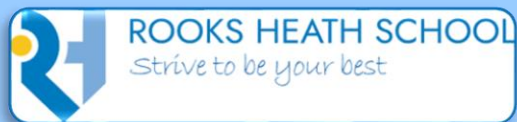


SAFEGUARDING NEWSLETTER



SUMMER 2021 – Issue 8

Latest advice for Parents and Carers



Welcome to the second of our Summer term Newsletters from the Rooks Heath Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you.

This edition is continuing the theme of our last Newsletter, Sexual Harassment/Abuse, but also includes the dangers of how this can happen at home. The content given is to inform and to raise awareness of any potential problems, it is not to intentionally make you fearful or worried about your children's internet use. However, if you are concerned, there are some organisations listed below that are there to help you.

We wish you a lovely half term break with some long-awaited sunshine!

On-Line Grooming – New Campaign (IWF)



Are you unknowingly letting child sexual abusers into your home?

On-line child sexual abuse is not a new problem, but it is a rapidly growing one. The methods abusers use is constantly shifting and changing, they are always looking for ways to avoid detection. Since the start of the pandemic, the amount of 'self-generated' child abuse imagery has increased dramatically. In 2020, the IWF confirmed 68,000 cases of such imagery, a rise of 77% on the year before. It accounts for nearly half the imagery that action was taken on last year. In 80% of these cases, the victims were 11-13-year-old girls!

Young people are being contacted in their own homes on online platforms and apps and asked for sexual pictures and videos, while their parents and carers believe they are safe. More and more sexual abuse material is created by offenders who coerce and groom children into sexual activities, often in children's own bedrooms and bathrooms. They then record this via webcams or livestreaming services. It's known as 'self-generated' child sexual abuse imagery. This is happening now and it can happen to anyone. But you can do something about it; you can help prevent it happening to your child.

A new 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.

The mnemonic used in the campaign is **TALK**:

- **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 as a family.
- **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/>



Grooming is when someone befriends and builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation. They can do this both offline and online, with technology and the Internet being commonly used to initiate and facilitate contact with a child. Gaining victims' trust is a key part of engaging them in sexually explicit behaviour. The groomer, who can either be a stranger or someone a child already knows, tends to use tactics such as engaging in small talk or exchanging personal information with the child about hobbies and relationships, using flattery and gifts to build a rapport or even making threats and intimidation to gain control. This can take place over varying periods of time – from a few days to several years.



What parents need to know about

ONLINE GROOMING

NUMBERS OF GROOMING OFFENCES ARE SOARING

In April 2017, a new government law came into force in England and Wales to allow police to charge adults who send sexual messages to children through mobile phones and social media. In the first year since the law change, there were 3,000 police-recorded offences of sexual communication with a child – a figure 50 per cent higher than experts expected in the first year.

ALL CHILDREN ARE AT RISK

According to a 2018 NSPCC report, a quarter of young people have experienced an adult who they don't know in real life trying to contact them online. One in four said they had been sent messages, images, videos or other content that made them feel sad, worried or uncomfortable. One in 10 girls and one in 20 boys under the age of 13 said they had received unwanted sexual messages.



CHILDREN ARE VULNERABLE TARGETS

Groomers use psychological tricks and methods to try and isolate children from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. In order to seek potential victims, predators are likely to use apps and websites that are popular with children and young people. Groomers can use a 'scattergun' approach to find victims, contacting hundreds online to increase their chance of success.

LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Live.me, BIGO Live, YouNow and many more.



GROOMING CAN HAPPEN RAPIDLY

Grooming is generally a slow, methodical and intentional process of manipulating a person to a point where they can be victimised. However, according to researchers at the University of Swansea, online grooming can also be very rapid, with analysis of chat logs revealing that it can take just 18 minutes for some predators to arrange to meet their victim. The fastest predators used sophisticated, persuasive, language-based strategies to rapidly build trust, including the use of small talk and praise which quickly escalated into requests for sexual messages.

ANYONE CAN GROOM YOUR CHILD

Many people expect groomers to be adults posing as children, but this is not always the case. Data from University of Swansea reveals that groomers' use of identity deception (around age, location and appearance) is fairly low. This can be because they approach many children, limiting their ability to lie. The worry is that honesty can be more damaging to the victim since they are more likely to feel as if they are in a real relationship.



