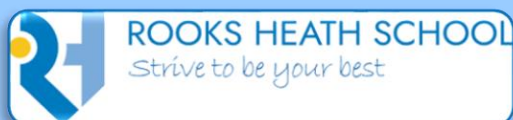


SAFEGUARDING NEWSLETTER



SPRING 2021 – Issue 4

Latest advice for Parents and Carers



Welcome to the latest Spring Term Newsletter from the Rooks Heath Safeguarding Team. We aim to bring you all the latest relevant help and advice on a wide range of issues that we feel will be of importance to you.

Safer Internet Day is 9th February this year, with Remote Learning very much still a part of our daily lives, we thought it would be helpful to share some useful guidance and tips on making on-line activity as safe as possible, both in a learning capacity and a social/leisure one. Half term is also upon us, so we would like to wish you all a well-earned break!!



This year **Safer Internet Day** is on the 9th February and will be exploring reliabilities online. The internet has an amazing range of information and opportunities online, but it can be difficult to separate fact from fiction.

The impact of Safer Internet Day

Each year Safer Internet Day is the biggest celebration of online safety in the UK, with **49% of UK children aged 8-17 hearing about the day in 2020**, alongside 26% of UK parents and carers.

As a result of their celebration of Safer Internet Day:

77% of said they felt more confident about what to do if they were worried about something online.

78% said they know what to do if they, or someone they know, are targeted online because they are different in some way.

19% said they spoke to someone about something that had been worrying them online.

The link below will give a huge number of tips and resources to help you guide your children and young people on how to use the Internet safely and appropriately.

<https://www.saferinternet.org.uk/safer-internet-day/2021>



TikTok Update Parental Controls with Family Pairing Feature (SWGfL)

TikTok is used by many teenagers and sometimes children younger than 13, despite its terms and conditions. Using the new Family Pairing feature can allow parents to guide their child's TikTok experience in a safer way. Features include:

- Search: Decide what can be searched for. This includes content, users, hashtags, or sounds
- Screen Time Management: Sets how long your teen can spend on TikTok each day
- Discoverability: Decide on the account being private (you decide who can see their content) or public (anyone can search and view content)

To find out more information about TikTok's Family Pairing feature and go to:

<https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

Click below to access many useful checklists to help you ensure that your child is as safe as possible whilst using the different social media platforms that are currently available.

<https://swgfl.org.uk/resources/checklists/>

Publish date: 10/10/18
Edit date: 06/03/19



TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company ByteDance that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok. In early 2019, TikTok was hit with a record \$5.7m (£4.2m) fine in the US over child data privacy concerns for its record keeping while under the Musical.ly brand.

What parents need to know about TIKTOK

ONLINE PREDATORS

By default, users accounts are automatically set to public when they first create an account. TikTok encourages users to share creative expression through their videos, but if posted publicly, anyone in the world can see your child's homemade content. There have also been concerns the Chinese government could access data or sway public opinion through the app. If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

IN-APP PURCHASES

As with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £99.99 with a one-click buy button.

INAPPROPRIATE CONTENT

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics. In addition to this, some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

BEING INFLUENCED

More than one third of children aged 8-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their talents, moments and knowledge, from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions. On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon. Sometimes these challenges can pose risks to young people.



National
Online
Safety®



Top Tips for Parents

DISCUSS THE PITFALLS OF OVERSHARING

Encourage your child to always think before they do, say, like or post anything online. Explain that their 'digital footprint' shapes their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them. Remind them that they do not have to do anything they are not comfortable with. To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure your child knows how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest altering these settings so only their friends can interact with their posts.

REPORT INAPPROPRIATE CONTENT

If you or your child sees something inappropriate on TikTok, you can flag up an account, video, comment or chat by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there's also an 'Enhanced Restricted Mode', limiting appearance of videos which may be inappropriate.

USE A PRIVATE ACCOUNT

Setting up a private account means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

SIGNING UP WITH THE CORRECT AGE

When signing up, users are prompted to input a date of birth. If the inputted date of birth means your child is under 13, the app will block them. However, this doesn't prevent your child from lying about their age. The app is intended for users aged 13+, so explain the rating is there for a reason: to keep them protected from online dangers. It is actually possible to watch TikTok videos without creating an account, so make sure your child, if under 13, hasn't downloaded it.

USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about how long your child is spending on TikTok, it has a setting called 'Digital Wellbeing' which allows you to manage the amount of screen time your child can have. We also advise that you turn off push notifications in the settings to prevent your child from receiving 'spam-like' notifications from TikTok that encourage users to go on the app.

DISCUSS IN-APP PURCHASES

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

Users can also follow the account @tiktoktips, TikTok's official account fronted by established TikTok users which offers useful online safety tips for promoting safety on its platform, rather than hiding information in FAQs.

SOURCES: support.musical.ly/knowledge-base/community-guidelines; edition.cnn.com/2018/02/26/tech/tech-for-kids-children; techcrunch.com/2019/02/27/tiktok-is-launching-a-series-of-online-safety-videos-in-its-app; theguardian.com/technology/2018/nov/26/tiktok-video-sharing-app-fined-for-collection-of-childs-data; tiktok app - Apple App Store; en.wikipedia.org/wiki/TikTok; mediapost.com/publications/article/318720/social-media-can-influence-kids-but-parents-act.html; metro.co.uk/2017/03/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-4516068; youtube.com/watch?v=4V65M47C0U; youtube.com/watch?v=1YQZ12D4qM; rsc.mash.com/webone/pel/creator/tiktok.pdf; youtube.com/watch?v=4V65M47C0U



Snapchat is a photo sharing app for mobile phones and tablets.

