



# Parents Information Evening

## Keeping our Children Safe

Amy Smith- Deputy Headteacher and Designated  
Safeguarding Lead



## Aims of the session

- Definition of safeguarding
- Changes to safeguarding
- What we're doing as a school about mental health
- Online safety

## Keeping Children Safe in Education

**KCSIE states that:**

“Safeguarding and promoting the welfare of children is **everyone’s responsibility**. Everyone who comes into contact with children and their families has a role to play”



# The Definition of Safeguarding

Safeguarding and promoting the welfare of children is defined for the purposes of this guidance as:

- protecting children from maltreatment;
- preventing impairment of children's **mental and physical** health or development;
- ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and
- taking action to enable all children to have the best outcomes.



114. Schools should ensure they have **clear systems and processes in place for identifying possible mental health problems, including routes to escalate and clear referral** and accountability systems.

115. Schools and colleges can access a range of advice to help them identify children in need of extra mental health support, this includes **working with external agencies**.

**What are we doing about mental health as a school?**









**Mrs Jackson**  
Pastoral Support, ELSA and  
Drawing & Talking



**Mrs Austin**  
Higher Level Teaching Assistant –  
Transition



**Mrs O'Neil**  
Pastoral Support and ELSA



**Sara Thornhill**  
Health School Practitioner



**Kate Arkwright**  
School Nurse



The student mental health ambassadors at Chessington School (Image: Surrey Advertiser - Grahame Larter)



Mrs Jackson and the school's student mental health ambassadors in the wellbeing room (Image: Surrey Advertiser - Grahame Larter)



Everyone valued



Ecalm Harm



Giving hope to grieving children



## Moods

- ☐ 😟 Worried (31 total)
- ☐ 😞 Sad (30 total)
- ☐ 😄 Happy (345 total)
- ☐ 😡 Angry (16 total)
- ☐ 😎 Motivated (94 total)
- ☐ 😴 Tired (26 total)
- ☐ 😐 Ok (656 total)
- ☐ 😊 Grateful (68 total)




Why are you feeling happy?

It was my birthday on Saturday and I am soo happy about my wonderful day

N/A

Other

## Dashboard

Start New Check-In

Check-Ins Analysis Recent Check-ins Groups

10359

Check-Ins Sent

1266

Completed

433

Comments Left

656

Neutral Responses

Student Positivity

6 months



2 months ago

Positive Key Drivers

Family	<div></div>	(263)
Friends	<div></div>	(170)
Other	<div></div>	(97)
Sport	<div></div>	(70)

Negative Key Drivers

School Work	<div></div>	(41)
Family	<div></div>	(21)
Other	<div></div>	(14)
	<div></div>	(13)




2 months ago

Is there anything you would like your teacher to know about you that they currently don't?

Nope :D

Relationship

Family

Friends

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Assessments to be used	Early help	Early intervention	Intervention
Early Help assessment CISSE School refusal form ELSA Assessment 8 types of anxiety Boxall	Peer Mentoring Mental Health ambassador PSHE Leadership opportunities Green Rooms Headspace Mindfulness group CPD-Staff Scenario based worked	ELSA SEMH 1-2-1 work School Nurse- Self esteem work School Health Link Worker Snapback Programme EP-De-escalating group TLC Tutor Group Parent SEMH classes Parent SEMH classes (See Health and Fitness Category) Young Minds Kooth	EP AFC Youth Services -Self esteem AFC SEMH Groups Relate Real Talk EISS Counselling-Places to be CYP (Epsom only) CAMHS MOOT Drawing Talking AFC Youth Services -Anger Management
8 types of anxiety Risk Assessment	Pastoral support Headspace Mindfulness	Calm Hams app Grace dear trust AFC Youth Services -Self hams Pastoral support ELSA Parent SEMH classes Parent SEMH classes Young Minds Kooth	Grace dear trust Relate Real Talk Counselling-Places to be CYP (Epsom only) CAMHS Drawing Talking
Early Help assessment School refusal form 8 types of anxiety	CPD all staff- Attachment PSHE Programme Restorative conversations Conflict resolution Friendship interventions Bullying Workshops Social story work Scenario based worked	SEMH 1-2-1 work Parent SEMH classes Parent SEMH classes Family Support Worker Parenting Classes Parent drop in- Moor Lane Young Minds Kooth Pastoral support	Man and Boy Project Relate Family Support Worker Parenting Classes Parent drop in- Moor Lane Saying Goodbye Project Cruse Bereavement Care One stop shop- DV Safer Space-DV Turn2us- Financial help
	Daniel's story PSHE- Sexual Relationships PSHE- Bystander PSHE- Social Media PSHE- Knife Crime	Marvin (Used by HF) Schools police officer Oxygen AFC Youth Services -Bystander work	Youth Resilience team Schools police officer Substance Misuse Oxygen AFC Youth Services -Dealing with conflict AFC Youth Services -Bystander work Gettington- Sexual health/ Drug and Alcohol services
	LGBTQ-PSHE Healthy Relationships-PSHE Black History Challenging Prejudice Stereotypes Gender and Sexuality Mentoring from an older student	AFC Youth Services- Provide all of the PSHE work we do in smaller groups	Galop- LGBT Anti-Violence charity (counselling)

