

BULLETIN

January 2024



Our aim is to bring you helpful and supportive advice on how to keep your young person safe and to signpost you to services who might be able to help you and your family if extra support is needed.

What is safeguarding?

The term safeguarding children describes preventative approaches to keeping children safe from suffering or being likely to suffer significant harm. It is the action taken to promote the welfare of children and protect them from harm.

The document we work from is the Keeping Children Safe in Education policy. If you would like to read this, then you can find it on the .gov website. You can also go to our website to find out more information about our own school policies.

What to do if you have a Safeguarding concern or you feel like you need some extra help?

Speak to a member of staff or one of the safeguarding team at school

They will offer advice, recommendations,
and support.

If they need to speak to someone else or an external service they will do that whilst keeping you informed about what is happening.



Safeguarding is a priority here

Offer regular check in's and updates for you. Provide guidance and support as needed.

[Click this link to view the Keeping Children Safe in Education document](#)

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

Safeguarding Team



Andy Commander
Deputy Headteacher
Designated Safeguarding Lead



Helen Seickell
Headteacher
Deputy Designated Safeguarding Lead



Caroline Parkhouse
Assistant Headteacher
Post 16



Geoff Goode
Assistant Headteacher
Year 7, 8 & 9



Janet Bacon
Assistant Headteacher
Year 10 & 11



Helen Hughes
Assistant Headteacher
Primary



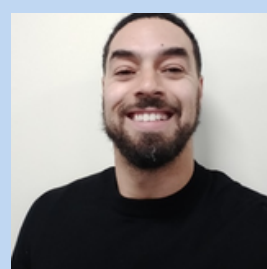
Faye Commander
Lead Consultant Teacher
Warwickshire Vision Support Service



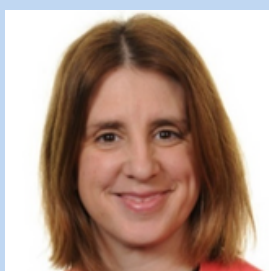
Alicia Pegg
Learning Pod Manager



Lauren Pinfield
Pupil Wellbeing Lead



Roy Owen
Emotional Wellbeing
Key Worker



Fiona Holliland
Family / Pupil Support



Julija Andrejeva
Family / Pupil Support

What kind of things might involve the Safeguarding Team?

A child being hurt by another adult OR another child.	Unkind or sexualised comments towards a child
Feeling threatened	Inappropriate online behaviours
A child being touched in a way they do not like.	A child is not being looked after by the people at home.
A child seeing someone they love being hurt.	A child feeling mentally unwell, self-harming or thoughts of suicide.
Substance abuse/county lines risk	Anti-social behaviour
An incident involving homophobia, biphobia, transphobia.	A racist incident
If a child is being radicalised or at risk of this happening.	This list is not exhaustive – the main priority of the Safeguarding team is to keep the child safe.

Remember if you have any concerns or need some extra support, just speak to one of the team and they will be able to help you in anyway they can.

Student and Family Support

Fiona and Juliya are the Student and Family Support Team here at Exhall Grange Specialist School.

Exhall Grange recognises the best outcomes for children and young people happen when school and parents / carers work together effectively. They focus on supporting pupils and their families to build better school communication.

The Student and Family Support aim is to help support the recognised needs of our pupils, parents, and carers. The intent is to provide knowledge, experience, specialised skills, and training to those identified pupils and their families providing a trusted point of contact. The aim is for families to access this confidential and impartial support at the earliest opportunity allowing early intervention and support. They work in partnership with other external professionals and the wider intervention team who to support pupils with emotional and social needs in line with codes of practice, school policies and procedures.

Educational issues should continue to be directed to your child's Class Teacher or Key Stage Assistant Head.

Attendance monitoring

Good attendance is of vital importance; it is recognised that poor school attendance limits educational achievement, social development, and the future progress of young people.

This is a key area for school and home to work together on, ensuring that pupils' attendance is as good as it can be.

Types of absence are classed as authorised or unauthorised, both of which affect a student's attendance percentage to reflect the lost learning. Absences are coded as authorised where reasons are considered valid and unauthorised where no explanation or unacceptable reasons are given. Students with attendance of 95% or below will be expected to provide medical evidence for absence relating to illness/ injury such as a copy of a prescription or a medical appointment card etc.

Our long-term goal is for all pupils to meet a target of between 95% and 100% attendance.

