

PARENTS/CARERS SAFEGUARDING NEWSLETTER

SPRING 2 2022



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Edition 2

Welcome to the second 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

Fostering Digital Skills for Life (The Fostering Network)

The Fostering Network, in collaboration with Internet Matters and the University of East Anglia has created a free to access course to give carers a better understanding of online risks, and the confidence to support children and young people's recovery online.

The course is suitable for carers of children of any age, as we look at practical strategies to help you build digital resilience into your day-to-day practice with younger children to through to teenagers.

The course is available online as both trainer-led and on-demand.

For further information click [HERE](#)



Here are some resources to help adults support children with the issues surrounding the Russian invasion of Ukraine

How to talk to your teenager about the invasion of Ukraine (BBC Bitesize/Anna Freud Centre)

<https://www.bbc.co.uk/bitesize/articles/zbrdjsg>

How To Talk To Your Child About The War In Ukraine (YoungMinds)
<https://www.youngminds.org.uk/parent/blog/top-tips-for-talking-to-your-young-person-about-the-events-in-ukraine/>

Worrying about Russia and Ukraine (Childline)

<https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/>

Worrying about war and conflict Sarah Dove (Phoenix Education Consultancy)

<https://www.phoenixgroupqh.com/tools>





Omegle

Omegle is an app and a website and last week there was a lot of reporting in regards to a surge in usage, particularly teens and younger children. The BBC have reported that they carried out an investigation and found a significant amount of disturbing content.

Omegle has been around for many years, it isn't new and there have always been significant concerns. It is and always has been one of the most despicable sites I have ever seen. If you don't know what it is, essentially it's a place which openly advertises 'come in and talk to a stranger'. You simply click a button and you are randomly placed in a video chat room with a completely random person. There's no age verification, no warnings and it's doubtful whether there is any meaningful moderation.



Why has it increased in popularity? Surprise surprise, because certain high-profile influencers have been talking about it on TikTok. According to the news report, videos tagged with Omegle have been viewed on TikTok more than 9.4 billion times.

You can view the BBC news article [HERE](#)

[What is Omegle? What parents need to know](#)

YouTube - Parent Allowlisting

The YouTube Kids app was introduced in the UK in January 2016 and was designed to allow younger children to use YouTube in a more managed (moderated) way whilst giving parents extra controls. Whilst it is a great app, my visits around primary schools over the years suggests that very few younger children use the YouTube Kids service. In conversation with the children and their parents, the biggest reason is usually because the channels/videos that the children want to watch are not available on the YouTube Kids app.



This has now changed. YouTube have introduced a new service called Parent Allowlisting which can be used on mobile devices where a parent can approve a video/channel from the main YouTube app into their child's YouTube Kids account.

There is a link to a video explainer on YouTube which you can find [HERE](#).



Grand Theft Auto V - Updated

I'm sure you will be very well aware of the 18 rated GTA V game and the concerning use by younger children. Over the years the amount of children playing this game hasn't gone down, and this includes children from Y2 upwards. GTA V has recently been updated so that players with newer Playstation and Xbox devices can take advantage of faster processing speeds.



The reason I'm mentioning this is that you may hear your child talking about playing the game with friends as there has been an update which also includes a mode where 30 players can play together in the game.

To see more about the game and updated features see [HERE](#).

What Are Anonymous and Honesty Apps?

At their core, these are apps which allow users to interact with each other without revealing who the users are. They are used for a variety of reasons, such as being able to ask questions that may be embarrassing, but equally they can be used to cause harm.



Internet Matters have put together a really useful page which answers many questions around anonymous and honesty apps. It might be worthwhile sharing this with staff and your parents to raise their awareness. You can find the page [HERE](#).

Setting Up Devices for Children

Many of the parents/carers I speak to whose child has been involved in a serious child protection issue are not aware of the features that are available on devices, broadband etc. which can be used to help protect their children. Internet Matters have a huge range of advice and guidance, which includes simple guides to set up devices including tablets, phones, gaming devices and much more. A good starting page is [THIS](#) one.



