



# Learning Opportunities



## SAFEGUARDING NEWSLETTER

July 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

As we approach the Summer holidays, our focus in this newsletter will be around providing information on activities children can access and enjoy whilst keeping themselves safe.

### WATER SAFETY

It is perfectly natural to want to cool off when it's hot during the holiday time. Unsuitable rivers and quarries hide dangers below, not taking into account the hazards of freezing cold water and currents. Teenagers especially are drawn in by peers and a keenness for risky behaviours.

It will be important to remind your children how to stay safe in or alongside water.

**Swim in safe areas only.** It's always best to swim in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, rip currents, sudden storms, or other hidden dangers. If something does go wrong, lifeguards are trained in rescue techniques.

**Be careful about diving.** Diving injuries can cause head injury, permanent spinal cord damage, paralysis, and sometimes even death. Only dive in areas known to be safe, such as the deep end of a supervised pool. If an area has "No Diving" or "No Swimming" signs, pay attention to them. A "No Diving" sign means the water isn't safe for a head-first entry. Even if you plan to jump in feet first, check the water's depth before you leap to make sure there are no hidden rocks or other hazards.



### SUN SAFETY

In the UK, the sun's ultraviolet (UV) rays are the strongest between 11am and 3pm from mid-March to mid-October. During this time, the sun may be strong enough to cause damage.

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun than ever before. The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.



Together we will beat cancer

CANCER RESEARCH UK

### E-SCOOTER SAFETY & THE LAW

#### Did you know?

- E-scooters are illegal for use in any public space unless rented as part of a government-approved schemes
- Riding an e-scooter on the road is against the law as per the Road Traffic Act of 1988 and the Highway Act of 1835
- E-scooters are prohibited from being used on cycle tracks, cycle lanes on roads, or other spaces dedicated to pedal cycle use only
- Privately owned e-scooters can only be ridden on private land!



## Kent Children and Young People

Reconnect is a Kent County Council led, community based programme designed to get Kent's children and young people thriving following the pandemic.

## FREE SUMMER ACTIVITIES

### Folkestone College

The activities will take place on the Folkestone College campus on Friday 13th August

#### CATERING

The Catering session will run from either 9.30am to 12pm, or 2pm to 4.30pm, where you will have the opportunity to learn how to cook and prepare healthy dishes using fresh and tasty ingredients!

The session will be taught by a professional chef and tutor at the college. Ingredients, utensils, and aprons will be provided. There are limited places available, so make sure to BOOK NOW to avoid disappointment!

#### BEAUTY

The Beauty session will run from either 9.30am to 12pm, or 2pm to 4.30pm, where you will be taught how to prepare for the summer party season using face painting!

The session will be taught by a professional makeup artist and tutor at the college. Face paints and equipment will be provided.

Spaces are also limited, so BOOK NOW to claim your slot!

#### PLEASE NOTE

Children aged under 11 will need to be accompanied by one parent or guardian during the activity.

<https://outlook.office365.com/owa/calendar/FolkestoneCollegeReconnect@eastkentcollege.ac.uk/bookings/s/HoG5YMvqJUKtH82fsaDeHq2>

### Broadstairs College

Broadstairs College is running the following FREE summer activities on Friday 13 August

#### SPORT

Only 15 spaces available, 6-16 years, no unaccompanied children under 11 years.

Stretch your legs and run off some steam with our sports sessions. Sports Coaches will be putting you through your paces with fun circuit training activities and letting you try your skills at 5-a-side football, basketball, badminton and more!

Join these sessions for some fun exercise in the fresh air. All children and abilities between 6-16 welcome. Please wear suitable sports clothes and be prepared for the weather (sunblock and water).



29 July to 31 August - Herne Bay

This year's theme is "Try something New". There is something for everyone including Wild Geese Theatre, storytelling, foraging, music at the Clock Tower Plaza, Herne Bay Carnival, seashore safari and the Grand Fireworks Finale.



Folkestone Quarterhouse  
49 Tontine Street  
Folkestone CT20 1JT

A FREE live music festival for 14-17 year olds in Kent, Places are limited! So register for your tickets now!

