

PARENTS/CARERS SAFEGUARDING NEWSLETTER

SUMMER 2 2022



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Edition 4

Welcome to the third edition of a parents and carers safeguarding newsletter.

who you can approach at school

Mrs Hankin



DESIGNATED
SAFEGUARDING LEAD

Miss Phillips



DEPUTY DESIGNATED
SAFEGUARDING LEAD

Mrs West



ADDITIONAL
SAFEGUARDING LEAD

Mrs Brimmell



WELL-BEING
OFFICER

Mr Jones



ADDITIONAL
SAFEGUARDING LEAD

Mr Wilson



ADDITIONAL
SAFEGUARDING LEAD

New Resource - KS3/4/5 (SEND)

MediaSmart have previously created some wonderful resources called TikTok: Adverts, Creators and You. They have received funding from DCMS to adapt this film-based resource for young people (13-17) with SEND with the tools they need to navigate the commercial side of TikTok.

You can download both resources [HERE](#).

What is the MetaVerse?

There is a lot of talk about the MetaVerse at the moment.

It isn't new (remember Second Life?) but it is gaining traction and there is a lot of development and marketing going on, principally by Facebook (Meta) who are touting it as the next big thing. Sadly, much of the information is negative, it is clear that companies are giving no due regard whatsoever to user safety (see [THIS](#) article in The Guardian).



It is important that parents are aware of the MetaVerse, children are going to start talking about it. The NSPCC have put a useful little guide together which would be worth sending out. You can view the guide [HERE](#).

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The Dark Web Explained - For Staff and Parents Only

The CEOP Education Team have put together a dark web explainer video in collaboration with the Children's Society and the Marie Collins Foundation, including factsheets for professionals, parents and carers. The video briefly explains what the dark web is, why young people might want to go on it and what to do if a young person has accessed it.

Important: this video is NOT for students.

You can access the staff and parents versions [HERE](#).



Skin Gambling - A Guide for Professionals and Parents

Do you know what a skin is? Do you know what skin gambling is? They are both related to gaming and as such it is an area that is becoming more concerning. SWGfL have put together a brief guide explaining skin gambling which would be useful to share with staff and parents to raise their awareness.

You can read the guide [HERE](#).

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What Parents & Carers Need to Know about VIRTUAL REALITY

Virtual Reality (VR for short) has entered the lexicon, but it's only in the last 10 years that the technology has truly become publicly available. With VR being used in a growing range of educational contexts, there are plenty of unexplored questions for you, the adults and children who are looking for more information to support the best opportunities for VR in your home or school. We've put together a handy guide to help you understand the risks and benefits of VR and how to keep your child safe.

WHAT ARE THE RISKS?

- PREMATURE EXPOSURE** While VR has already found its way into schools, it's important to be aware of the risks of premature exposure. Children's brains are still developing and they may be more susceptible to the effects of VR than adults. It's important to ensure that children are not exposed to VR for too long and that they are not using it in a way that is likely to be harmful.
- EYE STRAIN** VR can cause eye strain and discomfort, particularly if used for long periods of time. This is because the eyes are forced to focus on a screen that is very close to the face, which can cause the muscles in the eyes to become tired.
- PHYSICAL ACCIDENTS** VR can cause physical accidents, particularly if used in a way that is not supervised. Children may become so immersed in the virtual world that they forget to look out for themselves or others in the real world.
- SOCIAL VR** Social VR can be a great way for children to connect with friends and family, but it can also be a place where they can be exposed to inappropriate content or cyberbullying. It's important to ensure that children are not using social VR in a way that is likely to be harmful.
- MOTION SICKNESS** VR can cause motion sickness, particularly if used in a way that is not supervised. This is because the brain is forced to process conflicting information from the eyes and the body, which can cause nausea and dizziness.
- VIOLENT CONTENT** VR can be a place where children are exposed to violent and inappropriate content. This is particularly true of games that are designed to be immersive and realistic.

