



Mrs J. Bailey

**Designated Senior Person
Safeguarding and Welfare**



Mrs B.J. Smith

**Deputy Designated Senior Person
Safeguarding and Welfare**

If you are concerned for a child's health, welfare or safety in any way, you must speak to the Designated Senior Person (DSP), Mrs J. Bailey, the Deputy Designated Senior Person (DDSP), Miss B. Smith or any member of the Leadership Team before you leave the premises.

Please ask at Reception for contact details for the above.

1

If you want to report anything that is worrying you inside or outside school you can report it using the **SPEAK OUT** button on the website.

2

Go to the website and click on students.



3

The **SPEAK OUT** button will be right in front of you, click on it and follow the instructions...



Safety alerts- websites / apps to be aware of:

What is the Momo Challenge and how does it work? The Momo challenge is a disturbing online challenge game circulating on WhatsApp. Those users that want to take up the challenge contact the Momo WhatsApp profile by messaging or adding a designated number.

Once a person has made contact, the creepy avatar controller will call and message the user, setting objectives, challenges and dares. These are potentially based on personal information obtained from a user's phone. Whilst the challenges are initially simple, they quickly escalate, with the controller harassing and coercing the user to harm themselves, potentially leading to a demand or suggestion that the user should end their life. If the player refuses or fails to respond instructions, the controller will threaten them, often making contact at night.

What dangers does it pose? Momo is a disturbing concept. A 'game' in which the user is manipulated, controlled and coerced by unknown people to self-harm and undertake dangerous tasks. It is clearly a danger to those that are vulnerable, particularly people who already have existing mental health issues – depression, suicidal thoughts. There is also strong evidence to say that Momo obtains personal information from the user's phone. The main dangers are:

- Self-harm
- Suicide
- Coercive and controlling behaviour
- Harassment
- Violent images including images mutilated children
- Violent, harassing and threatening messages against the user and their family.
- Momo also threatens a user, that if they don't do a task, personal information will be made public
- Spyware installed on the device and personal information stolen

Worried about drugs?

If you are concerned about your son/ daughter being exposed to drugs and your knowledge of this area is limited please take a moment to look at Frank's glossary of drugs.

This website gives you information on drugs, the dangers and side effects and slang words being used by young people regarding the types of drugs available.

Please feel free to contact Mrs Bailey or Mrs Smith if you have added concerns.

Latest social media abbreviations guide

C,S&F	Cute, sexy and funny	CU46 or CYO	See you for sex or lets meet for sex
CT	Can't talk or text	AITR	Adult in the room
182	I hate you	AUKTM	And you know this man
53X	Sex	Banana or PEN15	Penis
9,PAW,CD9,P911,PA,PAL,PIR or PLOS	Parents are watching/ parents in room	CICYHW	Can I copy your homework
A/S/L/P	Age, sex, location and picture	LMIRL	Let's meet in real life
A3	Anytime, anyplace, anywhere	LHU	Let's hook up
ADIDAS	All day I dream about sex	LH6 or (LHSO)	Let's have sex (online)
DWPKOTL	Deep wet passionate kiss on the lips	F2F	Face to face
MIH	Make it happen	GNOC	Get naked on camera
IWSN	I want sex now	IPN	I am posing naked
HOT PIC	Naked or sexy picture	GYPO	Get your pants off
PBB	Parents behind back	XTC	Ecstasy
WYRN	What's your real name	YDKM	You don't know me
TAW	Teachers are watching	YWGP	Yes will go private
20	Location	420	Marijuana
FYEO	For your eyes only	WYCM	Will you call me

Social media

Social media and the internet in general is an amazing way of keeping in touch with friends and letting them know what you're up to. There are plenty of positives to focus on but it's also important to consider how overuse of social media or exposure to offensive content can negatively affect your child's mental health.