We are asking for your cooperation to help us achieve this target. You can help us by continuing to:

- Encourage your child to attend school punctually.
- Telephone on the day of an absence and providing information to explain the absence on your child's return to school.
- Inform us of any changes or circumstances at home which may affect your child. Any such information will, of course, be kept in the strictest confidence. We have a dedicated team who can help and signpost you to any additional support available to you.
- Support your child and the school by attending parent's meetings and taking an interest in your child's schoolwork. As always, your support is crucial to the success of your child.

Please remember we are here to help and support your child. The more information you equip the school with, the more targeted support we can put in place for your child. We will always listen, understand, empathise and support. There are many barriers that could affect your child's ability to attend school, but we are here to listen and support you in getting them into school.

<i>Days away from school</i>	<i>Hours of learning lost</i>
<i>1 day</i>	<i>5 hours</i>
<i>3 days</i>	<i>15 hours</i>
<i>10 days</i>	<i>50 hours</i>
<i>20 days</i>	<i>100 hours</i>



What are the risks of internet connected devices?

Internet connected devices can have similar risks to devices like smartphones and tablets. These can be more likely to happen if the devices aren't set up properly.

Some of the risks of using internet connected devices are:

- other people might be able to access the device and content without you knowing such as a child's GPS activity tracker
- you may not be able to see that someone's connected to your device, but sometimes developers or hackers can see your content
- baby monitors, children's tablets and even remote-control helicopters or drone toys, can be hacked and used by people outside of your home
- internet connected devices can collect personal data, including audio and visual data.



5 actions for setting parental controls

Set up home broadband parental controls and make use of controls on your home broadband.

Set controls on your search engine; encourage your child to always use child-friendly search engines and activate and lock the safe search settings on the browsers and platforms they use.

Use privacy settings on apps and devices; activate the safety measures offered by different sites. Social networking sites like Facebook have privacy settings that will help prevent your child from sharing too much personal information or from seeing unsuitable advertising.

Block pop-ups. If you're worried about your children accessing inappropriate content though accidentally clicking on adverts in pop-ups, follow the advice from [Tech Advisor](#) on how to stop these.

Have open conversations with your child about online safety and reassure them that they can talk to you or a trusted adult whenever they need to. By talking to your child about their interests you can help them find suitable sites to visit and apps to use. Review these sites as they get older.



21 APPS

that all parents should know about

Live.Me



A live-streaming video app that uses geolocation to share videos. Users can find broadcaster's location & earn coins as a way to "pay" for minors for photos.

Holla



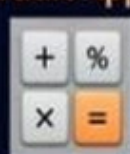
Video chat app that connects to random strangers in just seconds. Explicit content, language, & child predators are a concern.

Whisper



Anonymous social network that promotes sharing secrets with strangers & promotes users location so people can meet up.

Vault Apps



A lot of apps on the market appear to be calculators & other apps but are really apps used to hide photos, videos, browser history, etc.

Ask.FM



App encourages users to allow anonymous people to ask them questions. Cyberbullying is common in the app.

KIK



Anyone can direct message you & bypass traditional text messaging features, providing unlimited access. Known resource for predators.

Monkey



Live video chat app that connects users to random strangers worldwide, offering group chat & private message options.

Meet Me



Dating app that allows users to connect with people based on their location. Users are encouraged to meet each other in person.

Snapchat



One of the most popular apps today. Users send photos, chats, & videos that disappear. "Stories" stay posted for 24 hours, & location can be shared.

Omegle



Anonymous app that connects you with strangers worldwide. Kids are exposed to predators and nudity.

Grindr



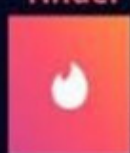
Dating app geared towards the LGBTQ+ community. Gives options to chat, share photos, & meet up based on a phone's GPS location.

Hoop



Hoop is basically a mix of Tinder & Snapchat. Users can be as young as 12, but says that those 18+ can't have minor contact. Risky.

Tinder



Teenagers are known to lie about their age & create a profile on this dating app. After uploading pics & a bio, you are matched to people based on location & interests.

Skout



Another dating app that is location based. Teens tend to lie about their age to be able to access all features.

Twitter



A popular social media network, but also a source for porn. Can view content through a browser without an account.

Bumble



Similar to the dating app Tinder, but requires women to make the first move. Kids are known to create fake accounts.