National
Online
Safety

Top Tips for Parents



IT'S GOOD TO TALK

It's unlikely that you can stop your child using the Internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



CHECK PRIVACY SETTINGS

In order to give your child a safer online gaming experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they may use. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.

DISCUSS SAFE ONLINE BEHAVIOUR

Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. They should never agree to chat privately with a stranger or someone they don't really know. Remind them that they should never divulge personal information, such as mobile phone numbers, addresses, passwords or name of their school.

DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

BE SUPPORTIVE

Show your child that you will support them and make sure they understand that you can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.

LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive behaviour about what they are doing online.
- Internet or smartphone usage late at night.
- Going to unusual places to meet up with friends you have not heard of.
- They are clingy, have problems sleeping and eating or even bedwetting.
- A lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, which they can't explain.
- They seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.

HOW TO REPORT

If you're worried that your child is being groomed online or sexually exploited, you can report your concerns to the Child Exploitation and Online Protection (CEOP) Safety Centre, which is part of the National Crime Agency at www.ceop.police.uk/safety-centre. Reports are read by a Child Protection Advisor who will make contact by phone or email to work with you to make a plan to keep your child safe. If you think a child is in immediate danger, call the Police on 999 or NSPCC on 0800 800 5000.



SOURCES: <https://www.nspcc.org.uk/globalassets/documents/research-reports/how-safe-children-2018-report.pdf>, [https://www.independent.co.uk/news/uk/crime/ paedophiles-arrested-hundreds-police-warning-live-streaming-nca-online-dangers-uk-grooming-children-a8092851.html](https://www.telegraph.co.uk/news/2018/06/17/police-reveal-3000-sex-grooming-crimes-against-children-young-https://www.independent.co.uk/news/uk/crime/ paedophiles-arrested-hundreds-police-warning-live-streaming-nca-online-dangers-uk-grooming-children-a8092851.html), <https://www.nspcc.org.uk/what-we-do/news-opinion/facebook-tops-list-online-grooming>, <https://projects.swan.ac.uk/onlinegroomingcommunication/>

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This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com

Sexting – What is it and what are the risks?

Sexting is when a sexual message, photo, or video is sent to someone else, it could a picture of yourself, but sometimes people send pictures and videos of other people. Messages could be to a friend, boyfriend, girlfriend, or someone online.

Sexting includes:

- Being partly or completely naked, or in underwear
- Posing in a sexual position
- Sending 'nudes' or 'dick pics'
- Talking about sexual things you are doing or want to do
- Doing sexual things on a live stream



It is important for parents to understand these dangers to be able to address them properly. Sexting at a young age can be harmful in many ways and could end up haunting children for the rest of their lives.

What are the risks or sexting? It is important to talk to your child about the risks of sexting and let them know they can come to you if someone is pressuring them to send or share nudes, or if they are worried about something.

Some of the risks of sexting or sending and sharing nudes for children and young people are:

- Losing control of the images, videos, or messages and how they are shared. Once something is shared online it is public and can be saved or copied by others.
- Blackmail, bullying and harm. Young people can have their photos, messages or videos shared without their consent or be bullied about them.

The **NSPCC** have information and guidance for parents on sexting, click link below:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>



YouTube lets you watch, create and comment on videos. You can create your own YouTube account, create a music playlist and even create your own channel, which means you'll have a public profile. YouTube allows live streaming.

Young people use YouTube to play games, create, learn, connect with people and to watch.

Tips for staying safe are:

- Explore it together
- Explore YouTube's safety settings
- Talk to your child about what they are sharing
- Show them how to report inappropriate content
- Let your child know they can talk to you

It is important to remember that the Official age rating for YouTube is 13+

Follow link below for more parental advice on safety

<https://www.net-aware.org.uk/networks/youtube/>

Safe Gaming

Gaming is enjoyed by children and adults on a worldwide scale. It can be a way for children to be social, learn new skills, develop teamwork, and relax. However, gaming also comes with risks for children. It can be difficult to keep up with the latest games and how they work. However, there are ways that you can support happier, safe gaming for your child. Talking to your child about the games they are playing, learning together, and setting boundaries/safety settings are steps you need to take.

