



Learning Opportunities

SAFEGUARDING NEWSLETTER



October 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

Staying Safe Online ... useful tips

The winter months can unfortunately mean more screen time, so in this edition of our newsletter we have included some advice on the latest trends and scams.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need 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.

ONLINE CONTENT 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

- MONITOR VIEWING HABITS**
Whilst most apps have moderation tools, inappropriate content can still slip through the net.
- CHECK ONLINE CONTENT**
Understand what's being shared or what seems to be 'trending' at the moment.
- CHECK AGE-RATINGS**
Make sure they are old enough to use the app and meet the recommended age-limit.
- CHANGE PRIVACY SETTINGS**
Make accounts private and set content filters and parental controls where possible.
- SPEND TIME ON THE APP**
Get used to how apps work, what content is available and what your child likes to watch.
- LET CHILDREN KNOW YOU'RE THERE**
Ensure they know that there is support and advice available to them if they need it.
- ENCOURAGE CRITICAL THINKING**
Talk about what people might post online and why some posts could cause distress.
- LEARN HOW TO REPORT & BLOCK**
Always make sure that children know how to use the reporting tools on social media apps.
- KEEP AN OPEN DIALOGUE**
If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.
- SEEK FURTHER SUPPORT**
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



Online Safety

CEOP has created a new 11-18s website called 'The Internet, Relationships & You' which provides guidance appropriate and relevant to the experiences of young people aged 11-18. This includes advice on socialising online, online safety, getting support and sexual content online.

CEOP is part of the National Crime Agency

The website can be found here

[11-18s | CEOP Education](https://www.thinkuknow.co.uk/11-18s/)
([thinkuknow.co.uk](https://www.thinkuknow.co.uk))

Tik Tok

Parents' ultimate guide to Tik Tok
(Commonsense Media)

[Parents' Ultimate Guide to Tik Tok | Common Sense Media](#)

Tik Tok App Safety – what parents need to know (Internet Matters)

[TikTok app safety - What parents need to know | Internet Matters](#)

ONLINE CHALLENGES



Online challenges have become a regular part of today's online culture and increasingly popping up on social media platforms.

While not all pose potential risk, it is important to know how to handle an online challenge you may be concerned about

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.

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.

For more information on Responding to Online Challenges and Hoaxes visit

[OnlineChallengesAdvice INEQE 2022-1.pdf](#)
[Online Challenges - UK Safer Internet Centre](#)

Squid Game (Netflix)

A reminder about Netflix's Squid Game.

Nearly all episodes of the '15' rated show contain violent and gruesome scenes. Squid Game may be based around classic children's games – but that does not mean it's suitable for children. For those parents who have not watched this you may wish to monitor if your child is watching on their own devices. On Netflix, it is rated MA15+ for mature adults, meaning it is legally restricted to people over the age of 15. However, the show has found its way to those far younger, drawing concerns from mental health professionals.

Common Sense Media called the violence in the show 'very intense' – "characters are systematically tortured and killed for the sadistic pleasure of a game master. Adults have sex, and there are threats of sexual violence: Women are grabbed by the hair and beaten".

For more information:

<https://www.common sense media.org/>



Omegle is a website which is specifically designed to allow users to talk to strangers. It works by randomly matching users to talk one-to-one using either text or video. It is free and anonymous to use, with no account registration or age verification. So, what do parents need to know?

Children are likely to come into contact with strangers – Omegle is specifically designed to encourage users to talk to strangers, by either using the website's chat function or video calling within Omegle. Whilst chat is initially anonymous, many users choose to share personal information including names, ages, locations, email addresses, phone numbers or social media handles.

Children may see explicit and adult content -adult content is prevalent on Omegle, including pornographic content and adult language. Users have no control over what they may see or hear when matched up with a stranger. Some people use Omegle with the intention of engaging in sexually explicit conversations or participating in live sex acts, including with children and young people.

There is a lack of safety settings - Omegle does not appear to have robust moderation nor is there a registration or age verification. Omegle does not allow users to report, flag or block chats that may be distressing, inappropriate or illegal. The website states: "Use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable."

If you suspect a child is a victim of online sexual abuse, report it immediately to CEOP or contact the police

<https://www.ceop.police.uk/ceop-reporting/>



Parental Control Apps

WHAT ARE PARENT APPS?

The main purpose of parental control app is to monitor a child's online activity and limit potential encounters with inappropriate harmful content. Each app is different and will offer different features, but most are likely to offer the following:

- ❖ Monitor search history
- ❖ Block websites or apps
- ❖ Schedule designated screentime
- ❖ View text and/or audio messages
- ❖ Alert parents to a child's physical location.
- ❖ Tell parents who children are talking to online
- ❖ Show call logs and the numbers a child may be contacting/contacted by

For some, using a parental control app will seem like a natural step to prevent their child from seeing or experiencing something harmful, like wrapping them in digital cotton wool. Is it really the answer to online safety or are there pitfalls to avoid? The online safety guide in the link below highlights the Pros and cons of using parent apps. Better to have the choice than not

<https://ineqe.com/2022/09/23/guide-to-parental-control-apps>

WHAT ARE THE MOST POPULAR PARENT APPS?

With the growing number of risks the online world presents, parental control apps have grown in popularity. Some of the most popular ones available are:

ParentShield - [ParentShield Child Safe SIM and Mobile Network for Children](#)

Qustodio - [Parental control and digital wellbeing software | Qustodio](#)

mSpy™ Monitoring Tool - [mSpy™ Cell](#)

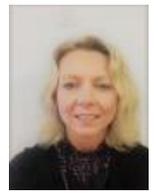
[Phone Tracker: Your #1 Monitoring](#)

[ToolmSpy™ Cell Phone Tracker: Your](#)

[#1 Monitoring Tool](#)

Norton Family - [Norton Family |](#)

[Parental Control Software](#)



Our Safeguarding Team



DARK EVENING SAFETY TIPS

As the clocks go back and the nights draw in, it is an overnight adjustment for all of us keeping children safe in the dark. The following simple steps can be taken to help avoid additional risks of accidents that the dark evenings can bring.

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. They are safe if they are visible - you can easily add high-visibility strips on their clothing, bags or bike helmets.

WHAT ABOUT TEENS As children grow up and become more independent, there are more risks that they may encounter as they start walking out by themselves. **BE AWARE** As any parent knows it can be very difficult to get a teenager 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. If your teenager insists on wearing their headphones, encourage them to use ear bud types and ideally only use one side. Often teenagers walk in packs and are chatting and showing off and simply not paying attention. Sadly, it is often on these occasions that accidents can occur.

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 contact Simon Graydon (Designated Safeguarding Lead) if you have any Safeguarding / Child Protection concerns: simong@learningopps.org 01304 381906 / 07394 984289 / 01304 371527