Eating disorders (ACAMH)

Young people with an eating disorder have negative beliefs about themselves and about their eating, body shape and weight. This has an impact on their physical and mental health, education, relationships and quality of life.

The exact cause of eating disorders is not known, but it's likely that there are several factors at play, rather than one single identifiable cause; for example, a mix of social, biological, psychological and interpersonal causes.



The Association
for Child and Adolescent
Mental Health

In most cases, eating disorders start in adolescence, but they are often not picked up until adulthood. However, the earlier treatment starts, the better the long-term outcomes.

Read more about Eating Disorders on the Association for Child and Adolescent Mental Health website [here](#):

Twelve things I wish I'd known about grief (Winston's Wish)



From the often talked about 'five stages of grief' to the idea that grieving people should be crying all the time, there are many common myths about grief. The Winston's Wish team look at the truth behind these myths and reveal 12 things you should know about grief.

Winston's Wish has services for deaths in particularly difficult situations, for example, suicide, in the military or emergency services and as a result of murder or manslaughter. See [here](#):

Read the rest [here](#):



No-one should live in fear of abuse.
Enough is enough. We can all do
our bit to keep women and girls
safe



Buckinghamshire Family Learning

Are you worried about
your child's well-being?
Are they anxious or
stressed?

Would you like to help your
child build confidence and
resilience, and have positive
relationships?

Supporting your child's well-being for KS3 parents

If your child is in Years 7, 8 or 9 then our FREE online workshops could be for you.

Help your child build Confidence and Resilience:

Tuesday 10th May 12.30 – 2.30pm pm

[Help your Child build Confidence and Resilience - KS3](#)

Support your child's well-being (coping with anxiety and stress):

Tuesday 17 th May 12.30-2.30pm

[Support your Child's Well-Being - KS3](#)

Help your child build Positive Relationships:

Tuesday 24th May from 12.30-2.30pm

[Help your child build positive relationships – KS3](#)

To book your place, please click on the links above
or phone 01296 383582

For more information contact Mandy on 07825 862029



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adultlearningbc.ac.uk



Free Support group intervention for children with social workers

I have been made aware of a number of support groups running in the local authority for children who need some help with school transition, mental health issues and relationships. Children with social workers are eligible (though these groups are open to any vulnerable families) and many of these topics are areas flagged as burning issues in our school survey, which many of you have completed.

Please be aware there are limited spaces so you may need to prioritise who you recommend joins them (via parents /carers) and obviously this will be on a first come first served basis. I would like to recommend you consider your children with social workers as a priority, though I appreciate there will be others in need of this support who are not known to social care.



To find more information and book:

Help for young people in Buckinghamshire | Family Information Service

Wordle Game



Wordle is a new, very simple game which has grown to extraordinary levels of popularity over the last few months. In the main it is a very safe game but with the rise in popularity it's important to be aware as there are a couple of concerns. Internet Matters have written a great, short article which would be ideal to share with parents.

You can find the article [HERE](#).

Coming Soon - Instagram - Parent Supervision Tools

I think this will be very welcome by many parents. Out in the US now with the UK following in a couple of months, Instagram have released new functionality which gives parents the ability to monitor some aspects of their child's Instagram account. This includes:

See how much time they're spending on Instagram and setting time limits.

The ability for a child to notify the parent if they have had to report an account on Instagram.

See who the child is following and who is following the child.

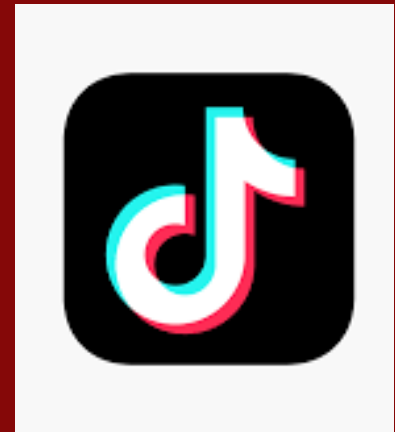
I think this is a good step forward. I'm not sure how successful it will be for teens (which is the age group this new functionality is aimed at) but for younger children I think many parents will welcome this, even if their children are not supposed to be on there in the first place.