Remember - if you are worried that a child is being groomed in a game or any other online platform you should contact local police on 101/999.

Click below for further expert advice

thinkuknow.co.uk/parents/gaming/





Sexting occurs predominantly on, but is not exclusive to these apps...



Snapchat



Tinder



WhatsApp



Kik



Did you know?
IT IS ILLEGAL TO TAKE, MAKE OR SHARE AN INDECENT IMAGE OR VIDEO OF A CHILD UNDER THE AGE OF 18 – EVEN IF IT IS CONSENSUAL

Sexting involves sending and receiving explicit messages, images or videos of a sexual nature. This content is usually uploaded on a mobile device, which can then be uploaded onto social networking sites and shared further. They can be sent to or from a friend, boyfriend, girlfriend, or someone your child has met online. Sexting is often described as the new flirting for children – but it is illegal for anyone under the age of 18, with police forces in England and Wales recording 6,238 underage "sexting" offences in 2016-17, a rate of 17 a day.

What parents need to know about **SEXTING**

BREAKING THE LAW

Sexting is illegal if you share, make, take or distribute an indecent image or video of a child under the age of 18. It is an offence under the Protection of Children Act (1978), the Criminal Justice Act (1988), and under Section 67 of the Serious Crime Act (2015). Sexting or 'youth produced sexual imagery' between children is still illegal, even if they are in a relationship and any images are shared consensually.

CHILDREN THINK IT'S HARMLESS

Many young people see sexting as 'banter' or a joke, an easy way to show someone they like and trust them, or just a cool thing to do. But they may not realise the consequences of sharing personal information and how it can be potentially harmful to them in the future.

REGRETTING THEIR ACTIONS

Although some children are willingly exchanging images, many may regret sharing the messages, images and videos after they have sent or uploaded them. Once it's out there, there's no going back, and your child may feel ashamed, vulnerable, worried or anxious about imagery resurfacing later, especially if a relationship or friendship has broken down. 'Sexting' was the most viewed information and advice topic on the Childline website in 2017, showing the need for people to get help.

BULLYING, COERCION & BLACKMAIL

Your child may feel pressured into sexting, so they don't come across as boring, or think it's a way to show someone they care for them. They may feel under pressure to give in to repeated requests or feel obliged to share sexual messages and imagery. Sexting can also expose young adults to the risk of being exploited by paedophiles or sexual predators, who then use images to extort additional photos, sexual favours, and sometimes money from victims.

SHARING

Once a photo or video is out there, there's no way of knowing how many people have saved it, tagged it or shared it. Children like to show off to their peers and suddenly, an image has gone beyond its intended recipient, to classmates, friends, and even strangers. Once an image or video has been shared online, there's nothing to stop it being archived and repeatedly shared.

Top Tips for Parents

TALK TO YOUR CHILD

Encourage open dialogue about appropriate information to share with others both online and offline, discuss the word 'sexting' and ensure that they know what it is and what it involves. Show that you understand that sexting can reflect natural adolescent curiosity about nudity, bodies and exploring their sexuality, but explain why it's important to think twice before sharing something. Show that you are approachable and understanding.

DISCUSS THE LEGALITIES

Children and young people may not realise that what they are doing is illegal. Ensure that your child understands that when they are aged under 18, it is against the law for anyone to take or have a sexual photo of them – even if it's a selfie, and even when the activity is consensual.

EXPLAIN THE REPERCUSSIONS

Let your children know that once they have sent a message, they are no longer in control of it, and the messages, images and videos that they may intend to share with one individual may end up where the whole world can have access to them. Even if they completely trust someone, other people using their phone might accidentally see it. And, later in life, it may affect their online reputation, especially if universities, employers or future partners access the imagery.

HOW TO REMOVE IMAGES

If an image has already been shared, either your child or yourself should speak to the person that the image was shared with and ask them to delete it. You can also use the report button on a website where the image was posted. Speak to your child's school, as they may be able to confiscate phones if they know that they have sexual imagery stored. If you believe the child was forced into sending the message, report this to the police. You or your child can also report the content to CEOP with one of their child protection advisors (Child Exploitation and Online Protection Command).