Advice for Parents & Carers

- START OFF SLOWLY** If your child is new to VR, start with short sessions and gradually increase the time as they become more comfortable. Make sure they are in a safe and supervised environment.
- NO SURPRISES** Don't surprise your child with VR. They should be aware of when they are using it and what they are doing. This helps to prevent accidents and ensures that they are in control of their experience.
- KEEP A WATCHING BRIEF** Keep track of what your child is doing in VR. This includes the games they are playing, the people they are interacting with, and the time they are spending in the virtual world.
- ANTI-HAUSERS OPTIONS** There are a number of options available to help reduce the risk of motion sickness and eye strain. These include taking breaks, using eye drops, and using anti-nausea medication.
- RESEARCH CONTENT** Before your child uses VR, research the content they will be using. This includes checking for age ratings, parental controls, and any other information that might be helpful.

Meet Our Expert: **National Online Safety** #WakeUpWednesday

Less than 1% of the world's gaming population currently play in VR – but with high-end headsets like the Oculus Quest and Oculus Rift as the vanguard, the influence of virtual reality is beginning to be felt among the gaming community. Improved data transmission rates (such as faster WiFi and the advent of 5G) and a growing selection of games are also accelerating the process.

So if this change is coming – with young players likely to enthusiastically embrace fully immersive game environments – what do parents and carers need to know in advance? Our #WakeUpWednesday guide to VR highlights the potential risks, including inappropriate content, motion sickness, eye strain, physical accidents and – as ever – other people.

12 Ways to Champion EQUALITY ONLINE

In terms of the internet it's held in, women's football has made impressive progress in a short space of time. There's a lot to be proud of, but it's important to remember that there's still a long way to go. We've put together a handy guide to help you champion equality online.

- KNOW IT WHEN YOU SEE IT** If you see something that's not right, speak up. It's important to let others know what you think, even if it's just a comment or a tweet.
- WHEN "BANTER" ISN'T FUNNY** Banter is a common way of discriminating against people, and it can be very hurtful. Don't be a part of it.
- BE YOUR OWN PERSON** Don't let others tell you who you are or what you should do. Be true to yourself.
- SEEKING SHOULDNT EQUAL BELIEVING** It's important to believe in equality, not just seek it. This means supporting people who are different from you.
- ONLINE HATE, USED AS BAIT** Don't let online hate get to you. It's just words on a screen, and it's not worth getting upset about.
- GET SOME DISTANCE** If you're feeling overwhelmed or stressed, take a break. It's important to take care of yourself.
- TURN OFF THE HATERS** Don't let haters get to you. Turn off notifications from people who are always trying to offend you.
- PLAY IT BY THE BOOK** Follow the rules. It's important to be fair and to play by the rules.
- EXPLOITING "PACK MENTALITY"** Don't let others tell you what to think. It's important to think for yourself.
- POSITIVITY ALWAYS WINS** Be positive. It's important to be kind and to support people who are different from you.
- CREATE THE WORLD YOU WANT** Don't let others tell you what the world should be. Create the world you want to live in.

GLOBAL EQUALITY COLLECTIVE | **National Online Safety** #WakeUpWednesday

Football thrives on passionate opinions and debates. “Never a penalty!” ... “Should've passed it!” ... “That’s offside!” Regardless of where their loyalties lie, though, one area where virtually all fans agree is that discrimination based on someone’s religious belief, sexuality, race or gender is simply unacceptable. How can football truly be ‘the beautiful game’ without equality?

Note that we said “virtually all” fans. Unfortunately, the likes of Pernille Harder, Wendie Renard and Vivianne Miedema often have as many online comments about their gender, skin colour or LGBTQ+ status as their footballing finesse. Our #WakeUpWednesday guide has some top tips for spreading positivity, not prejudice, during this summer’s Euro Championships.

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Twitch is a livestreaming service which tends to focus on gaming. Users can publicly broadcast their gameplay and commentary online for other users to watch. It's a community-driven platform where viewers can support their favourite streamers' channels through PayPal donations, "Bits" and more. Each streamer or group creates their own community for fans to interact with each other. Twitch has more than 15 million daily active users and includes non-gaming topics such as music, cooking and art. Anyone can create a channel to livestream or watch videos.