# CARE

**C-Curious.** Be curious about what they're telling you. You don't have to say what you would do. You don't have to give answers. You don't need to fill gaps of silence. Really listen. If you ask questions make sure they're open. Share with them what you've heard. Repeat back. Summarise.

**A- Approachable.** Be approachable, open and honest. Don't promise to keep secrets.

**R-Refer.** You're not expected to fix things all by yourself.

**E-Empathy.** Listening, understanding, validate feelings.



## Online Safety

As schools and colleges increasingly work online, it is essential that children are safeguarded from potentially harmful and inappropriate online material. As such, governing bodies and proprietors should ensure appropriate filters and appropriate monitoring systems are in place. Additional information to support governing bodies and proprietors keep their children safe online (**including when they are online at home**) is provided in Annex C.



What does your child love doing online?

What services and devices do they use?



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. However it is important to manage and minimise the associated risks.

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# The world of social media

- 89% of 12-17 year olds own a phone
- A survey of 2,750 11- to 18-year-olds found one in 10 admitted checking their mobile phones for notifications at least 10 times a night.
- Teens now spend up to 9 hours a day on social media.



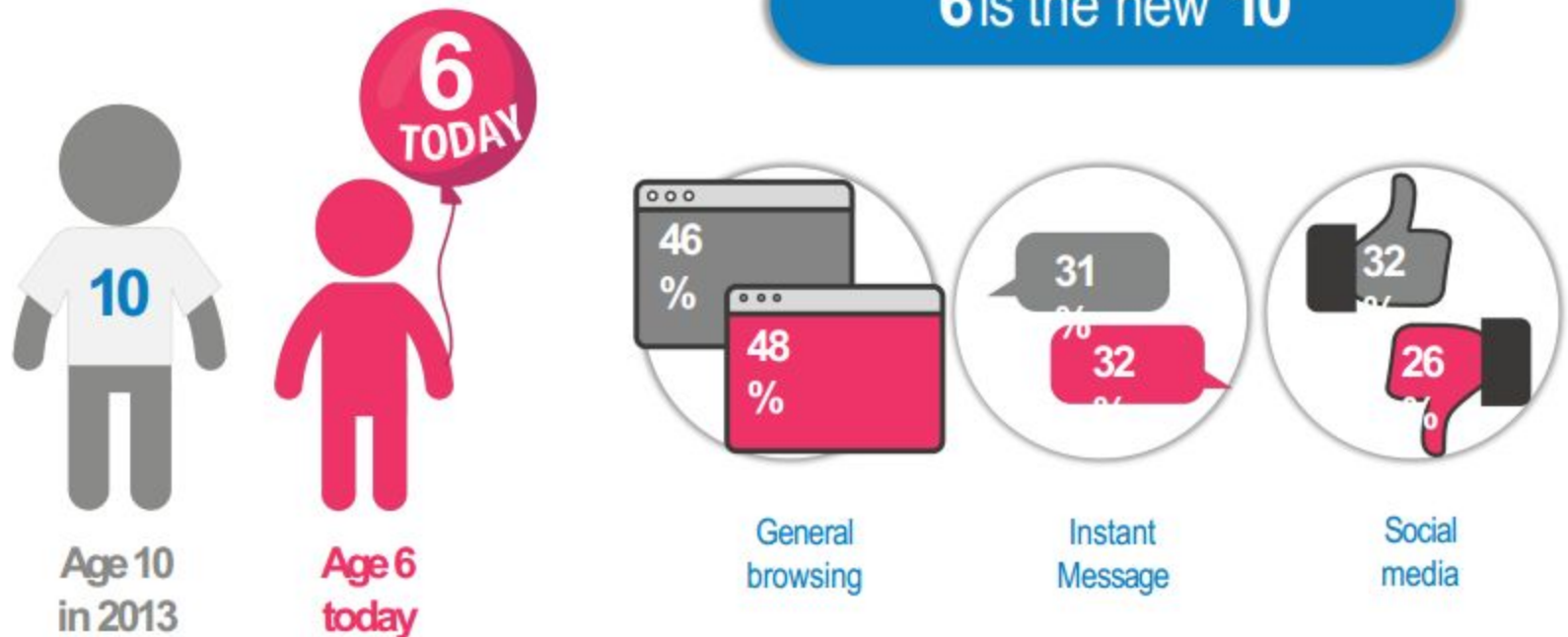
The average child posts 26 times per day on social media