BLOCKING AND STOPPING SEXTING

Show your child how to use the block button on their devices and favourite apps to stop people sending them unwanted messages. You can also set up parental controls with your internet service provider or on your child's phone to stop them from accessing harmful content.

HAS YOUR CHILD RECEIVED A SEXUAL IMAGE?

Firstly, reassure your child that they have done the right thing by speaking to you about the incident. Ask them if they requested the image or if they received it unwillingly. If the image has been sent to your child by an adult and you are concerned about sexual exploitation or grooming, contact CEOP immediately.

SOURCES: NSPCC (2015) Review Under Pressure: What's Affected Children in April 2013 - March 2014. [online] nspcc.org.uk/globalassets/documents/annual-reports/childline-review-under-pressure.pdf. Last accessed on 25/07/18; theconversation.com/one-in-seven-teens-are-sexting-says-new-research-92170; learning.nspcc.org.uk/research-resources/childline-annual-review; bbc.co.uk/news/uk-41880500



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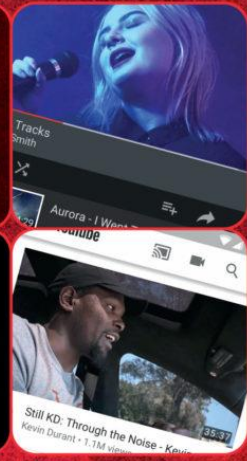
A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061





YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.9 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.



AGE RESTRICTION
13+



What parents need to know about YouTube

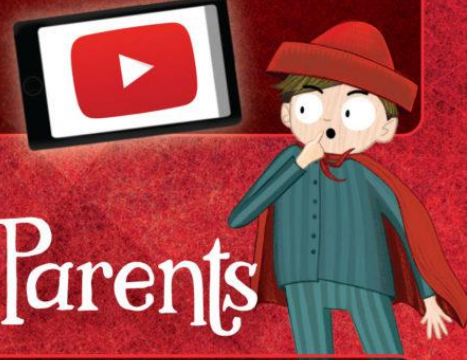
SPENDING A PREMIUM
YouTube Premium (formerly YouTube Red) is a new paid streaming subscription service in the UK, offering a three-month free trial to tempt viewers into a £12-per-month plan. This includes the ability to download videos, stream videos with the app in the background, gives exclusive access to original content and a separate music streaming service and gaming app.

DANGEROUS 'CHALLENGE' & VIRAL VIDEOS
On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chilli or jumping in a river and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed in which challenge videos spread across the Internet makes it difficult to keep up with the latest ones.

SHARING VIDEOS
As well as watching videos, many children are keen to share their own videos online, emulating their YouTube heroes, such as Stampy or DanTDM. However, if they post something on YouTube, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive hurtful or negative comments regarding not only their content, but also their appearance. YouTube's comment section is infamous for being one of the most opinionated on the Internet.

IN-APP MESSAGING
When your child is logged into their Google account and browsing the YouTube website, they can share and talk about videos with their friends using the chat bubble. This can be found at the top right of the desktop site or through in-app messaging on their mobile or tablet. When they tap on the 'Friends' icon, they have a list of suggested people from their contacts - which can be any contact they've had on Google or somebody who has sent them an invite link.

AGE-INAPPROPRIATE VIDEOS
As YouTube is the biggest video sharing website in the world, there is content available for all ages, meaning that some content will not be appropriate for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.



Top Tips for Parents

TURN ON 'RESTRICTED' MODE
'Restricted Mode' is an optional setting you can use to help screen out potentially mature content. You may prefer your child not to see. Restricted Mode works on the browser or device level, so must be turned on for each browser or device your child uses. To do this, follow these steps:

Desktop:

- Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON'.
- To make it more difficult for this to be turned off, you will be given the option to lock restricted mode onto your browser.

Mobile:

- Tap the three vertical dots at the top-right on the screen and press, 'Settings'.
- Click on 'Restricted mode filtering'.
- Press 'Restrict'.

Please note that you can't 'lock' restricted mode on a phone in the same way that you can on a desktop. You will need to turn this on each time your child uses it.

