

Safeguarding Newsletter Autumn 2024

Mrs Davy and the rest of the Safeguarding team have enjoyed welcoming everyone back after the summer break and are getting to know all the new year 7 students. Any Safeguarding issues can be reported directly to us on 01788 840600 and ask to speak to Safeguarding or email us at bilsafeguarding@stowevalley.com

This letter covers resources on a variety of matters concerning your child's well-being,.



Mrs Davy
Lead DSL



Miss
Hansford
Deputy DSL

We have a number of Events coming up in School for parents to attend.

Details are as follows


Stowe Valley
MULTI ACADEMY TRUST

INVITATION

Online Safety Parents Evenings

These evenings will offer parents the chance to learn about the dangers that children and young people face in the online world today, and what practical steps parents can take to keep their child safe whilst online.

These friendly and informative parents' evenings are being led by Stowe Valley MAT Director of Safeguarding, Sam Godfrey.

The evening will provide parents with:


- The opportunity to understand the online risks to discuss concerns and keep children safer whilst using the internet.
- Discussions on how to set parental controls on your devices
- An explanation of the age-ratings applied to games, sites and apps, what content they show and how strangers can talk to children online.
- Free tea and coffee supplied by the school.





Please use the following link to sign up to one of the online safety parents' evenings listed below:
<https://forms.office.com/e/v55Btp2G1c>
Or scan the following QR code

Wednesday 13th November 4.30pm - 6.00pm At Bilton School, Rugby	Wednesday 27th November 4.30pm - 6.00pm At Southern College, Southam	Wednesday 11th December 4.30pm - 6.00pm At Kington High School, Kington
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Stowe Valley
MULTI ACADEMY TRUST



Stowe Valley MAT is committed to ensuring that our school remains a safe space where pupils can learn and flourish.

Attendance Awareness Evening -
November 11th 2024 - 6pm



Attendance Awareness Evening -
November 18th 2024 - 6pm





Monday 11th November

6pm - 6.30pm

Sixth Form Common room

ATTENDANCE AWARENESS EVENING

For parents

Opportunities to talk with the Senior Attendance Champion Beth Keell to seek support and advice where needed



Connect




An Attendance evening for all parents 7-13 to raise the profile of attendance and share the key links between high attendance and high achievement

Support your child with raising their attendance and securing stronger results.

Parent Event

All you need to know
about Vaping and the risks
to Young People



Wednesday 4th December



6pm to 7pm



Bilton School, K Hall



Details

Compass will be hosting a
parent's drug awareness session
around vaping and its dangers to
young people. Which will follow
on from the students' assemblies
around vaping.

We will be at Bilton School on
the 4th of December from 6pm
til 7pm, feel free to stay for as
long as you like. There will also
be tea & coffee on offer.



SAFELINE'S ONLINE PARENT WORKSHOPS

HOW TO KEEP YOUR CHILD SAFE

Wednesday 27th of November 2024
Online Safety

5- 6pm

Wednesday 4th of December 2024
Mental health

5- 6pm

Wednesday 11th of December 2024
Bullying and Sexual Harassment
5-6pm

If you wish to attend please email
ramandeepd@safeline.org.uk

Zoom meeting ID - 765 294 7590

This workshop provides key knowledge around
keeping your child safe online, some of the risks
of the online world, guidance around bullying and
harassment and also tips and strategies of
helping your child improve their mental health
and self-esteem.





Think Twice: Why You Should Be Careful Using Telegram

If you're using Telegram to chat with friends or join groups, it's good to know the risks. While it might seem like just another messaging app, Telegram has a few issues that can make it less safe than you think.

1. It's Not As Private As It Seems

Telegram claims to be super secure, but that's not always true. Unless you're using a special feature called "Secret Chats," your messages aren't fully protected. This means that people other than the person you're chatting with could potentially see your conversations if Telegram's servers get hacked. So, your messages might not be as private as you'd hope.

2. Fake Groups and Scammers

Telegram's open nature makes it easy for anyone to create public channels and groups. This sounds cool, but it also makes it easy for scammers to set up fake accounts and trick people. It's common to see phishing links or sketchy offers that look legit but are actually traps to steal your info or money. Always double-check who you're talking to and be cautious about clicking any links!