# The world of social media

Internet use by young children is increasing



# E-Safety

- Conduct
- Content
- The risks
- Taking control

# Conduct



Children need to be aware of the impact that their online activity can have on themselves and other people.

It's easy to feel anonymous online

Before you speak:

**THINK**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

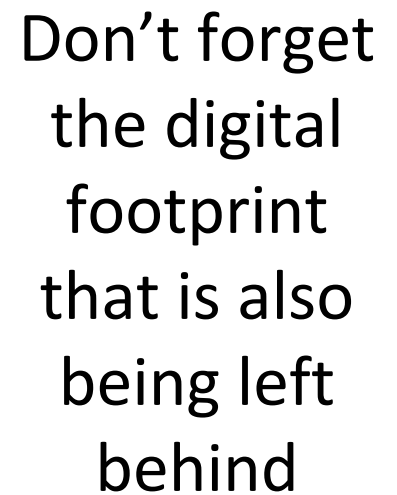
**K** = Is it Kind?

"The Grandma Rule"



Don't post anything  
online that you wouldn't  
want your  
Grandma to see!









It's important to keep personal information safe and not share it with strangers. It's also important for children to realise that new friends may not be who they say they are.



6 out of 10 followers are friends in the 'real world'

- DOB/Age/Address
- Pictures in school uniform
- Pictures of locations
- Status updates about where they are
- Geo-location

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# Conduct



The **Malicious Communications Act 1988** (MCA) is a British Act of **Parliament** that makes it illegal in England and Wales to "send or deliver letters or other articles for the purpose of causing distress or anxiety". It also applies to electronic communications.