TickTok



Used for creating & sharing short videos. Limited privacy controls, users can be exposed to adult content.

Bigo Live



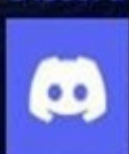
Live streaming app commonly used by kids to live stream video games. Explicit content, profanity, & cyberbullying is common.

WhatsApp



A messaging app that is used to text, send pictures, call, & video chat with people worldwide. Unlimited & unmonitored.

Discord



Developed for gamers to communicate in chat room type of environment. Kids are exposed to explicit content, predators, suicidal ideations, & more.

Hot or Not



Encourages users to rate profiles, check out people in their area, and chat with strangers. Goal of the app is hooking up.

Courtesy of Scotty's House July 2022

SCOTT'S HOUSE

It is important that we keep up to date with the apps that our children and young people are using. These are some of the apps that young people are accessing regularly. The apps circled in red are the ones we encounter the most when dealing with safeguarding. If you have any worries about any of these apps please come and speak to our Safeguarding Team who will be able to help you



SNAPCHAT



13+

What is it

Snapchat is a very popular messaging app that allows you to send images and videos to other users. These are only meant to be temporary and will disappear after 24 hours.

How to get it

Download the app. Log in with your name/email/phone number and date of birth. You will then be generated an individual QR code. Contacts from your phone who are on Snapchat will also be recommended to be friends. The app will generate a personalised QR code to your profile.

Worry factors

It is important to remind young people that, just because the image disappears does not mean that these images have not been screen shot or recorded and could be somewhere on the internet. Children are increasingly sending nude pictures of themselves, this is known as sexting. Young people do not see the risks involved in doing this. If they send a nude to someone, hoping it will disappear but the other person screenshots the picture - it can then be sent to anyone/anywhere in the world.

Taking, making and sharing indecent images of children (under the age of **18 is illegal- and is classed as child pornography**).

How to monitor

The app's Family Center gives adults some visibility of what their child has been doing, including who their child has been communicating with. Adults have to install the app and link their accounts by adding their child as a friend. Their child then needs to accept an invitation to opt in to the Family Center functionality. You won't be able to see specific content your child has sent or received—just their friend list and who they've sent messages, photos, or videos to in the last seven days.

Continued support

If you decide to say yes to Snapchat, focus on the privacy settings. Sit down with your child and together go into the app's settings. This is a perfect time to talk with your young person about using their Snapchat account safely and responsibly. Discuss when and how often you'll check in on how they're using it, and how they're feeling about it. Explain that you understand that social media is important to them, and that, at the same time, your role is to protect them. Don't forget to ask your teen to show you some of their snaps and some of the cool features they like in the app, to help build an open and honest approach to social media.

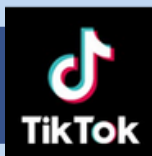
If your young person has shared inappropriate images online, then it can be reported to the Internet Watch Foundation, who will try to get the content removed. Follow the link to report it

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

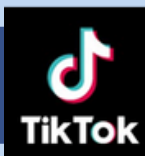


Terminology associated with Snapchat

Snapcode	is the QR code that takes people directly to your Snapchat profile.
Snap	is a picture you send to someone else. You can also add it to your story. They are normally visible for 10 seconds and then they disappear.
Story	is something that you upload pictures to, they normally last 24 hours before they disappear. These can be seen by all of your friends.
Custom Story	is sent specifically to a person of your choosing. This should be private unless they share it.
Streak	is a consecutive number of days you have messaged another person. It is represented by a flame and a number next to their name to indicate how long the streak has been going.
Chat	is the messaging function where you can send text or pictures to another person or a group of people. People from other people's contacts can be added into groups, so your child could be talking to anyone. Messages can be set to disappear or to stay, depending on what settings are chosen.
Snap Map	is where you can send people your location . This should be put on Ghost mode to ensure that your child is safe and their location is not being published. They can also take pictures and upload them to the live Map which is public and can be seen by anyone.
Snap Discover	is usually posted by celebrities, businesses, news and entertainment outlets. Sometimes the content is not age appropriate and can cause distress to young people using it.
Spotlight	is something else that young people can add their stories and snaps too, these immediately go into a public feed that can be accessed by anyone.
My eyes only and memories	if you don't want your snaps to disappear you can save them into memories. If you don't want anyone to see them then you can save them into the section "my eyes only" which is only accessible via a passcode on the app. To view "my eyes only" swipe up from the camera screen to open memories, then swipe left to the My Eyes Only section.
Snapstore	this is a store to buy games, emojis and other app related items if there is a bank account linked to the account.