3. Easy Access to Inappropriate Content

Unlike some other platforms, Telegram doesn't always monitor its groups for inappropriate or harmful content. This means you could easily stumble upon stuff you don't want to see, or worse, get dragged into conversations that are risky or dangerous.

How to Stay Safe

If you're going to use Telegram, make sure to:

- Stick to chatting with people you know.
- Don't share personal info in public groups.
- Always use "Secret Chats" if you're worried about privacy.



What Parents & Educators Need to Know about INSTAGRAM

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

AGE RESTRICTION
13+

ADDICTION

Many social media platforms, including Instagram, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when a mindlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children cannot help but compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real time. This increases if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to show more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many likes as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower mood and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and reassure them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users with hidden like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > OFF.

USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For one rule, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Rutherford is an online safety consultant at iCyberForum, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and online behaviours of young people in the UK, USA and Australia.



The National College



<https://www.cybersafewarwickshire.com/>

Helpful Tips for 11 - 19 Year Olds

Protect your online reputation

Use the services provided to manage your digital footprints, think before you post. Content posted online can last forever and could be shared publicly by anyone.

Know where to find help.

Understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, its never to late to tell someone.

Don't give in to pressure

Keep calm and keep in control, once you've pressed send you cant take it back.

Respect the Law.

Use reliable services and know how to legally access the music, film and TV you want.

Acknowledge your sources

Use trustworthy content and remember to credit when using others work/ideas.

Wellbeing for Warwickshire offers a range of services to support your mental health and wellbeing 24/7, 365 days a year.

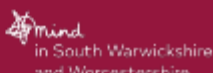
- Anonymous and confidential support from your smartphone or PC – includes one-to-one mental health counselling, messaging, forums, drop-in chats and helpful tools (16+)
- A safe space to drop-in and talk to us about your mental wellbeing – Wellbeing Hubs across Warwickshire (aged 18+)
- Learn about mental health and managing your wellbeing – free mental health courses, learning and workshops with the Recovery and Wellbeing Academy (18+)
- Coventry and Warwickshire Mental Wellbeing Line, 0800 616171 – friendly advisors provide connection, advice, information and signposting, 24/7/365. Call 0800 616171 (16+)
- Meeting face-to-face with a wellbeing practitioner – offering support, signposting and practical problem solving (16+)
- One-to-one support to help you engage in your local community and access those things that are important to you – support for if you're feeling lonely or isolated (18+)
- Live Assistance open 24/7/365 – our advisors can support you by providing advice and signposting to appropriate services (16+)

Start by calling 0800 616171
wellbeingforwarwickshire.org.uk
support@wellbeingforwarwickshire.org.uk



A partnership between

 **Mind** Coventry and Warwickshire



We're still here for **Coventry & Warwickshire**

Mental health services are here
for you and your wellbeing 24/7.

Call the Mental Health Crisis line
08081 966798



Urgent Mental Health Support

is provided by Coventry and Warwickshire Partnership NHS Trust.
We have a main telephone
number that is operational 24/7 **08081 966798**

[Click here for more information on Urgent Mental Health Support](#)





Mental Health in Schools Team

Tips For Wellness



Be You

'Be who you are and say what you feel because those who mind don't matter and those who matter don't mind' - Dr Seuss

Being 'You' is about being comfortable with who you are. Everyone has different talents, interests and dreams and it's important to remember that we are all unique. Exploring your own interests can help you develop a sense of identity, which is essential to building on your confidence.

Our tips for 'being you':

- 1) **Do something you love.** Make sure, at least once a day, you have some time set aside to do something you love. Whether that's reading, drawing, listening to music or playing sports, it's important to do things for yourself to improve your wellbeing.
- 2) **Take time away from social media if you need to.** Try to keep your social media account a positive space that celebrates everyone's differences! If you need to take a step back from social media at times, that is okay.
- 3) **Embrace what you enjoy and follow your interests.** Listen to the music you love and watch the TV shows and Films you love, even if your friends like to watch different things.
- 4) **Positive Self-Talk.** It is normal to talk to ourselves in a negative way at times, instead, try to recognise and believe in your strengths and your abilities. Saying and doing kind things for yourself is an important part of 'being you'.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling MH8 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

For ages: **11-25**



Sign up for free at **Kooth.com**