The Festival Will Feature 5 Bands / Artists From Across Kent, FREE Popcorn Machine, FREE Photobooth, FREE Festival Wrist Band, DJ Upstairs & Creative stalls and games Upstairs.

## Reconnect Free Bus Pass



### Young person's passes

If you're in years 6 to 13 at school and you live or go to school in Kent, you can travel by bus for free this summer as part of the Reconnect programme.

### Family passes

If you have children and can't get them to summer activities because of a lack of transport, our family pass is for you.

As part of the Reconnect programme, the family pass allows a family of up to 4, who live in Kent, to travel by bus for free this summer. Either 1 adult and 3 children or 2 adults and 2 children can travel for free using the pass.

### Getting a pass

If you go to school in Kent, you should get a young person's bus pass from your school or college before the end of the summer term.

If you don't, you'll be able to order digital versions of both the young person's bus pass and the family bus pass on the website from 20 July. If you don't have a suitable mobile phone, you'll also be able to pick-up a printed version from a collection point, but not until 20 July.

### Using your bus pass

Once you get your bus pass you will be able to use it as many times as you like between 23 July and 31 August 2022. You will be able to use it to board buses in Kent up to 9pm each day.

## What are EDIBLES? – BE VIGILANT



Edibles are food products that may contain cannabis.

There are many forms of edibles, including sweets, gummies, and lollipops.

### **What are the worries?**

Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the person taking them may end up consuming larger amounts of the drug while thinking the drug is not working. As edibles may look like other products, there is also the risk someone may ingest them without realising they contain drugs - this could include other children in the home.

Displayed side effects may include paranoia, panic attacks, nausea, impaired mobility, hyperactivity, elevated heart rate, hallucinations.

**What can you do?** Monitoring food packaging/wrappers, looking for wording such as CBD or THC suggesting the items are cannabis oil infused. **In an immediate medical emergency call 999.**

If you are made aware of any social media accounts advertising these items, please report information to the police, school, or **Crime Stoppers**

For support and information, you can go to Talk to Frank by clicking on the link below.

[talktofrank.com](https://www.talktofrank.com)

## WASPING – WHAT IS IT?

A trend seems to be emerging amongst young people called 'waspings'. The term 'waspings' mean using wasp spray as a means to get high from. As with all kinds of chemicals or drug taking/inhalation, there are dangerous side effects to using them. Inhaling wasp spray can cause abnormal nerve sensations and sometimes seizures or paralysis. Other side effects include: increased heart rate, difficulty breathing, headache, nausea, problems with co-ordination, swelling and burning sensations.

**If you are worried about any young person displaying side-effects call 999 immediately.**



## Parents and Carers survey – online safety

Thank you to everyone who completed our online safety survey.

## Staying Safe Online ... useful tips

**Snapchat has added a new feature called 'Meet Up'**. It means people can view where other users are and get directions to their location, without users being notified, **please see attached factsheet for more information.**

### Social media and staying in touch

During the summer holidays, young people may want to keep in touch with their friends through social networking sites or games. It's a good time to ask them about what sites they use, and check any age requirements as many social media sites require users to be at least 13 years' old.

Encourage your children to use the privacy tools on the services they use, so that the content they post is only available to people they know and trust in real life.

### Sharing holiday pictures

Some children may want to share photos and videos of what they are getting up to in their summer holidays online. Talk to your children about what types of photos are appropriate to share, and who they are okay to share with.

Photos can hold clues that give away personal information. For example, if you share a selfie of you and friends, are there any landmarks or street signs that give away your location?

This is true for photos you might share of your children too! It's always worth asking children if they are happy with an image you want to share online.

### Search engines and what you need to know about safer searching

Parentzone offers a detailed parent guide to understanding search engines and how to help your child search more safely and positively.

Parent Zone | Search Engines | What you need to know

**Remember - no filter is 100% effective!**



### Setting up parental controls

The online world gives everyone access to a huge amount of information, images and services, and this inevitably includes content that is inappropriate for children. Parental controls allow you to block and filter upsetting or inappropriate content.

Setting up parental controls and individual safety settings on your child's favourite app or game, can help stop unwanted contact from people they don't know.

NSPCC has produced a guide to the different ways that you can set up parental controls to help keep your child safe online.

