# Carlisle and Hampton Hill Federation
## SAFEGUARDING NEWSLETTER

# Issue 2
# Autumn 2024

**Welcome to the second edition of our termly safeguarding newsletters.**

Online safety is something we take very seriously.

Children are spending more and more time online and it is important that we teach them the skills and knowledge to navigate the online world safely. We are seeing a growing number of children using social media sites and being exposed to inappropriate and unsafe content on these sites. We would like to remind parents that **most social media sites** have an **age restriction of 13+**. The "spotlight" feature this issue focuses on top tips for parents for online safety.

As part of our computing and safeguarding curriculum we teach children about esafety with classes thinking about how they can stay safe on the internet and what to do if they are worried.  One of the main foci further up the school is being aware of who you might be talking to online and the importance of not giving away any personal information.

More information for parents and carers can be found at:
https://saferinternet.org.uk/guideand-resource/parents-and-carers
www.internetmatters.org or www.childnet.com

**Keeping children safe is everyone's responsibility**

Future issues of our safeguarding newsletter will include spotlights on:
- **Mental Health**
- **Anti-bullying**

### Fake Profiles and Cyberbullying

Cyberbullying is when someone uses technology to harass, threaten, embarrass, or target another person. It happens on devices like smartphones, computers, tablets, and gaming systems. Cyberbullying hurts people, and in some cases is against the law.

Setting up a profile impersonating somebody else with the intention of being unkind to others/to cause embarrassment to the individual is a form of cyberbullying.

It is important that we talk to our children about the issue of cyberbullying and let them know that if they are ever a victim of it then it is not their fault, and they should tell you (or a trusted adult) straightaway.

Talk to your child about reporting and blocking tools on social media or online games and show them how to use them to report any form of bullying.

You can read more about cyberbullying here:
https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/
https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

## Safeguarding at Carlisle and Hampton Hill Federation

We provide all staff with regular and relevant safeguarding training and within the Carlisle and Hampton Hill Federation, and have a number of staff who are trained to form our safeguarding team.

The senior team that take the lead on safeguarding are:

**Mr. Marc Lowery**
Designated Safeguarding Lead (HHJS)

**Mr. David Wells**
Designated Safeguarding Lead (CIS)

**Ms. Zoe Brittain**
Deputy Designated Safeguarding Lead

# Spotlight on: ONLINE SAFETY
## TOP TIPS FOR FAMILIES

1   **Set boundaries:** It is important to set clear boundaries for your child when it comes to technology use. Decide on a specific time for them to use the internet and what websites or apps are appropriate for their age.

2   **Monitor their activity**: Keep a close eye on what your child is doing online by regularly checking their browsing history and social media accounts. This will help you identify any potential risks or issues early on.

3   **Educate them:** Talk to your child about the importance of online safety and the potential dangers they may encounter. Encourage them to come to you if they ever feel uncomfortable or unsure about something they see online.

4   **Use parental controls:** Most devices and apps have built-in parental controls that can help you restrict access to certain websites, apps or content. Take advantage of these features to help keep your child safe.

Remember, online safety is a shared responsibility between parents, schools and children. By working together, we can help ensure that our children have a positive and safe experience online. If you have any questions or concerns, please don't hesitate to contact us

### USEFUL LINKS/RESOURCES:

The **NSPCC's Techosaurus** resource is is aimed at little ones who are starting to use technology and the internet, and keeps the conversation around online safety positive.
Techosaurus will help your child to form healthy online habits, routines and behaviours from a young age, and build basic knowledge and skills related to online safety.

### Parental control guides
If your child is using a device with increased independence, we would recommend that you activate parental controls to manage their safety whilst using devices, apps and platforms, to give them safer online experiences. Follow this link to guide you with controlling popular services.
https://www.internetmatters.org/parental-controls/

### The DIGITAL 5 A DAY
Consider engaging with the Digital 5 A Day as a family. This provides a simple framework that reflects the concerns of parents/ carers as well as children's behaviours and needs. It can also act as a base for family agreements about internet and digital device use throughout both the holidays and term time. Based on the NHS's evidence-based *'five steps to better mental wellbeing'*, the digital 5 a day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet.

### Talking about feelings

Action for Children have some excellent advice about creating the right environment and circumstances to enable your child to feel confident and comfortable in sharing any concerns with you at home.
https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/help-child-share-worries/

### Useful Information/Websites
https://www.nspcc.org.uk/keeping-children-safe
https://parentzone.org.uk/

**Both schools now have email addresses for you to report confidential safeguarding concerns. These are only seen by the senior safeguarding leads.**

**safeguarding@carlisle.richmond.sch.uk** or **safeguarding@hamptonhill.richmond.sch.uk**