



Safeguarding Newsletter

Autumn 2022 - 2023

Welcome to our new Safeguarding Newsletter We have listened to parental feedback regarding the amount of communication you receive and have decided to create one detailed newsletter per term rather than monthly. The newsletter will contain safeguarding updates and give helpful hints and tips to keep your child safe.

If you have any queries or concerns, please do not hesitate to contact the DSL team on dsl@worplesdon.surrey.sch.uk

- Mrs Laura Bassett-Cross (Lead DSL, Deputy Head)
- Mrs Kareen O'Brien (Executive Head Teacher)
- Mrs Radhika Woodruff (Deputy Head Teacher)
- Mrs Liz Earl-Smith (SENDCo)
- Mrs Jeanette Ireland (Home School Link Worker)
- Mrs Rebecca Punchard (Head of Centre)

Keeping children safe is everyone's responsibility



Keeping Safe in the Dark

As the nights draw in, it is important for all of us to keep children safe in the dark. The darker evenings can have a big impact on our usual routines of picking children up from friends, after-school clubs, or cycling home from school. The following simple steps can be taken to help avoid additional risks of accidents that the dark evenings can bring.

On-line Challenges

We are hearing more reports of online challenges popping up on social media platforms. While not all pose potential risk, it is important as a parent/carer to know how to handle an online challenge you may be concerned about.



VISIBILITY IS KEY Children need to be seen, not just by other motorists and cyclists but by other pedestrians. It is vital to teach your children good road safety basics. Think about what your child is wearing. Some school uniforms are dark. They are safe if they are visible - you can easily add high-visibility strips on their clothing, school bags or bike helmets.

What are Online Challenges?

Online challenges are social media trends where people take part in or mimic games, activities or dares. They typically originate on social media platforms like TikTok, YouTube, and Instagram before spreading to other platforms. Some challenges or online trends are reported by the press first. They tend to use the term 'viral', which can give the impression that the challenge or trend is more popular than it actually is.

Advice for parents

Talking to your child about online challenges can seem daunting, especially if they don't come to you on their own. Having an honest conversation with your child about their online habits is the best way to clear up confusions.



WHAT ABOUT OLDER CHILDREN/TEENS As children grow up and become more independent, there are more risks that they may encounter as they start walking to school by themselves. Peak times for the number of fatalities or serious injuries are the 'school-run' periods between 8-9am and 3-4pm.



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BE AWARE As any parent knows it can be very difficult to get a child to part from their mobile phone. Whether they are talking to friends or listening to music on their mobile, they can be distracted. As a result, they are less aware of dangers in their surroundings such as other people or traffic.

<https://www.highwaycodeuk.co.uk/rules-for-pedestrians.html>

Tik Tok



TikTok is a free social media platform that lets you create, share and watch short clips. The app is popular for viral dances and celebrity cameos and is a creative and fun platform for teens to enjoy.

13 is the minimum age according to TikTok's terms and conditions.

What do parents say about the app? Parents have expressed concerns about the inappropriate language of some of the videos posted which may make this less suitable for younger children.

What should parents be concerned about?

- When you download the app, users can see all the content without creating an account although they are not able to post, like or share anything until they've set up an account on the app.
- By default, all accounts are public so anyone on the app can see what your child shares. However, only approved followers can send them messages.
- Users can like or react to a video, follow an account or send messages to each other, so there is the risk that strangers will be able to directly contact children on the app.
- Children may be tempted to take risks to get more of a following or likes on a video so it's important to talk about what they share and with who.

For further information please visit:

<https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/#parents-tiktok-safe>

If you're concerned about a child call

0300 470 9100

cspa@surreycc.gov.uk



Children's Mental Health



Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be really hard. It is natural for children to feel stressed or anxious about the challenges that come with going to school, sometimes. Whilst these experiences can be very difficult, they're different from longer term anxiety, which affect how a child feels every day.

It can help to think about what's normal for your child and if you've noticed signs that they've been behaving differently recently.

Signs of anxiety in children can include:

- becoming socially withdrawn
- feeling nervous or 'on edge' a lot of the time
- suffering panic attacks
- feeling tearful, upset or angry
- trouble sleeping and changes in eating habits.

Ways to help a child who's struggling include:

- Letting them know you're there for them
- Being patient and staying calm even if their behaviour upsets you
- Recognising that their feelings are valid and that it's okay for them to feel this way
- Thinking of healthy ways to cope together, like going for a walk or breathing exercises
- Encouraging them to talk to a trusted adult at their school
- Take care of yourself - try not to blame yourself for what's happening

<https://www.mindworks-surrey.org/>



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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 topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

The 12 Online Safety Tips of Christmas

FOR CHILDREN WITH NEW DEVICES

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!



1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten).

2. SET UP 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.

3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.

7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

11. STAY AWARE OF THE SURROUNDINGS

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



NOS National Online Safety
#WakeUpWednesday

