Learning Opportunities

SAFEGUARDING NEWSLETTER

May 2022

Advice for Parents and Carers

Welcome to our latest Safeguarding newsletter.
We aim to provide you with useful links, tips and the latest, relevant help and advice on issues we feel will be of importance to you.
If you would like any more information, please do not hesitate to contact the school

Parents and Carers survey – online safety

An important addition to our Newsletter this term is to invite you to complete and return the attached survey. The results will be used to identify areas that can strengthen the capabilities and confidence of all members of our school community and to help create a safe online environment.

Connecting Apps to be aware of…….

WINK

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on each other's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern. In the guide, you'll find tips on several potential risks such as grooming, cyberbullying and inappropriate content.

National Online Safety - nationalonlinesafety.com

YUBO

Yubo is a location-based social networking app which used to be called 'Yellow' and has been dubbed 'Tinder for teens' in the media. This is due to its similarities with the adult dating app, in which users swipe to find matches. Its official guidelines do not permit users under the age of 13 on the app, while those aged between 13 and 17 must have parental permission. In the guide, you'll find tips on a number of potential risks such as online grooming, privacy & security, and bullying.

National Online Safety - nationalonlinesafety.com

NHS Moodzone
Help your child beat exam stress

www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/

Coping with exams can be a challenging part of school life for students and their parents or carers.

Moodzone includes tips on coping with stress, anxiety and depression and includes a useful section focussing on coping with exam stress.

Information on ways to ease the stress of exams includes:

- Watch for signs of stress
- Make sure your child eats well
- Encourage your child to get enough sleep
- Stay calm yourself
- Remind your child that it is normal to feel anxious around exams
- Encourage exercise
- Do not add to the pressure

Information & Support

Beat provide support to help young people who may be suffering from an eating problem or eating disorder.

Helplines are open 365 days a year from 9am–midnight during the week, and 4pm–midnight on weekends and bank holidays.
Tel:0808 801 0677 - Email support for England:
help@beateatingdisorders.org.uk

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required. Its free to text Shout.

Text "SHOUT" to 85258 or visit Shout Crisis Text Line

PAPYRUS PREVENTION OF YOUNG SUICIDE

Provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.

Call: 0800 068 41 41 or text 07860 039967 (opening hours 9am – midnight 365 days a year).

Staying Safe Online … useful tips

Our School website features a Safeguarding area which includes links to our policies and our parents /carers & visitors Safeguarding leaflet

https://learningopps.org/safeguarding/

Please complete the survey below and return to school. Contact us if you are unable to print the form, or if you would like it in an alternative format.

Online Safety Questionnaire for Parents & Carers

Thank you in advance for completing this survey for us. Its purpose is to help us identify areas for development so that we can continue to work in partnership with you to improve how safely your child interacts with online media.

My Child is in Year 7 8 9 10 11 (please circle which applies)

1. What do your children do online? (Choose all that apply)

- ☐ Chat
- ☐ Play games
- ☐ Use Facebook, Twitter or other social networking sites
- ☐ Study
- ☐ Other
- ☐ No idea

2. Do you know how to check / change your child's online privacy settings?

- ☐ Yes
- ☐ No

3. Do you know how to remove or get inappropriate content from social media platforms e.g. Facebook removed?

- ☐ Yes
- ☐ No

4. Do you know what products are available to you to be able to monitor, block and report online activity and abuse?

- ☐ Yes
- ☐ No

5. Does your child use their computer in a family space, or in their bedroom?

- ☐ Family space
- ☐ Bedroom
- ☐ Both

6. Are you satisfied with the level of e-safety information provided to you by Learning Opportunities?

☐ Yes

☐ No

7. Please select from the list below all of the social networking sites that you know your child uses / visits

☐ Facebook

☐ YouTube

☐ Twitter

☐ Bebo

☐ MySpace

☐ WhatsApp

☐ Instagram

☐ TikTok

☐ Linkedin

☐ Snapchat

☐ Tumblr

☐ Other (please specify)

8. How many hours on average does your child spend online on gaming or social networking websites in a week?

☐ Less than an hour

☐ Between an hour and two hours

☐ Between two and three hours

☐ More than three hours (please specify)

☐ I don't know

9. Is there anything specific you would like to know from us about e-safety (please specify)?