CREATE A FAMILY GOOGLE ACCOUNT
By having a shared family Google account, checking the history will enable you to see exactly what your child is watching and sharing on YouTube. To see the history on a computer, on the right hand menu under the library section, click 'History'. On mobiles, the viewing history can be found by clicking on the 'Library' tab.

YOUTUBE KIDS - PARENT APPROVED CONTENT
On the YouTube Kids platform, parents can now handpick videos and channels for their children to view, giving parents and guardians full control over what their children view on the app. Simply enable the feature within the account settings and select 'approved content only'. It's important to note that this feature is only currently available on Android devices.

BLOCKING ACCOUNTS
When using YouTube, there may be instances where your child receives negative comments. If somebody's giving your child a difficult time, here's how to block them and prevent future comments and replies:

- Go to their channel/account by clicking on their name.
- Click on 'About'.
- Tap the dropdown box with an image of a flag on it.
- Press 'Block user'.
- Tap 'Submit'.

MONITOR WHAT YOUR CHILD IS WATCHING/POSTING
The only way to truly know what your child may have been watching is to regularly monitor them. You can do this by checking their viewing history. YouTube videos can also be easily downloaded, so it is important that your child understands the associated dangers of content they are uploading and that it could harm their online reputation in the future. Show them how to set their videos to private or choose a small network of YouTube subscribers to share with. To get started, your child can use YouTube Studio which offers learning modules on creating a YouTube channel, however, you should encourage them not to use their real name.

DIGITAL WELLBEING
YouTube has launched a tool called 'Time Watched' that allows you to see how long has been spent on the platform. Once you have discovered how much time has been spent on the app, there is the option to set a time limit. Once the limit is reached, a reminder will pop up on the screen. You can also disable sounds and vibrations to help resist the urge to check for notifications.

OPT FOR A FAMILY PREMIUM PLAN
A YouTube family Premium plan may be a cost-effective option if you have more than one child. For £17.99 a month, it allows you to share a YouTube paid membership with up to five other family members - aged 13 and older - living in the same household. As the account holder, or family manager, you must create a Google family account.

MANAGING IN-APP MESSAGES
If your child is accessing YouTube via your account, bear in mind that they may be contacted by Google contacts who are complete strangers to them. You can remove someone from the suggested contacts list by pressing and holding the person's name and tapping on the red 'x'.

YOUTUBE GAMING
YouTube has created its own destination for gamers, which highlights the top gaming videos from the user's subscriptions, including live streams. There are hundreds of YouTube accounts which show other people playing and commenting on games. These are called 'Let's Play' videos. While YouTube can be a great resource for hints, tips and news for games, it is a good idea for parents to keep a close eye on what YouTube's are posting. Often, the games they are playing will contain strong language and violence. A few examples of popular YouTube gamers for you to have a look at are:

- Stampy
- Yogscast Lewis & Simon
- PewDiePie
- EthanGamer
- Markiplier
- PopularMMOs
- Captainsparklez
- Jacksepticeye
- LtCorbis
- Dan TDM

SOURCES: <https://www.thesun.co.uk/tech/6702517/youtube-porn-videos-roblox-sex-games-watch-online/>, <https://www.youtube.com/watch?v=x-frqntP96M>, <https://www.youtube.com/watch?v=L2uxy7hc-hc>, <http://www.dailymail.co.uk/news/article-5126833/Terrifying-truth-child-watches-youtube.html>, <https://www.todaysparent.com/family/crazy-youtube-challenges-kids-are-doing/>, <https://www.youtube.com/watch?v=4yek0Jb0sBg>, <https://tocaboca.com/magazine/common-sense-media-youtube/>, <http://familytech.com/so-your-kid-wants-to-start-their-own-youtube-channel/>, <https://www.laptopmag.com/articles/block-someone-youtube>, <https://www.youtube.com/intl/en-gb/yt/about/brand-resources/#logos-icons-colors>, <https://www.common SenseMedia.org/blog/popular-youtube-gamers-kids-cant-get-enough-ofStamp>

What parents & carers need to know about...

