial decisions</b> - Money Management, tax, Pay, Cost of Loving, Mortgages, Renting, Borrowing, Interest, National Insurance, Wages, Gambling</p>

If you would like to discuss our Spring Term curriculum further then please contact Mrs N. Myers at [nmyers@brinsworth.rotherham.sch.uk](mailto:nmyers@brinsworth.rotherham.sch.uk)