TikTok



Users under age 13, can have an account but can't post videos or comment, and content is curated for a younger audience.

For young people aged 13 to 15, accounts are private by default. Only friends can comment on videos, and other users can't duet (explained below) with your videos.

Only users age 16 and over can livestream and use direct messaging, and only users over 18 can buy, send, or receive virtual gifts.

What is it

TikTok is a social media network for sharing user-generated videos. Mostly of people lip-syncing to popular songs. You can browse and interact with other users' content, which covers a wide range of topics, songs and styles. These videos can be grouped by hashtags which often corresponds to challenges, memes, or current events.

How to get it

Users create their own profile using their phone number, an email address, or a third-party account such as Facebook and Instagram. Once logged in, you can find videos by searching for popular creators, categories (like comedy, animals, sports), and hashtags. Or you can use your phone contacts or social media followers to find friends already on the app. Many young people on TikTok like to create videos, but plenty of people don't post themselves—they just use the app to find and follow content creators.

Worry factors

TikTok can be a child-friendly experience if you supervise it correctly and use the correct safety settings. But TikTok's emphasis on popular music means many videos include swearing and sexual lyrics, so it may not be age-appropriate for children to use on their own as they can sneak through safety controls.

Concerns:

- Exposure to inappropriate content
- Risk that strangers can contact them
- Encourages you to buy things online, might not be appropriate for young person
- Pressure to spend as they get reward points for spending.
- Challenges could cause injury or worse. Most are harmless, but some of them are incredibly dangerous.
- Encouraging young people to be more sexually provocative than they want to be online.
- Can encourage inappropriate topics like self-harm, eating disorders, sexual, racist, homophobic and hate speech appearing on the persons 'for you' page.

Key term

Challenges

Challenges are any idea that goes viral. They can be songs, activities, or dances that start trending and then get copied by users on the platform. Sometimes they're spontaneously created and other times they are planned out by brands, musical artists, or influencers for marketing purposes.

How to monitor

TikTok also offers some tools for parents and caregivers to further limit how much time their children and young people spend on the app and what they are able to see. Parents and caregivers can also use Restricted Mode to reduce mature content, or Family Safety Mode to pair their account with their children and young people's account to control settings completely.

Making your account private

To make your TikTok account private, go to:

- Your profile page and select the three-dot icon in the top-right corner.
- On the "Settings and privacy" page, tap Privacy.
- That takes you to the Discoverability page.
- Toggle the switch for Private Account.

On this page, you can also control other safety and privacy features, such as who can send you comments and direct messages, and who can do a duet with you. Using the Friends setting or turning those features off completely limits contact with strangers. You can provide a buffer to stop your children/young people being able to access inappropriate content.

How to enable screen limits and filter content on their phone:

- Go to your their TikTok account within the app
- Tap the three dots at the top right of the user profile.
- Select "Digital Wellbeing" next to the icon of an umbrella.
- Select the features you want to enable:
- **Screen Time Management.** This setting limits users' time in the app per day. If you're only enabling this on their phone, choose a passcode to lock the setting.
- **Restricted Mode.** This blocks mature content, but even with the filter on, they are using the app on their own might come across age-inappropriate videos. Lock the setting with a passcode.

To set up **Family Pairing** so you can manage the above settings, plus safety and privacy.

Make sure you have their phone and their TikTok login handy.

- First download TikTok onto your phone and create an account.
- Family Pairing. On both phones, tap the three dots next to the user profile.
- Then tap Family Pairing and sync your account with theirs via the QR code.
- Keep in mind that children/young people can always re-download TikTok and create a new account using a different phone number or email address, so any controls you enable aren't fool proof.
- Which is why you need to do regular checks on their phones.
- Children and young people will need to accept their parents account for the family pairing to work properly. If they do, parents can set up a number of limitations, such as disabling the direct message option and setting daily time.

The app's controls seem to be geared more toward limiting young people's' access to virtual gifts that can be bought with real money, instead of giving parents regular monitoring capabilities. So make sure you are talking to your children and young people regularly about how to keep safe online. You can regularly check their phone to ensure settings are still in place to protect them.