On the negative side social media can isolate, reduce communication and affect mental health. Things to be mindful if your son/ daughter is engaged in social media:

Addicted to likes - It feels great when someone likes your post or follows you online. The downside is that we can get addicted to that feeling of acceptance. Constantly refreshing feeds for new posts, messages and likes can make us feel awful - heighten anxiety and depression. It can literally begin to take over your life and you need to address it head on by ensuring that they

- Try to take a break from social media every now and again/ restrict the time that they are on it
- If they do need to go online remind them to look at what they need to rather than checking their feed
- Make sure they have a balanced social life online and offline.

How to cope with online jealousy - Scrolling through feed after feed of seemingly perfect people going about their seemingly perfect lives can be exhausting. Constantly comparing ourselves with others can have negative effects on our self-esteem. Remind your son/ daughter:

- No one is the same as how they portray themselves online as we tend to only show the best parts of ourselves.
- If they start to feel low tell them to think of all the great things they've done or are planning to do.
- Everyone has good days and bad days. Just because someone seems like they've got it all together on social media doesn't mean they do.

Taking responsibility for posts - While a bit of online banter here and there might seem harmless, it could backfire on you if you post something offensive or inappropriate. Remind them before they press send, ask themselves:

- Do I want to get in trouble with the law? If you send something that could be interpreted as harassment, menacing behaviour, threatening or grossly offensive, the comment may be illegal.
- Will I want people to read this in five years time? Some people have even lost their jobs because of posting something prejudiced or derogatory online.
- Would this hurt or upset the person I'm talking about? Online interaction can leave us numb to the feelings of the person on the other side of the screen but if you wouldn't say this to them in real life, why say it to them online?
- Does this really represent who I am? If not, ask why you're writing this
- Remember, you can always contact the individual social media platform or website to edit or delete any old posts you no longer want the world to see.

How to protect yourself from offensive content - Seeing offensive or disturbing imagery or comments can harm our mental health. We wouldn't want to hear abusive language or be exposed to violence offline so why should we accept it as normal online. If they experience anything like this, remember:

- They don't have to engage with this behaviour. Many social media platforms allow you to block or report users who are harassing you.
- If someone from school is harassing them online, speak to someone you trust about what's been going on. You don't have to go through this alone.
- If you would prefer to speak to someone anonymously, you can call ChildLine on their free helpline on 0800 1111.
- Focus on the positives of the internet - We're always going to use social media so we have to learn how to manage it and use it for good.

New vigilance campaign launched in the build up to Christmas

A new national campaign backed by West Midlands Counter Terrorism Unit and West Midlands Police, urging the public to remain alert and help keep events and crowded places safe by being vigilant and reporting anything suspicious.

The campaign is the latest version of the ACT (Action Counters Terrorism) campaign.

Head of West Midlands Counter Terrorism Unit, Chief Superintendent Matt Ward said: "Throughout the year, both WMCTU and WMP work with event organisers, partners and commercial organisations across the region to give advice and guidance on safety and security measures.

"While there's no specific threat to an event or venue, the threat level for the UK remains at Severe. Last year's events showed us that attacks can happen at any time or place without warning

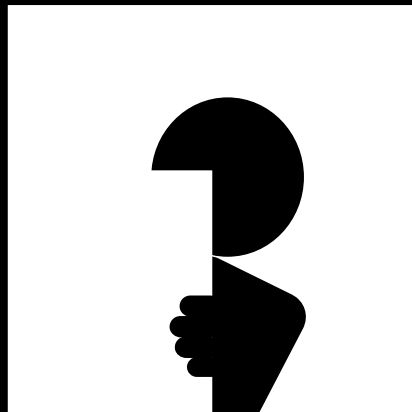
Our priority is the safety and security of all those attending events and crowded places and the public are encouraged to continue with their plans to enjoy events.

The public can help us keep the events and areas safe by being vigilant for anyone or anything that looks out of place or suspicious and reporting it to a member of staff, security or police.

As with any busy area, police are encouraging everyone to remain alert while out and about, and to report anything suspicious to police, security or staff."

**IN THE RARE EVENT OF
a firearms or weapons attack**

RUN HIDE TELL



RUN to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

HIDE. It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

TELL the police by calling 999.