

Autumn Term Safeguarding Newsletter

Safeguarding, everyone's responsibility

Useful Contacts:

Designated Safeguarding Lead/Prevent Lead: Ms Walker r.walker@fulwoodacademy.co.uk
Preston Safeguarding Hub: 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)
Food banks: Salvation Army - 01772 555425, Luv Preston - 01772 298107 Noor Food Bank - 07921 887383 or 07764 432643

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The Mix Connect
Your Self-Service Portal

We are proud to be working in partnership with The Mix Connect.

Powered by two of the UK's leading support charities for young people, The Mix and Shout, The Mix Connect offers emotional support and personalised signposting 24 hours a day, empowering your students to take their mental wellbeing into their own hands. It includes:

- Over 2,000 pages of advice and information on everything from bullying and depression to self-harm and exam stress.
- A directory of 16,000 sources of online and local support services.
- Access to The Mix's moderated peer support community.
- 24-hour crisis support via text from trained volunteers.

Students can access the Mix Connect via the Safeguarding section on the Academy website.

Healthy Relationships

Our focus for this year's Children in Need celebrations in school has been Healthy Relationships. Students have completed work in PD and through Key Messages focused on this subject. Year 10 and 11 have also recently taken part in Sexual Health and Relationships workshops delivered by our partners at Safenet. It's natural for children and teenagers to be curious about sex and relationships as they grow older. The programme, Connect and Respect, focusses on evidence-based interventions that will challenge the myths around domestic abuse, support children and young people to seek help and safety and to model and promote, healthy, non-violent relationships. For some parents and carers, their child starting a new relationship can also be a worrying time. The NSPCC provides some advice below:

How to talk to your child about relationships

Many parents or carers may feel awkward or uncomfortable talking to their child about relationships and sex. There are ways you can make the conversation easier:

- Try to find a good time to start a conversation. Pick a time when your child's relaxed and when there aren't other people in your family around. You might want to have the conversation in a neutral place, such as on a walk or a bike ride, or even in the car, rather than somewhere at home where you might be interrupted.
- It can help to make the conversation relevant to something that's happened recently. For example, if you've been watching a TV series or film where one of the characters is in a relationship. You could ask your child what they think about the character's relationship and if it's healthy or unhealthy. Or if your child's been learning about sex and relationships education in school, you could ask them how they're finding this or what everyone in the class thought about it.
- Try not to rush the conversation and let your child talk to you in their own time. It can help to have several short conversations rather than trying to cover everything at once. If your child feels uncomfortable, let them know that you're there if they want to talk to you about relationships at a different time.

Social Media

We are living in a digital world, where social media sites are forming part of everyday life for the UK's teenagers. In our newsletters we will be covering a range of social media sites, with advice for parents to help keep your child safe whilst using them. This half term we are looking at Instagram. The next two pages will explain some of the settings and features you can use to help safeguarding your child against potential risks...



Keeping your child safe on Instagram

The **minimum age** to have an account is **13**, but it's easy to pretend to be older to sign up.

1. Set their profile to 'private' to limit what strangers can see

New Instagram accounts created by children under 16 will automatically be set to 'private', but existing accounts will have been set to 'public' by default. Encourage your child to keep their profile 'private' so that only people who they approve will be able to 'follow' them and see content they share, including 'stories' and 'reels'. Anyone can send them a photo or video directly, though.

To set an account to 'private', go to 'Settings' (tap the person icon in the bottom-right of the app home screen, then tap the 3 lines in the top-right and choose 'Settings'), then go to 'Privacy' and turn on 'Private account'.

Tell your child to only approve 'Follow requests' or view 'Message requests' from people they know and trust in real life.