Reporting content and concerns



To report a Story on Snapchat, press and hold on the offending Snap and tap 'Report Snap'.

To report a Snap someone sent you, press and hold on the offending Snap and tap 'Report'.

To report a Snapchat account, press and hold on that Snapchatter's name and press the "More" option (or tap the ⚙️ button). Select "Report"

To report a Story on the web from your computer, click the : button on the video, then click "Report". To report a Story on the web from your phone or tablet, tap the : button on the video to report it

To hide something on Discover, just press and hold a tile on the Discover screen, then tap "Hide" or unsubscribe. You should start to see fewer Snaps like that on your Discover screen.

If you're unable to report a safety concern in-app, you can still report any issue you run into right on the Snapchat Support site. For a comprehensive guide to reporting, download our Quick-Guide to Snapchat Reporting!

You can submit a TikTok report on a range of topics. To report a problem:

1. In the TikTok app, tap Profile at the bottom.
2. Tap the Menu ≡ button at the top.
3. Tap Settings and privacy and select Report a problem.
4. Select a Topic. You might be prompted to select a subtopic within each category. Follow the provided steps to resolve the problem.



CEOP

Child Exploitation and Online Protection



This is a law enforcement agency that is in place to help children and young people stay safe from sexual abuse and grooming online. If a report is made with them, a Child Protection Advisor will make contact with parents/carers.

Click on the link to find out more or for more support:

<https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/How-can-CEOP-help-me-parent/>

What can I expect from CEOP Child Protection Advisors?

A CEOP Child Protection Advisor is someone who:

- ✓ Will help you deal with your concerns
- ✓ Will provide you with practical advice on how to talk to your child and how to keep them safe
- ✓ Will help make sure your child is safe
- ✓ Will make decisions with you
- ✓ Will explain what happens next
- ✓ Is experienced in this field of work and has helped lots of other parents

If you are worried that your child is in immediate danger please call the police on 999 straight away.



WhatsApp

safety guide for parents

internet
matters.org

16+

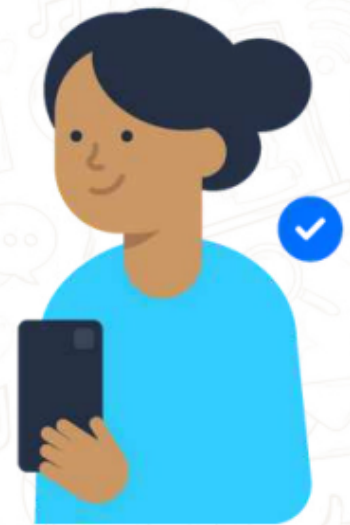
WhatsApp's
minimum age
in the UK

58%

Kids aged 3-17
who use
WhatsApp

37%

Kids under 13
who use
WhatsApp



5 tips to keep kids safe on WhatsApp



1

Review privacy settings WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.



2

Customise contacts Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.



3

Talk about personal information Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.



4

Show them where to get support If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.



5

Check in regularly Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

For more support follow this link:
<https://www.internetmatters.org/>

Useful mental health services



- 24/7 text helpline for mental health and suicide
- Machine learning - detects suicide intent/thoughts
- Machine learning - informed prioritisation protocol (the system can prioritise certain behaviours to receive support)



- Free to use 24/7 access to phone line
- One to one communication
- 24 hour response time on email access
- Confidential - no contact details are displayed to volunteers



- Helpline - 0800 58 58 58,
- Webchat <https://www.thecalmzone.net/help/webchat/>
- Instant response between 5pm - midnight phone and web chat helplines
- Free offer practical support and vital intervention for those in crisis
- One to one communication



- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone



- Calm - free app to download.
- Can access lots of things to support mental health and wellbeing, however there is a subscription charge for access to the whole app.
- Meditation and other techniques to support mental health and wellbeing



- Calm Harm - free app to download.
- Support for young people who are self-harming
- Helps reduce the urges to harm and offers practical solutions and distractions
- Comfort, Distract, Express Yourself, Release, and Random.



- notOK App® is a free digital panic button to get you immediate support via text,, phone call, or GPS location when you're struggling to reach out.
- Pre-crisis tool
- Other resources available online too.



- Combined Minds is an app to help parents, family, friends support a young person who is in distress
- Share plans and guidance amongst support system to ensure the young person can access the right support at the right time.