# Content

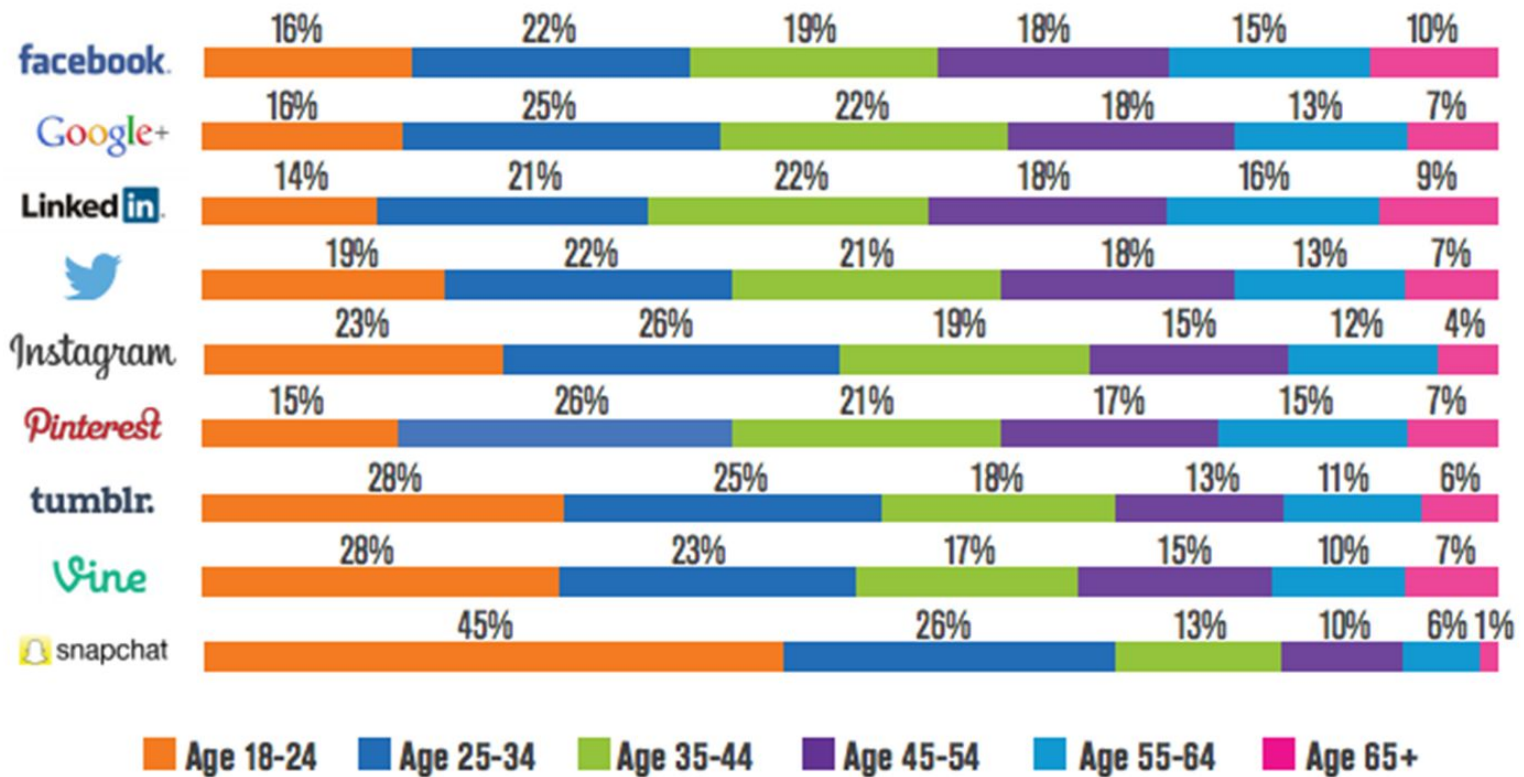
## 2.3 What do parents think of social media sites?

In 2015 the NSPCC carried out a project in conjunction with Mumsnet to ask parents to view and rate the 60 most popular social media, games and apps that children use. It found that:

- parents saw sexual content in 72% of the sites
- bullying in 52% of sites
- and violent/hatred content in 52% of sites. (NSPCC, 2015)

## Demographic Composition % of Leading Social Networks

Source: comScore Media Metrix Multi-Platform, U.S., Age 18+, Dec 2014







**WhatsApp** lets users send text messages, audio messages, videos, and photos to one or many people with no message limits or fees.

### What parents need to know

- **It's for users 16 and over.** Lots of younger teens seem to be using the app, but this age minimum has been set by WhatsApp.
- **It can be pushy.** After you sign up, it automatically connects you to all the people in your address book who also are using WhatsApp. It also encourages you to add friends who haven't signed up yet.



◀ Social networks, apps and games



# TikTok

TikTok is a social media platform that lets you create, share and discover 60 second videos. You can use music and effects to enhance your videos and you can also browse other people's videos and interact with them.

