



## St Vincent's Catholic Primary School Parents' Safeguarding Newsletter- Spring 23

Each term we will bring the latest safeguarding developments and information to you in order that we all work together to keep our school community safe.

### Safeguarding Responsibilities

Designated Safeguarding Lead	Mrs Harrop
Designated Deputy Safeguarding Lead	Mrs Farrell, Mrs Sutton
Designated Looked After Child Lead	Mrs Farrell
Designated Mental Health Lead	Mrs Sutton
Mental Health First Aiders	Mrs Harrop, Mrs Farrell, Mrs Sutton Mrs Castro, Mrs Gee
Emergency First Aiders	All staff
Wellbeing Champions	Mrs Sheldon, Mrs Bullock, Mrs Dreniw, Mrs Davidson, Mrs Raw
Safeguarding Governor	Mrs Donnachie
Online Safety Governor	Mrs Butler
Health and Safety Governor	Mr Thorgaard

### Online Safety Update

Children and young people today are growing up in an increasingly complex world, living much of their lives online. The internet provides many opportunities for our children, but also brings with it risks. We need to help our children understand these risks and equip them with the skills to keep themselves as safe as possible online. We also need to be confident that they understand how to report online harm and where to access help and support if they need it. Any child can be vulnerable online, and their vulnerability can fluctuate depending on their age, developmental stage and personal circumstance. It is important to teach children how to navigate the online world and equip them with sufficient knowledge and understanding to keep themselves safer online.

General messages about online safety:

The key to help children and young people develop are:

⇒ How to evaluate what they see online – children need to be able to assess and make judgements about what they see online, and not automatically assume that what they see is real or appropriate

⇒ How to recognise techniques used for persuasion – children should understand the techniques that are often used to persuade or manipulate others

⇒ Online behaviour – children should understand what acceptable and unacceptable online behaviour (in themselves and others) looks like. They should apply the same standards of behaviour and honesty on and offline, including respect for others.

⇒ How to identify online risks – children should be able to identify possible online risks and make informed decisions about how to act

⇒ How and when to seek support – children should understand safe ways in which to seek support if they are concerned or upset by something they have seen online, and also how to report online

## Resources for parents and carers:

Internet Matters – a not-for-profit organisation set up to empower parents and carers to keep children safe in the digital world. Their support for parents includes a range of downloadable guides covering subjects such as transition to secondary school, Vlogging & livestreaming, online gaming and cyberbullying NSPCC - includes a range of resources to help parents keep children safe when they're using the internet, social networks, apps, games and more Parent Info - from

CEOP and Parent Zone, Parent Info is a website for parents covering all of the issues amplified by the internet. It is a free service which helps schools engage parents with expert safety advice, endorsed by the National Crime Agency's CEOP command. This website provides expert information across a range of online harms

Parent Zone - offers a range of resources for families, to help them meet the challenges of the digital age, including parent guides on the latest digital trends and platforms

Resources for pupils: BBC Own It - support for young people to take control of their online life, including help and advice, skills and inspiration on topics such as friendships and bullying, safety and self-esteem

Childline – includes information for pupils on sexting, gaming, grooming, bullying, and relationships.

### Get familiar with regular conversations

- ✓ Start a conversation when your children will be more receptive and engaged, such as on the way to or from school
- ✓ Ask them for advice on how to do something online and use this as a conversation starter
- ✓ Make sure they know they can come to you if they're upset by something they've seen online
- ✓ Be sensitive and encourage them when they share their online experiences with you
- ✓ If your child talks about an issue with you, stay calm and listen without judging them

### Check they know the rules

- ✓ Don't share personal information like their phone number or email address online
- ✓ Only talk to real life friends or family if they are on sites with a social media element
- ✓ Explain that people they meet online might not be who they say they are
- ✓ Tell them to be a good online friend and not to say nasty things even if it's just a joke
- ✓ Use secure and legal sites to download music and games
- ✓ Make sure they check with you before downloading any programs to avoid viruses

## Useful Websites

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/phones>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/laptops>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/smart-speakers>

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/games-consoles>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/tablets>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/smart-tvs>