In the guide, you'll find tips on a number of potential risks such as inappropriate content, private chat rooms and strangers.



British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities ... but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports industry and suggested ways to help young people stay safe so they can make the most of this exciting space.

In the guide, you'll find tips on a number of potential risks such as in-game purchases, inappropriate content and possible exploitation.

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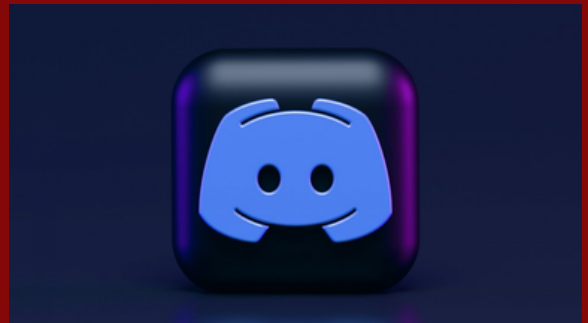
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I wanted to share this guide with useful tips and advice for parents to help their teens overcome body image issues, academic anxiety, peer pressure, and cyberbullying, including links to other important teen mental health resources . The resource can be found [HERE](#)

Discord Security Settings

During and post-lockdown the app Discord has become hugely popular, including with Years 5 and 6 children. Historically usage was related to gaming, where young people would play online games together and discuss the game within the Discord app. But no longer, it's basically being used as a messaging system similar in many ways to WhatsApp. As with many apps there is no age verification and there is lots of 18+ content, including children setting up their own servers (chat rooms) and allowing anyone to enter. The safety features within Discord are unsurprisingly limited but there are some you can view [HERE](#) for your own knowledge and it may be worth sending the link out to parents.



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PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022

COURTESY OF MONEY SAVING CENTRAL

ASDA CAFE

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

FUTURE INNS

Under 12's eat for free with any adult meal during the school holidays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

YO! SUSHI

Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

MARKS & SPENCER CAFE

Likely But Not Yet Announced

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

CAFE ROUGE

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto

FARMHOUSE INNS

Likely But Not Yet Announced

Copyright of MONEY SAVING CENTRAL

More places such as Tesco may follow

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For Parents - YouTube Restrictions

The primary concern that comes from parents is in relation to content and the inability to have much control over what their children see. YouTube (Google) have been updating some of their features over the last year and I think these changes are very positive. To help parents understand more about these features and how to use them I have found this where somebody has compiled 5 short videos (from YouTube) onto one page covering:

YouTube Kids

- Parent Allowlisting (this is a fantastic new feature).
- Selecting content based on the age of the child.
- How to approve what your children can watch.
- Limiting screen time.

Main YouTube (app/website)

- Supervised experience (the ability to set a filtering level based on the age of the child).
- Information can be found [HERE](#)



For Parents - How to Set Up Gaming Consoles to Prevent Impulse Purchases

You will be all too aware that it is too easy for children and young people to purchase virtual items in games and apps. This is happening in primary as well as in secondary schools and some of the amounts young people are spending is eye-watering, so too is accidental purchasing where the game has used 'nudge' techniques to entice a purchase.

Many devices have parental controls which can help to mitigate these purchases. Wayne Denner from Ireland has put together a short article which some parents will find useful, detailing how to set up parental controls on popular devices including the PS4, iPhone and Xbox One.

As we approach the summer holidays, this would be a useful reminder. The link is [HERE](#).

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Instagram - New Parental Controls

Currently rolling out within the UK right now, Instagram have launched some new features which I'm sure many parents will welcome. These new features include:

The ability to see how time their child spends on Instagram.

Awareness of who their child is following and who is following their child.

Notification if/when their child reports someone and the type of report that was made.

The ability to set specific times when parents can limit their child's screen time.

The features are enable on Family Centre, where a parent can supervise their child's account. Information about the new features can be found [HERE](#). Information about Family Centre on the page isn't obvious, it's at the top of the page in small font.