13+

Official  
age rating

## Kids use this to...

Play



Create



Learn



Connect



## Our safety ratings

Overall safety rating: Average 😊 😐 😞 😡 😢

Safety features



Privacy & location



Reporting & blocking



Content



# The risks

- Cyberbullying
- Sexual
- Grooming

## Spotting the signs

**62%**

of parents worry  
about Cyberbullying

**1 in 10**

parents are aware  
their child has been  
bullied



## Cyberbullying terms



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- **Flaming:** electronic transmission of angry or rude messages;
- **Harassment:** repeatedly sending insulting or threatening messages;
- **Cyberstalking:** threats of harm or intimidation;
- **Denigration:** put-downs, spreading cruel rumours;
- **Masquerading:** pretending to be someone else and sharing information to damage a person's reputation;
- **Outing:** revealing personal information about a person which was shared in confidence;
- **Exclusion:** maliciously leaving a person out of a group online, such as a chat line or a game, ganging up on one individual



## Why is cyberbullying different?



Hard to escape



Instantly reach audience



Repetitive



24 hour  
~~~~~



Anonymity



Hard to police

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# SEXTING



Sexting is taking and sharing a nude, partially nude or sexually explicit image or video.



If the person in the image is under-18 then it **breaks the law**. The Protection of Children Act states that it is illegal to create, distribute or possess an indecent image of a child, including self-generated images (e.g. selfies).



The police take a common sense approach and are not seeking to criminalise young people, but do have a duty of care if asked to investigate.



In the online world, content can get very far, very quickly and young people need to understand that they may lose control of who else sees their image. This can lead to emotional and reputational consequences.



Sexting is a risk even for younger children. A child with access to a device, who can take a photo and send it on, may not understand the possible consequences and just think they're being funny.

# “Terrorists are using ways to exploit covid 19”

- Pandemic being used as a hook to scoop people up and divert people into more extreme conversations and take action
- Perfect storm for vulnerable people
- Hooking people in at a time when people are emotional and using it to divide society.

## Spotting the signs of radicalisation

Radicalisation can be really difficult to spot. Signs that may indicate a child is being radicalised include:

- isolating themselves from family and friends
- talking as if from a scripted speech
- unwillingness or inability to discuss their views
- a sudden disrespectful attitude towards others
- increased levels of anger
- increased secretiveness, especially around internet use.



# ADVICE ON CYBERBULLYING

Discuss cyberbullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:



**Do** save the evidence



**Do** report to your school/ the police



**Do** use online tools to report and block the perpetrator.



**Don't** deny your child access to a device or service. They may feel punished when they're already the victim.



**Don't** retaliate.





# ADVICE ON SEXTING

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries.

With younger children, discuss which parts of their body should be kept private.



**Do** seek advice from your child's school if you need further support.



**Do** report to the Police or CEOP if you have any suspicions about the involvement of an adult or think you child has been coerced.





# ADVICE ON GROOMING

Discuss online friendship with your child - make sure they understand that a person they've never met face-to-face is still a stranger. Discuss what kinds of information they should avoid sharing with strangers.

Ensure they know they can come to you if they have any worries or concerns.

**If you have any suspicions whatsoever about someone who is in contact with your child online then report it to CEOP.**

**You will be shown how to report to CEOP later in this presentation.**



# What are parents using and doing?

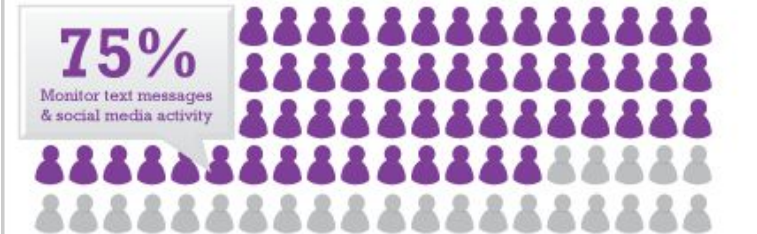
Overall, nearly all parents say they are doing something – either using technical tools, talking regularly to their child, supervising them, or having specific rules in place. (Ofcom, 2015)

## Getting in control

- An open honest dialogue with your child is key
- Talk to them about internet use
- Lead by example
- Encourage your child to think before they post