I'll keep you updated on any new developments but if you would like to read a little more you can do so [HERE](#).



TikTok Parent Guide

As well as being an online safety consultant I also wear another hat. I work with Lincolnshire Police Paedophile Online Investigation Team (POLIT) in a voluntary capacity (as a police officer). Each week I carry out home visits where there has been a specific concern in order to talk to the parents and children. It will come as no surprise to you that many of the incidents I'm dealing with are related to TikTok, some of the children are in Y2/3, most are Y6/7 and you can imagine if they have required police intervention they are all very serious.



It's important that we keep engaging with parents, many are still not aware of the risks and issues. OpenView Education have put together a really useful TikTok guide for parents which I think is worth sharing. You can find the guide [HERE](#).

Online Safety Surveys

(Primary and Secondary) Online Safety UK are looking at schools nationally and will be assessing and publishing the data (stripped of personal info) to effect change in how we, other consultants and educators shape our lessons to be current rather than use data from a published report with 2-3 year old data. This is the biggest survey OSUK has ever done and there is a survey for students and one for parents:
Student survey [HERE](#).
Parents survey [HERE](#).

Online Grooming - A Guide for Parents

With the scale of online grooming getting worse every year it is important that parents are empowered with good information. The Internet Watch Foundation have put together a brilliant guide which is split into 3 sections. The first describes what online CSE is, the second answers questions and gives practical advice, and the third informs parents what to do if they are suspicious.

The downloadable PDF can be found [HERE](#).



The chance to connect with like-minded people who have walked in your shoes.

Walking With You is a parent led support group for anyone supporting children and young people, up to the age of 25, experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having **mental health professionals from CAMHs** on-hand to support and answer any questions you may have.

Currently sessions are being ran by Microsoft Teams. you can join or leave at any point (meetings are not recorded).

Our next three sessions are:

Friday April 29th 10-11.30

Parental support on managing self-harm

Friday May 27th 10-11.30

Safe use of social media

Friday June 24th 10-11.30

The impact of mental health difficulties on the family

If you would like to join our session/s or would like further information, please contact:

Roxy Uritescu,
Participation Lead,
Barnardo's Bucks CAMHs & Oxford Health NHS Foundation Trust
at

roxana.uritiescu@barnardos.org.uk

Please also confirm your consent to use your e-mail address.



What is WWY?

WWY stands for Walking with You. WWY group is a safe space where you can talk freely among people who are walking the same path as you, there is no judgment, and it is completely confidential.

Who is WWY open to?

The group is open to anyone who is supporting a child/young person experiencing difficulties up to the age of 25. (You do not need to have a child/young person under CAMHS to join the group).

Who runs and plans the sessions?

WWY is run by parent volunteers alongside the Participation Lead. All Parent Volunteers who lead the group have completed **safer recruitment checks** (including DBS checks and references). They have also completed **Barnardo's volunteer induction training**.

How do the sessions run? Are there any professionals present?

At each session we have representation from CAMHS (Child and Adolescent Mental Health service) who are available to answer any questions you may have and to support/signpost.

The session generally starts with an introduction -

Participation Lead, parent volunteers
and CAMHS staff/guest speakers.

We will generally have a theme and invite along the relevant professionals.