CALL OF DUTY
BLACK OPS
COLD WAR

CALL OF DUTY BLACK OPS COLD WAR

PEGI
18

Call of Duty: Black Ops Cold War (CoD) is an online first-person shooter. It's available on PC, PlayStation and Xbox. CoD allows players to select from different game modes including campaign, multiplayer and 'Zombies'. Players can customise their character and weapons in the game.

Graphic Violence & Language

A story of covert warfare and ruthless operatives, Black Ops Cold War features extreme violence: players harm and kill enemies in brutal and graphic ways. Several scenes depict intense interrogation and torture. Unsurprisingly, there's a strong horror element in 'Zombies' mode. The language used is unsuitable for under 18s.



In-game Payments

Players can gain an advantage over other users by spending money on new characters and attributes. The currency in the game is known as CoD points. They can't be earned by playing the game - only purchased in the online store. CoD point packs range from £1.79 to £84.99.



Online Multiplayer

Most modes of Black Ops Cold War require an internet connection so that the player can battle against other users online: the game has integration into the existing 'Warzone' battle royale mode. A multiplayer round usually lasts between 10 and 30 minutes. Because of the game's immersive nature, it can be difficult for children to recognise their limits and know when to stop playing.



Chatting to Strangers

During a multiplayer game, if your child's PC or console has a microphone, it's possible for them to talk to any other player around the world. As it's an adult game, the language used in these chats may often be inappropriate for young children. Due to the competitive nature of gaming and the fact that conversations are not moderated, your child could be at risk of cyberbullying.



Safety Tips for Parents & Carers

Discuss Time Limits

It's not possible to pause a multiplayer game of CoD, so it's a good idea to agree with your child a limit of matches they can play in one session. In 2018, the World Health Organisation recognised 'gaming disorder' as health condition, so it's important to monitor how long your child spends on the game.



Remove Violence & Profanity

At the beginning of the game, players are given the chance to disable the graphic content. You also have the option to do this in the game's settings. You can change the profanity setting in the content filters tab, so that the bad language doesn't appear in the game. In addition, there's an option to change the zombies mode to a more cartoonish rendering, making this mode slightly less frightening.



Disable Communication Features

It's important to talk to your child regularly about who they're interacting with online. If you have serious concerns, you can disable the voice chat function in the game's audio settings and disable the text chat function in the content filters section too.



Monitor & Limit Spending

To avoid your child incurring hefty CoD point costs, it's best not to link their device to your bank account. Alternatively, you could allow limited access by setting up parental controls on their console. To keep a rein on spending, it's a good idea to use a gift voucher or a Paysafe card (if they're using an Xbox or PlayStation).



Block Unsuitable Content and Users

You can prevent your child from viewing any user-generated content by changing the settings via the in-game options menu, so unsuitable content won't show on screen when your child is playing. If your child feels that they've experienced cyberbullying in the game, there is a facility within the game to report offensive behaviour.



Encourage Alternate Activities

Players are given incentives during the game to reward more time spent playing. They can also earn rewards by watching influencers playing the game via Twitch. This presents a risk that your child could want to spend even more time in front of a screen. Make sure you talk to your child regularly about the importance of alternative activities away from their device - such as physical exercise or pursuing a creative interest.



Meet our expert

Mark Foster has worked in the gaming industry for five years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



SOURCES: <https://www.who.int/features/qa/gaming-disorder/> | <https://www.playstation.com/en-gb/using-a-trustee/> | <https://www.callofduty.com/blog/2020/11/Black-ops-cold-war-Controls-and-Settings-PlayStation> | <https://support.activision.com/uk/en/black-ops-cold-war/articles/black-ops-cold-war-editions-tag> | <https://support.activision.com/uk/en/black-ops-cold-war/articles/black-ops-cold-war-twitch-rewards> | <https://www.taminggaming.com/game/Call-of-Duty-Black-ops-cold-war/>



Dedicated Helpline
0800 136 663

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools](#)
[NSPCC](#)



Together we can prevent child sexual abuse

[Stop It Now! UK and Ireland](#) encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – **0808 1000 900** or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:
[Live chat - Stop It Now](#)
[Stop It Now! Secure email](#)

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Be ware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)



Together we can prevent child sexual abuse



Everyone's Invited was founded by Soma Sara during her time at school and University.