Munchausen's by Internet

It's an issue which many of us have had a basic awareness of for some time, but it wasn't until I listened to a great podcast from [Parent Zone](#) (episode 11) where Dr. Marc Feldman described Munchausen by Internet (MBI) that I realised that it had been formalised and given a name. Dr. Feldman describes MBI as 'a pattern of behaviour in which a person seeks attention and sympathy by feigning illnesses in online venues such as forums and social media sites'.

Evidence in relation to numbers of children and young people seems to be non-existent (that I can find) but this is certainly one to be aware of and I'm certain it will get people talking in the staff room. There is a brief explanation on the NHS website, about halfway down, [HERE](#) and you can find further information from Dr. Feldman with further links to articles [HERE](#).

This [link](#) will take to the Walking With You Newsletter. I have promoted the group in previous newsletters. It is a support group for parents.



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WhatsApp - View Once



Ephemeral data isn't new, most famously Snapchat introduced so-called disappearing images as its selling point when Snapchat was first released. As good as WhatsApp is (I use it daily) there are very serious concerns in relation to end-to-end encryption, meaning that WhatsApp/Facebook are unable to detect and report illegal posts to authorities. WhatsApp has now introduced 'view once' which, as it states, an image/video will be auto-deleted once it has been viewed, or within 14 days if it is not viewed.

In [THIS](#) blog article, Wayne Denner goes into a little more detail about how the feature works and the concerns, including a quick video which parents may find useful.

Snapchat - Meet Up (New Feature)

When Snap Maps became a new feature a few years ago there was widespread outrage, particularly that it was turned on by default and users were not notified of this. Snapchat has now added another layer onto this feature called Meet Up which pairs with Apple Maps or Google Maps to give exact directions to a person, as long as they are Snapchat Friends.

For adults, even older teens, I can see that some would find this a very useful feature. However I find this utterly frightening when it comes to children. Please click on the links below to check the privacy settings, including Ghost Mode, on your child's Snapchat account. You can find details [HERE](#) or you can download a handy little guide from Ineqe [HERE](#).



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I have been asked to share the following information with you from CAMHS

BUCKS CAMHS :

01865 – 901951 (automated) 01865 – 901325
(reception)

SPA (Single Point of Access):

The Single point of access (SPA) team serves as the front door for Bucks CAMHS. Referrals go via here for triage. Contact for help and advice, or if things worsen/change while your child is on a waiting list or yet to be seen.

01865 – 901951

BucksCAMHSSPA@oxfordhealth.nhs.uk

ADULT MENTAL HEALTH TEAMS

AYLESBURY

Phone: 01865 – 901287

Email: aylesburyvaleAMHT@oxfordhealth.nhs.uk

ADULT CRISIS TEAM: 01865 – 901287

CHILTERN

Phone: 01865 – 901344

Email: Chiltern.AMHT@oxfordhealth.nhs.uk/carers

ADULT CRISIS TEAM: 01865 – 902000

BUCKS SENDIAS

Provide free, confidential, and impartial information, advice and support on all matters relating to special educational needs and disability for children and young people aged 0 to 25 and their parents/carers.

Phone: 01296 – 383754

Email: sendias@buckinghamshire.gov.uk

CHILDLINE

You can contact Childline about anything. Whatever your child's worry it's better out than in. They are there to support children and young people and help them find ways to cope.

Phone: 0800-1111

Visit site: www.childline.org.uk

Use the 1-2-1 counsellor chat at :

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

MIND

Provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

'We won't give up until everyone experiencing a mental health problem gets support and respect'

Infoline; 0300 123 3393

Email: info@mind.org.uk

Visit Site: www.mind.org.uk

PAPYRUS

Papyrus provide help and advice for people thinking about suicide and for people who are worried about someone else.

Phone: 0800 068 41 41

Email: pat@papyrus-uk.org

Visit Site: papyrus-uk.org

SAMARITANS

Samaritans are there around the clock, 24 hours a day, 365 days a year. If you need a response immediately it's best to call their freephone number.