NSPCC | Parent Controls



# Keep your child safe on Snapchat

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Snapchat is an app for sending photos and videos (known as 'Snaps'), and text messages. The 'Stories' feature lets users share photos or videos with all their contacts at once.

Snaps disappear after being opened, usually within seconds. Stories disappear after 24 hours. Images and messages aren't automatically saved on phones.

The **minimum age** to use Snapchat is **13**, but it's easy to sign up if you're younger.

## What's the problem?

- There's a risk of seeing sexual content, and of bullying
  - Your child's location could be shared automatically with their contacts, which could put them in danger if they have strangers as 'friends' on the app. A new 'Meet Up' feature allows people to get directions to another user's location, if they're sharing their location
  - There's a risk of children being 'groomed' by strangers into sharing pictures and information about themselves. Gangs also use apps to groom and recruit children
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## 4 steps to help your child use Snapchat safely

### 1. Tell your child to only use it with real friends

Anyone could pretend to be a child or teenager online, so encourage your child not to talk to people they don't know in real life. Encourage them not to share information such as what school they go to or where they live with people they don't know offline.

### 2. Use privacy settings

By default, only 'friends' your child has added on Snapchat can contact them directly and see their story or location, so encourage your child to keep those default settings.

To check and change the settings:

- Tap the person icon in the top-left of Snapchat, then the cog in the top-right
- Scroll down to the 'Privacy Control' section and tap the relevant options (e.g. 'Contact Me' and 'View My Story')
- Under 'See My Location', enable 'Ghost Map' to turn location sharing off
- Under 'See Me In Quick Add' you can stop your child's profile from being suggested to strangers as a potential 'friend'

### 3. Talk to your child about image sharing and being careful about what they share

Even though images disappear in Snapchat, they can be screenshotted and then shared – outside of the original sender's control.

So, remind your child to think carefully about the images they share, and with whom. Before they share anything, tell them to ask: "Would I be happy for other people to see this?"

In particular, make sure your child knows the risks of **taking, sharing or viewing naked or sexually explicit pictures of themselves or another child, either voluntarily or if asked to by someone else**.

This is known as 'sharing nudes and semi-nudes' or 'sexting' and is illegal, even when the person doing it is a child. It can also be distressing for a child to have their image shared more widely, or to see an inappropriate image that someone else has shared.

### 4. Make sure your child knows how to use reporting and blocking functions

- To **report** a Snap or Story, press and hold on it, tap 'Report Snap', then explain the problem
- To **remove** or **block** a friend, swipe to the right to go to the 'Chat' screen, then tap and hold on the person's name. Tap 'Manage Friendship', then choose 'Remove Friend' or 'Block'



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## What can I do about online bullying?

- Encourage your child to talk to you if someone says something upsetting or hurtful to them
- Look for signs they may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence or becoming distressed and withdrawn, or losing sleep
- Tell our school about any bullying your child experiences

**There are also a few ways you can save images and messages as evidence:**

- Use another device to, quickly, take a photo of the image or message (this is the only way you can save the image without other people knowing)
- Tap on the message, quickly, to save it (other people will know, from the grey background)
- Take a screenshot, quickly (the person who shared it will get a notification)
- Change your 'delete' settings to save messages for 24 hours – swipe to the right to go to the 'Chats' screen, tap and hold a friend's name, then 'Chat Settings' > 'Delete Chats...' > '24 Hours after Viewing'

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## What can I do if I think my child is being targeted by a gang?

Share your concerns with our school immediately. You can also contact the NSPCC for advice – call 0800 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

Be alert to changes in your child – such as having new unexplained possessions, changing friendship groups, behaviour and mood changes, or unexplained injuries.

### Sources used for this factsheet

- [Sharing nudes and semi-nudes, NSPCC](https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/)  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>
- [Snapchat Support, Snapchat](https://support.snapchat.com/en-US)  
<https://support.snapchat.com/en-US>
- [Instagram biggest for child grooming online – NSPCC finds, BBC News](https://www.bbc.co.uk/news/uk-47410520)  
<https://www.bbc.co.uk/news/uk-47410520>

This factsheet was produced by [The Key Safeguarding](https://thekeysupport.com/safeguarding): [thekeysupport.com/safeguarding](https://thekeysupport.com/safeguarding)