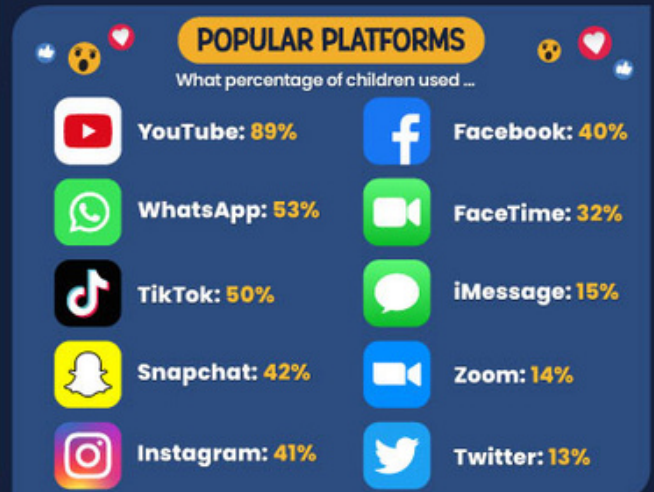
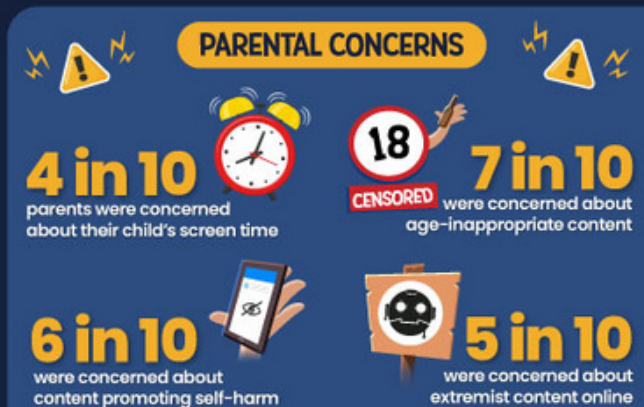
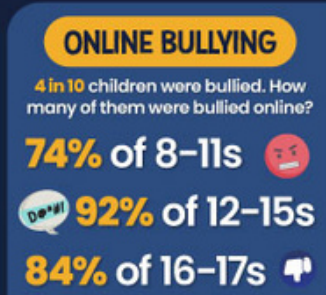
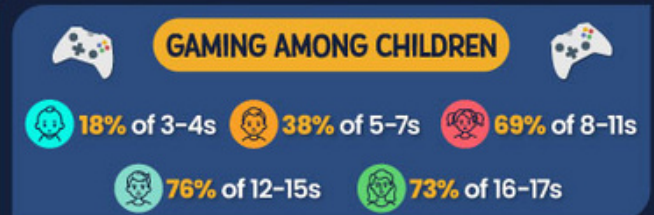
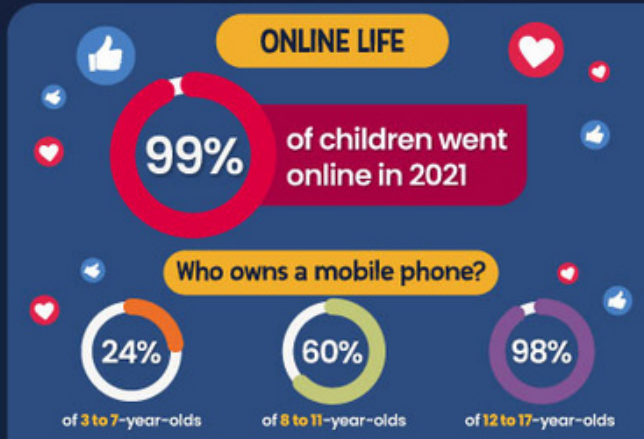
In the past we have had psychiatrists, clinical psychologists and neurodevelopmental professionals attending.

There is also plenty of opportunity to share/talk to other parents who also have a wealth of knowledge, but if you would rather just listen that is fine as well.

If you have any further questions or you would like to join, please contact Participation Lead, Roxy Uritescu at Roxana.uritescu@barnardos.org.uk.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.ofcom.gov.uk/consult/condocs/children-media-use-and-attitudes-report-2022.pdf>