Conversations with friends throughout this time began to reveal how widespread the issue is for young people. Whilst finishing her degree she began sharing her experiences of rape culture on Instagram. The huge response from those that identified with her story, prompted the website in June 2020. It is a space created for survivors to share their stories. Since 8th March 2021, over 15,000 anonymous testimonies have been submitted and shared, sparking a conversation about rape culture with millions of people. To find out more click [Everyone's Invited \(everyonesinvited.uk\)](#)

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/>

EAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

Leaflets available in other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Polish
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese
- Welsh

PARENTAL SUPPORT

YOUNG MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about COVID-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Find the help finder here:

<https://youngminds.org.uk/supporting-parents/>

HelpHarrow

Help Harrow Digital Product

Help Harrow is being delivered in partnership with Harrow Council. It is a self-referral system for all ages, targeting acute needs in specific social areas in Harrow.

Help Harrow Key Points:

- A portal as a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- Currently offers support for food poverty, advice/information in all areas of life, as well as mental health and emotional wellbeing support.
- A 'Single Point of Contact' referral system.
- Referrals can be made directly by the person in need or via an Access Point.

Key Benefits to HelpHarrow.org Users:

- A virtual One stop shop" to organisations and services in the Harrow.
- A choice of relevant organisations listed to support the user's needs.
- Process to start engagement with a person in need within 2 working days of referral received.
- Key organisations in the system including but not limited to Citizen Advice Bureau, MIND, Age Concern and Harrow Carers.

Who is Help Harrow for?

- Local Harrow residents for self-referral
- Households affected by Covid-19
- All ages
- Organisations

Please click on link for more details

<https://helpharrow.org/>

SCHOOL SOCIAL WORKER

Parents, are you worried about: Your child's behaviour, finances and putting food on the table, employment, housing, your own mental health or relationship difficulties and want to talk about these?

Students, are you worried about: Your mental health, food, arguments or fights at home, covid-19, or do you have worries about your brother or sister or friend?

I will be holding drop-ins over the Telephone on the days and times listed below:

Mondays 2-4pm

Thursdays 10am-12noon



Please email: Evangeline.phillips@harrow.gov.uk to arrange a call back. If these times don't work for you, we can find another time.

Look out for my presentation in virtual assemblies soon!



HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank?
**THE MOST IMPORTANT STEP IS TO GET A
FOODBANK VOUCHER.**

To provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, and some local charities.

To Get In Touch

If you [call or email](#) the foodbank they can talk through your situation and put you in touch with the relevant local agency.

[Harrow Foodbank | Helping Local People in Crisis](#)

LEARN HARROW

If you are struggling with Home Learning and supporting your children during this current Lockdown, Learn Harrow, promoted by Harrow Council, provides a wide choice of learning opportunities for all ages and abilities across the borough in partnership with various providers.

They have created a google form for parents to tell them what they are interested in:

<https://docs.google.com/forms/d/1pfXbm0GNJh1Xq3bQqjs8oSfBo3z3v23gZdfVSPk8whg/edit>

They are running various different courses for secondary school parents to attend such as:

- How to use learning platforms such as Google, Zoom and Teams
- Awareness of teenage mental health and how to approach this with your own child
- How to monitor children on the internet
- How to motivate their children to do work
- ESOL
- Functional Skills Maths/English/ICT



*Online Counselling Service
for 11-25 year olds in Harrow*

As part of Mental Health services for young people in Harrow, the service complements their existing early intervention, Harrow Horizons.

It is a free online counselling and emotional well-being support service providing young people in Harrow, aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

SAFEGUARDING TEAM

The Rooks Heath College Safeguarding Team have been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

The team Members are as follows:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West, Miss L Dale and Mrs L Geoghegan

School Social Worker

Ms Evie Philips

Are all your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details.

**Useful contacts to report a concern
If you are worried and need help, then please
contact one of the following:**

For children click here



Online here



Harrow Children's Services [click here](#)

020 8901 2690

Share the HOPE
Save a life

HOPELINEUK
0800 068 41 41 07860 039 967 pat@papyrus-uk.org

EMERGENCY
APPEAL