- BLOCK. Report. Evidence. Refer
- Consider a family agreement with expectations
- Filtering software to block unwanted material
- Check filters on both the wifi and mobile devices
- Ensure their accounts are on private
- Know what they're sharing
- Friends list

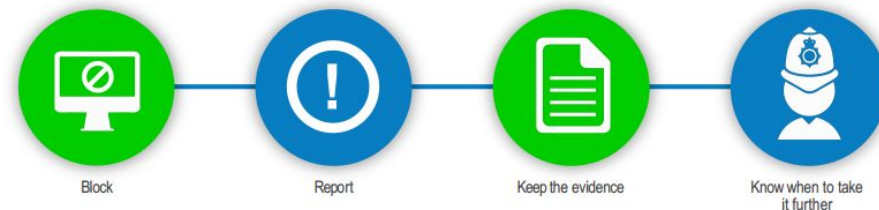
### Question #2

In response to recent news coverage of teens being bullied or cyberbullied across the country, 75% of parents are now monitoring text messages and social media activity.



Care.com

## The do's



# Summary

## PARENTS & CARERS:

### INFORMATION & ONLINE RESOURCES

#### 1. Where can I get online safety advice?

**Childnet Hot Topics** - a collection of advice covering topics like screen time, parental controls, digital wellbeing and live streaming - [www.childnet.com/parents-hot-topics](http://www.childnet.com/parents-hot-topics)

**UK Safer Internet Centre advice hub** - tailored advice for foster carers, adoptive parents, health care professionals and more - [www.saferinternet.org.uk/advice-centre](http://www.saferinternet.org.uk/advice-centre)

**Tackling difficult conversations** - advice and resources on how to talk to children and young people about online safety issues - [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)

**Keeping under 5s safe** - tailored advice for keeping under 5s safe online - [www.childnet.com/under-5s](http://www.childnet.com/under-5s)

**Digital Parenting** - a free online magazine offering information and advice on online issues - [www.vodafone.com/content/parents](http://www.vodafone.com/content/parents)

**Ask About Games** - specific advice and online guides about gaming and PEGI age ratings - [www.askaboutgames.com](http://www.askaboutgames.com)

**Phone Brain** - information about paid for services such as premium rate numbers and in-app purchases - [www.phonebrain.org.uk](http://www.phonebrain.org.uk)

**Get It Right From A Genuine Site** - get to know which sites are legal for streaming and downloading films, music & games - [www.getitrightfromagenuinesite.org](http://www.getitrightfromagenuinesite.org)

#### 2. Where can I go to keep up to date?

##### Online resources

**NetAware** - online guide and app with advice on popular online services, games and apps  
[www.net-aware.org.uk](http://www.net-aware.org.uk)

**Common Sense Media** - online advice and reviews for games, apps, films, books etc  
[www.common Sense media.org](http://www.common Sense media.org)

##### Social

[@childnetinternational](https://www.facebook.com/childnetinternational)

[@childnet](https://twitter.com/childnet)

[@uk\\_sic](https://www.instagram.com/uk_sic)

[@childnetinternational](https://www.youtube.com/channel/UCk1n1n1n1n1n1n1n1n1n1n1)

[www.childnet.com](http://www.childnet.com)

## OUR PARENTS & CARERS HUBS

**Childnet International** The parents and carers pages offer key advice on a range of online safety risks and detailed information on how and where to report online content - [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)

**UK Safer Internet Centre** The parents and carers pages offer an advice centre with detailed support for parents, foster carers and adoptive parents, health care professionals and many more - [www.saferinternet.org.uk/parents](http://www.saferinternet.org.uk/parents)

#### 3. Where can I get more support?

**Childnet need help** - find out where to access support and report online concerns & risks  
[www.childnet.com/parents-help](http://www.childnet.com/parents-help)

##### Support for parents & carers

**NSPCC** NSPCC - providing help and support for adults who are concerned about the safety or wellbeing of a child  
0800 800 5000

**NSPCC O2 & NSPCC** - providing help and support with social media, setting up parental controls, privacy settings and much more  
0800 800 5002


**Family Lives** - providing help and support with all aspects of family life  
0800 800 2222  
For advice: [www.familylives.org.uk](http://www.familylives.org.uk)

**Young Minds** - providing help and support with young people's mental health and wellbeing  
0800 802 5544  
For advice: [youngminds.org.uk](http://youngminds.org.uk)

##### Support for children & young people

**Childline** - providing help and support for under 18s  
0800 11 11 or online: [www.childline.org.uk](http://www.childline.org.uk)

**The Mix** - providing help and support for 13-25 year olds  
0800 808 4994 or online: [www.themix.org.uk](http://www.themix.org.uk)



Questions can be asked via the Google  
Form link within the Year group area for  
Parents Information Evening