



Torquay Girls' Grammar School
Safeguarding Newsletter Issue 3
Spring Term 1

Dear Parents and Carers,

Firstly, we would like to introduce our new, and larger, Safeguarding team!

Designated Safeguarding Lead:

Sophie Bucklar



Miss Sophie Bucklar
Assistant Headteacher,
DSL, Head of KS4

Deputy Designated Safeguarding Leads:

Debra Vanes (previously Nixon), Sophie Cross, Lucy Roberts



Mrs Debra Nixon
Pastoral Support
Assistant



Miss Sophie Cross
English



Ms Lucy Roberts
Head of Year 11

Having a larger team means there are more of us to ensure the physical, emotional, and educational wellbeing of your children. From SLT to Head of Year to teaching and pastoral staff, the four of us feel that we can have all bases covered to make sure that our students feel reassured that their safety is always a priority at TGGS.

This term's edition is going to be predominantly focused on **Safer Internet Day**.

Safer Internet Day 2022 was on **Tuesday 8th February** 2022 with the theme '*All fun and games? Exploring respect and relationships online*'.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote in TGGs, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, you may be interested in downloading the free Safer Internet Day Resources for Parents and Carers which is available at: saferinternet.org.uk/sid-parents.

There are top tips, quizzes, and films which you can use at home with your child.

Some other resources which you may find helpful in supporting your child online are:

- Tips, advice and guides for parents and carers from the [UK Safer Internet Centre \(saferinternet.org.uk/parents\)](https://saferinternet.org.uk/parents)
- Advice for parents and carers from [Childnet \(childnet.com/parents-and-carers\)](https://childnet.com/parents-and-carers)
- Reviews and information about games, apps, TV shows and websites from [Common Sense Media \(commonsense.org\)](https://commonsense.org)
- Help on using parental controls and privacy settings from [Internet Matters \(internetmatters.org./controls\)](https://internetmatters.org./controls)
- Information and reporting of online grooming or sexual abuse from [CEOP \(ceop.police.uk\)](https://ceop.police.uk)

Online safety is an important issue which as a school we're committed to teaching our pupils about.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's Head of Year or our Designated Safeguarding Lead/ Deputy Designated Safeguarding Leads.

Tips, advice, guides and resources to help keep your child safe online

As a parent or carer, you play a key role in helping your child to stay safe online.

You don't need to be an expert on the internet to help keep your child stay safe online. The UK Safer Internet Centre advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
2. Ask what games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?
3. Ask them about how they stay safe online.
4. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
5. Ask them if they know where to go for help.
6. Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?
7. Think about how you each use the internet.
8. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

The things I wish my parents had known...about online sexual harassment (Children's Commissioner)

The Children's Commissioner, Dame Rachel de Souza DBE, has recently published a guidance document for parents helping to support them to understand online sexual harassment. It is a sensitive topic, and not one all parents feel comfortable discussing with their children.

The commissioner's team brought together a group of 16 - 21 year olds and asked them to talk about what they think parents should know, and what they should say to their children when talking about sexualised bullying and the pressures of growing up online.

Key advice from the young adults in the focus groups included:

- Start conversations early, before your child gets a phone or social media account. Keep the conversation going over time, adapting to your child.
- Young people want their parents to learn about new technology and trends, including risky behaviours and dangerous spaces online.
- Create a safe and trusting home environment. Young people told us the home environment is key, they want to share things with their parents but don't always feel able.

The report and poster 'The things I wish my parents had known...' can be downloaded here: <https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>

The key message here is to talk openly and honestly about your child's online life. Building a relationship of trust, safety and honesty is paramount to keeping children safe online. Open dialogue encourages children to discuss their thoughts, feelings and experiences without fear of judgement or shame.

We have collated some common questions that come up about phones, social media, internet access and gaming, along with some suggestions as how to tackle them.

1. How do I limit my child's screen time? She/he/they get angry if I try to take the phone away.

Suggestions: Come up with a set of family rules for everyone in the household- not just the children. For example, phones off at the dinner table or after 7pm. Explain that if they want to speak to their friends on SnapChat/Whatsapp etc, they will have to do it before the cut-off point. Distract them with something else that is tempting, for example a family film/series, a boardgame, cooking together and so on. Always give plenty of warning before taking a device away to avoid confrontation and try to give them the responsibility of putting it away.

2. How do I put safety apps on their phones/laptops/tablets?

There are a huge range of apps that can be downloaded to track your child's phone/PC/tablet. There are also wifi settings that can be changed to make sure that they do not have access to inappropriate sites.

Have a look at this link to find the most suitable ones for your family [The Best Parental Control Apps for Your Phone in 2022 \(pcmag.com\)](#)

3. Can I monitor and change what they have access to?

Depending on which Apps you download, will depend on how much access and control you have. You might want to limit or track which sites they are accessing or who is able to contact them and at what time of day.

4. Can I monitor who they are gaming with and talking to? How?

Gaming can be a tricky area of internet safety to properly track. This is because many games do not differentiate between adult and child forums. It is really important that you monitor who your child is adding on to their friend's list, and if they really know them or not. Gaming is one part of the internet where predators can and do look to groom potential victims. They may also be gaming with adolescents and adults who use vulgar, inappropriate, sexist and/or racist language.

