



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...



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.



APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

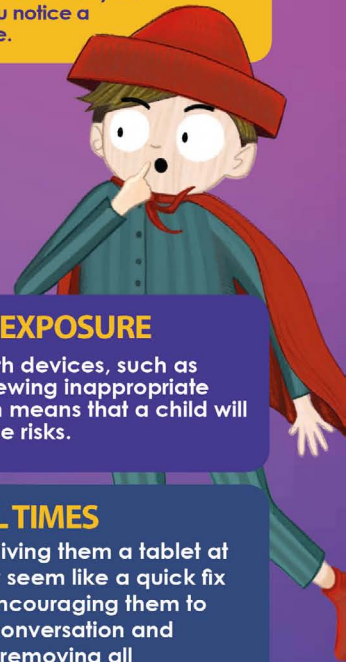
LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



National
Online
Safety

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.



LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.



LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.



REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.



Sources

<https://www.independent.co.uk>
Children and Parents: Media Use and Attitudes Report 2017: <https://www.ofcom.org.uk>
<http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>
Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653786>
University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47%
of parents
said they thought their
children spent too much
time in front of screens



Media update

13 Reasons Why- Season 2

The most tweeted about show in 2017 has returned for a second season on Netflix. The viral teen drama tells the story of a girl who leaves 13 cassette tapes to 13 people; one for each person she holds accountable for her suicide, explaining how they have influenced her decision. The programme explores issues such as mental health, bullying and sexting.

What parents/teachers should know...

Season 1 sparked a Snapchat craze:

There were a few variations of the Snapchat game in 2017 which simulated the theme of series. Generally, it would start by somebody posting on their Snapchat Story, encouraging people to respond about how they have 'done them wrong'. This can cause major implications and did so.

'Copycat behaviour':

As this is a TV programme, things are 'glamourised'. There have been concerns that children may get ideas from the programme and copy what they see. Please be aware that children are talking about this series even if they haven't watched it. It is a good idea to watch the series or read about the themes, to get a better understanding of what it is about even if your son/ daughter hasn't seen it.

It includes a warning message:

At the beginning of the first episode, the characters warn viewers to watch with a trusted adult. "If you are struggling with these issues yourself, this series may not be right for you or you may want to watch it with a trusted adult." Episodes are rated PEGI 15 and 18, so we strongly advise that children below this age do not watch the programme.

WhatsApp - Age restriction change:

Due to the new terms and conditions and updates to the privacy policy in May, users could only access their messages once they have confirmed that they are 16 or older (previously 13+). The changes were effective from 25th May.

Knife crime is something we appear to hear about on a daily basis but to many young people carrying a knife is as common as carrying a mobile phone. Even if you do not think your child would carry a knife you should still speak about it.

How can we help?

By being aware of the pressures that young people face and finding out why they carry a knife can help lead to a solution. By spending time listening to a young person can encourage them to think about their decisions and by teaching them the consequences of knife crime can also help them to understand that carrying a knife is not the answer. As parent/ carer if you explain how upset you'd be if they got caught with a knife or got injured could help them realise the impact their actions have on you.

Advice from Knife Free:

Before talking to a young person about knives, you need to know the facts:

- It's illegal for anyone to carry a knife – even in self-defence and even if the knife belongs to someone else, such as a friend or a partner.
- Carrying a knife could mean being arrested, going to court and getting a criminal record, or even a prison sentence.
- It might be a difficult conversation – but talking is critical to finding a solution. When you speak to someone about knife carrying, it's important to be clear that they have a choice, even when they think they may not. These are some points to raise: By carrying a knife you:
 - Have a false sense of security.
 - Could be increasing the risk of getting stabbed or injured.
 - Are breaking the law.
 - Not carrying, and walking away from confrontation:
 - Is the smart thing to do.
 - Is what the vast majority do.
 - Is the stronger thing to do.
- Means you'll be safer from serious harm and not breaking the law.

It's also important to encourage them to get involved in positive activities.

Help in your local area.

Contact your local authority for a list of local parenting groups and organisations that can offer advice. For links to all local authority websites, please visit:

[Find A Community or Support Group](#)

Families can help each other.

Speak to the families of your child's friends. If you're worried, chances are they have concerns about their child too. Working together can be a valuable way to look out for each other and help keep your children safe.

Crimestoppers.

If you suspect someone is carrying a knife or other offensive weapons, or have information about a crime, you can report it safely and anonymously to Crimestoppers.

Call: 0800 555 111 at any time or visit the [Crimestoppers website](#)

NSPCC.

The NSPCC helpline is a place adults can contact by phone or online to get advice or share their concerns about a child, anonymously if they wish.

Call: 0808 800 5000 or visit the [NSPCC website](#)



IN THE RARE EVENT OF a firearms or weapons attack

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

HIDE - Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can.

TELL - the police by calling 999 when it is safe to do so.

www.npcc.police.uk/staysafe