Phone: 116 123

Email: jo@samaritans.org

Visit Site: www.samaritans.org/

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I have been asked to share the following information with you from CAMHS

YOUNG MINDS

Young minds are a mental health charity for children, young people and their parents, making sure all young people are getting the mental health support they need.
Text YM to 85258.
Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.
All texts are answered by trained volunteers, with support from experienced clinical supervisors.
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.
Opening Times: 24/7
Visit Site: youngminds.org.uk

ANXIETY UK

An organisation run by and for those with anxiety. They offer a wide range of services including: Therapy service, helpline and text service, Calm club, courses and groups, webinars and more.
Visit Site: www.anxietyuk.org.uk/
Helpline: 03444 775 774
Text Support: 07537 416 905
Webchat via site: Ask Anxia
Open Monday – Friday (except bank Hols.) 9.30am – 5.30pm

HEADS TOGETHER

Heads Together work to ensure that people feel comfortable with their own and their friends and family's mental health and wellbeing.
Text messaging: text 'shout' to 85258
Visit Site: headstogether.org.uk

ANXIETY UK

An organisation run by and for those with anxiety. They offer a wide range of services including: Therapy service, helpline and text service, Calm club, courses and groups, webinars and more.
Visit Site: www.anxietyuk.org.uk/
Helpline: 03444 775 774
Text Support: 07537 416 905
Webchat via site: Ask Anxia
Open Monday – Friday (except bank Hols.) 9.30am – 5.30pm

CALMZONE

Campaign Against Living Miserably Resources, helpline, webchat 5pm – midnight -365 days per year
Phone: 0800 585858
Visit Site: thecalmszone.net

THE MIX

The mix offer support to 13–25yearolds. They offer information and support via: articles, videos, phone, email, peer-peer and counselling services. They cover range of issues affecting young people including: mental health, homelessness, money ,break-ups, drugs and many more.
Phone: 0808 808 4994 – FREE 7 days a week 4pm – 11pm
Crisis Messenger: Text THEMIX to 85258 24/7
Counselling Service: The Mix's counselling service is suitable for you if you are looking for short-term help with your mental health and emotional wellbeing. Our telephone and webchat counselling service is available to young people aged 25 years old and under. Our counsellors aim to support by listening to your problems and helping you find ways to cope in a confidential, safe space.
Visit Site: themix.org.uk

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Stay safe this summer!

There are some articles here that maybe useful as we head into the summer holidays.

- [Staying safe online in the summer holidays – advice for parents and carers](#)
- [STAY SAFE AND HEALTHY IN THE SUMMER](#)
- [It's summer time: 12 ways to help you keep your children safe as the holidays kick off](#)

If you are a parent/carer or student needing support whilst the school is closed, please contact one of the numbers below dependent on the support needed.

Further support numbers can be found on our school website
<https://www.cottesloe.bucks.sch.uk/safeguarding/wellbeing-support-links>

Useful Links if you need help

The First Response Team process all new referrals to social care, including children with disabilities. 01296 383962. If you need an urgent response outside of these hours, contact the Emergency Duty Team (EDT) on 0800 999 767

CAMHS (Child and Adolescent Mental Health Service) | or email <oxfordhealth.bucksCAMHSSPA@nhs.net> or
BucksCAMHSSPA@oxfordhealth.nhs.uk

If you are not open to CAMHS and have a concern about a child or young person's mental health, please phone 01865 901 951 between 9 am and 5 pm on weekdays. For urgent issues out of hours (which do not require a 999 emergency response) please phone 01865 901 000. In an emergency please call 999 or go to A&E

Childline or call 0800 11 11

Samaritans or call 116 123

Barnardos RUSafe Bucks Children/Young People Sexual Exploitation Service 01494 785 552

Kooth.com online counselling for young people

GriefTalk grief counselling for young people and adults 0808 802 0111 or <griefftalk@griefencounter.org.uk>

Bucks Family Info Information, support, childcare and things to do for families, children and young people aged from birth to 19 years (up to 25 years with a disability/additional need)

Bucks SEND IAS Service Provide free, confidential, impartial information, advice and support on all matters relating to special educational needs and disability for children and young people aged 0 to 25 and their parents/carers.

Happy Holidays!