5. What do I do if I find something inappropriate on their phone?

Depending on the severity of the message/image/video etc, you may need to contact the school or even the Police. If it is something more innocent and less harmful, then having a really honest conversation would be the best place to start. Explain that as their parent, your main job is to keep them safe.

6. Should I be checking my child's phone/social media or is it an invasion of their privacy?

This really depends on your own views on boundaries and parenting style. Some parents believe that as minors, their children do not need privacy and that they can have unlimited access to their child's phone and accounts. Others believe that a level of trust must be given and that they do not want to limit what their child can do in case it makes them keep secrets. Whatever

you decide, keep an open dialogue with your child and check in with them regularly. Having the attitude of “my child wouldn’t do that” is unhelpful as all children and adolescents go through natural curiosity. Online predators are very skilled and know exactly how to gain a child’s trust.

Here is a very useful link for further information on [Keeping children safe online | NSPCC](#). There are details about different internet platforms, things to look out for and support. **We strongly suggest taking the time to visit this link.**

Let’s Stop Abuse Together

Child sexual abuse is a reality for thousands of children across our country, with **at least one in ten** estimated to experience sexual abuse before they turn 16.

As upsetting as it is to read this, this is factual and important information. It is paramount that we do all we can to protect our children.

The link below will take you to a range of information on child sexual abuse. From signs of things to look for, to how to support survivors, there are easily accessible resources for parents, carers and other supportive grown ups.

[Let's stop abuse together. \(campaign.gov.uk\)](#)

What parents and carers need to know about Youtube

YouTube is the default video-viewing app for so many people, wherever they are (it averages a billion views per day, for example, just from smartphones – accounting for around a quarter of daily global mobile traffic) that when something is uploaded – age-appropriate or not – it can reach a staggering number of people in almost no time at all.

Music videos for K-pop acts like BTS and Blackpink, for example, regularly exceed 50 million views inside their first hour on the platform: that's almost a million views a minute. It’s easy to understand why many are concerned about harmful clips featuring profanity, sex or violence being equally likely to go viral rapidly. Seemingly innocent videos have often also been tampered with to show violent and disturbing scenes, for example Peppa Pig.

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if auto-play is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

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CENSORED

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (aka @LunaWolf) has worked as an editor and journalist in the gaming industry since 2005, providing websites with event coverage, reviews and gaming guides. She is the owner of LunaWolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



**National
Online
Safety**

#WakeUpWednesday



www.nationsonlinesafety.com



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SAMARITANS

They are here to listen and provide support

Call 116 123 or visit their [website](#)



childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) provide confidential telephone counselling service for any child with a problem.



[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder.



shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required

Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

Urgent and other support available



kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing



CAMHS
Child and Adolescent
Mental Health Services

Information for CAMHS and CAMHS Crisis can be found [here](#)



REPORT HARMFUL CONTENT

[Report Harmful Content](#) is a national reporting centre that has been designed to assist everyone in reporting harmful content online.



[Ceop](#): If you are worried about online sexual abuse or the way someone has been communicating with you online.

On-Line Grooming



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

KNOW how to use tools, apps and settings that can help to keep your child safe online.



For further details go to: <https://talk.iwf.org.uk/>

USEFUL ON-LINE SAFETY WEBSITES

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

Safeguarding contacts

During term time, school working hours: If you are worried about a child's safety or suspect a child is being abused or is in danger of being abused please contact a Designated Safeguarding Lead, or any member of staff. sbucklar@tggsacademy.org, dnixon@tggsacademy.org, lroberts@tggsacademy.org or scross@tggsacademy.org or telephone 01803 613215.

At any time: You can also contact the Multi Agency Safeguarding Hub (MASH) details below:

If a child is in immediate danger, call the Police immediately on 999.

Torbay residents:

- For Targeted Help, Consultation and Enquiries please contact: Telephone: 01803 208525 (9am-12pm) Email: targetedhelp@torbay.gov.uk
- For MASH please contact: Telephone: 01803 208100 Email: MASH@torbay.gov.uk
- MASH Referral Form available at <http://www.torbaysafeguarding.org.uk/workers/hub/>
- For the Emergency Duty Team out of working hours please contact: 0300 456 4876
- For all LADO enquiries: Duty LADO 01803 208541 or email cpunit@torbay.gov.uk

Devon Residents:

- For MASH, Early Help, Consultation and Enquiries please contact: Telephone: 0345 155 1071 Email: mashsecure@devon.gov.uk Fax: 01392 448951
- Enquiry Form available at: Appendix 9 Appendix 10 48 <https://new.devon.gov.uk/making-a-mash-enquiry> Post: Multi-Agency Safeguarding Hub, P.O. Box 723, Exeter EX1 9QS
- Emergency Duty Team out of hours 0845 6000 388
- Locality Early Help Mailbox North: earlyhelpnorthsecuremailbox@devon.gov.uk
- Mid & East: earlyhelpmidwestsecuremailbox@devon.gov.uk
- South & West: earlyhelpsouthsecuremailbox@devon.gov.uk
- Exeter: earlyhelpexetersecuremailbox@devon.gov.uk
- For emergencies outside of office hours please call: 0345 600 0388 or 0845 600 0388
- Police non-emergency: 101