2. Restrict harmful comments and interactions on your child's posts

Open 'Settings', go to 'Privacy', and then 'Comments'. Here, your child can:

- Block specific people from interacting with their posts (under 'Block comments from')

Also in 'Privacy', under 'Hidden words', you/your child can:

- Automatically hide comments that might be offensive (under 'Hide Comments')
- Hide other comments and messages they don't want to see by creating a custom list of words, phrases and emojis (under 'Manage list')

3. Make sure your child knows about restricting, blocking and reporting

Restricting is a feature designed to protect children against bullying. If they restrict someone, that user won't be able to see when your child is online or if they've read their messages, other people won't see their comments on your child's posts, and your child won't be notified about comments or messages from them. Your child can choose to view the user's comments, and approve or delete them.

To **restrict** someone:

- Swipe to the left (iPhone) or tap and hold (Android) on a comment they've left on your child's post, tap the exclamation mark, and then 'Restrict'; or
- Go to the user's profile, tap the 3 dots in the top-right, then choose 'Restrict'

Young people are often reluctant to block others, so reassure your child that **blocking and reporting is anonymous**.

- To **block** an account, tap the 3 dots at the top-right of the user's profile, then choose 'Block'
- To **report a photo in a feed**, tap the 3 dots icon at the top of the post, then tap 'Report'
- To **report a comment**, swipe left over the comment (iPhone), or tap and hold on the comment (Android). Tap the exclamation mark, tap 'Report this comment', choose whether it's spam or inappropriate, and then select a reason why
- To **report an abusive photo, video or message that your child has received directly**, open the conversation, tap and hold the abusive message, then tap 'Report'. Choose a reason for reporting the message, then tap 'Submit report'
- To **report a profile**, tap the 3 dots in the top-right of the user's profile, then tap 'Report'. Follow the on-screen instructions and choose a reason for reporting the profile

4. Remind your child to be careful about what they share and with who

It's easy for others to screenshot messages or images and share them outside of the original poster's control. So remind your child to think carefully about what they share. Before they share anything, tell your child to ask themselves: "would I be happy for other people to see this?"

In particular, make sure your child knows that taking, sharing or viewing naked or sexually-explicit pictures of themselves or another child (anyone under 18) is illegal. They should ignore any pressure from others to share nude or semi-nude pictures of themselves.

5. Consider setting up supervision

Instagram now allows parents to supervise their children from their own account. You can set this up by going to 'Settings' on your or your child's account, then selecting 'Supervision' > 'Create invitation'.

You and your child must both consent to using supervision before you can access any of the features.

Once you've enabled supervision, you can:

- See who your child follows, and who follows them
- Monitor how much time your child is spending on Instagram
- Set time limits for your child's Instagram use (see section 6 below)
- Receive notifications if your child reports a post or an account
- Supervision features require the latest version of the Instagram app for iPhone and Android.

6. Think about setting a daily limit on use

Agree a time limit together. Then tap the person icon in the bottom-right of the app home screen, before choosing the 3 lines in the top-right of the screen. Tap 'Your activity', then select 'Time spent', then 'Set daily time limit'.

Alternatively, if you have supervision set up (see section 5 above), you can select your child's account from the 'Supervision' area and select 'Manage time limits' to:

- Set a daily time limit (choose 'Daily time limit'). Once this time limit has been reached, your child will not be able to use Instagram until the following day
- Schedule breaks (choose 'Scheduled breaks'). You can select specific days and times for a scheduled break, where your child will not be able to access Instagram on any device

7. Tell the school about any bullying or grooming concerns you have

It isn't always easy to spot signs of cyberbullying- it can happen all the time which makes it different from other forms of bullying.

Be alert to the following signs:

- Changes in your child's behaviour
- Your child is upset especially after using the internet
- They are unwilling to talk about their online activities
- You notice many new phone numbers, texts or e-mail addresses show up on their device
- Your child doesn't want to go to school/avoids meeting friends
- They avoid formerly enjoyable social situations
- Your child has difficulty sleeping and low self-esteem

Signs children may be being targeted by a gang, or groomed for other reasons, can include: having new and unexplained possessions, changes in friendship groups, behaviour and mood, and unexplained injuries.