The app allows users to share images for a limited number of seconds, chat with users before messages disappear and share images with their friends list through a 'story'. As an adult it is easy to understand how these messages, images and videos can cause significant harm, even if they are only 'temporary'. But this is not the understanding that young people have. Some young users assume that their 'Snaps' are totally harmless as they disappear in just a few seconds. The truth is, however, that anyone can save a screenshot of a 'Snap' to their phone. What they then do with it is completely out of the original 'posters' control. We know that children and young people lack a true and clear understanding of the repercussions of their actions. This then opens the door to all sorts of issues including online bullying, predators and much more.

Click on the link below for a guide which will inform you with tips on several potential risks such as location privacy, sexting and addictive features.

<https://nationalonlinesafety.com/guides/snapchat-parent-s-guide>



Instagram is a free to download photo sharing app for mobile phones and tablets.

Released back in 2010, the app has gained over 1 billion monthly users. The minimum age requirement to use the service is 13 years old. For keen @instagramers' the app provides a channel to share their photography skills and daily life events. Content posted can be amplified using hashtags, which means masses can be reached in a matter of minutes.

Click on the link below for a guide which will inform you with tips on several potential risks such as exposing your child's location in-app purchases and poor mental wellbeing.

<https://nationalonlinesafety.com/guides/instagram-reels>

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/>

IDENTIFYING FAKE NEWS

Breaking News.....Just in.....Don't Miss This!

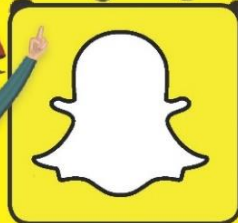
We are all getting our news online or from social media these days and this type of headings are constantly popping up to attract our attention. What is fake? What is real? Anyone having access to a phone or computer can publish information online nowadays and it is getting increasingly harder to tell the difference sometimes.

With more people than ever now using Facebook, Snapchat, Twitter etc for sources of their news and information, it is even more important that all of us – especially children and young people, learn to dissect what we read online into fact or fiction! There is so much fake news online and with most young people getting their news from their feeds, involving ad-supported click-bait, they need to learn how to view stories critically, a skill that we should all learn! Parents can help their children to become more thought-provoking, critical thinkers. A few things to look for are below, click on the link for more advice:

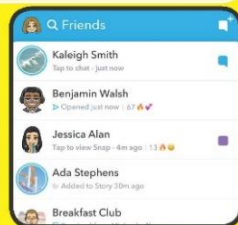
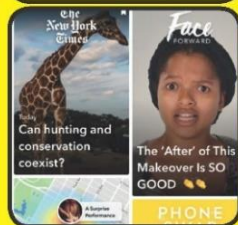
- Look for unusual URL's or site names
- Look for signs of low quality, such as words in all caps, headlines with glaring spelling errors, bold claims with no sources or sensationalist images - women in bikini's are popular clickbait on fake news sites

<https://www.commonsensemedia.org/blog/how-to-spot-fake-news-and-teach-kids-to-be-media-savvy>

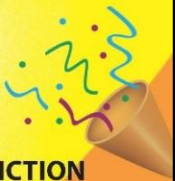




Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the last 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty".



What parents need to know about SNAPCHAT



EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story', stating that "Snaps you submit to Our Story can still show up on the Map, no matter what location setting you choose". When uploading to Our Story, your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future".

SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record what has been sent to them. Users may sometimes forget that screenshotting is a possibility in the app and send a compromising image or message to somebody that they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, allows the user to save a message they have received, which can be screenshotted or used against them at a later date.

SEXTING

Due to 'Snaps' disappearing, (users can even send a one second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'sexts'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



SNAPSTREAKS & ADDICTION

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that Snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as high as possible; this can put an incredible amount of pressure on children and their friendships to make sure their streaks are continued.

NEW FOR JULY 2018

LENS EXPLORER

The Lens Studio on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snappers ages 13+." The Lens Explorer in the app now allows users to choose from thousands of these creations to alter their snaps. Anyone can create a Lens for Snapchat, which opens opportunities for age-inappropriate content to be uploaded.



National Online Safety

Top Tips for Parents



DISCUSS THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, then it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences; the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content, which may be sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or Snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

USE 'GHOST MODE'

We highly recommend enabling Ghost Mode on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

NEW FOR JULY 2018

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments that they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.



RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.

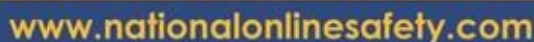


TURN OFF 'QUICK ADD'

'Quick add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.



Sources: Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | <https://support.snapchat.com/en-US> | <https://nfsanity.net/snapchat-parent-review/> | BT.com | Independent.co.uk



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 | • Punjabi |
| • Bengali | • Somali |
| • English | • Spanish |
| • Farsi | • Turkish |
| • French | • Urdu |
| • Hindi | • Vietnamese |
| • Polish | • Welsh |

PARENTAL SUPPORT

YOUNG MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about covid, 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 Helpfinder'. 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.**

In order 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 they work 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/1pfXbm0GNJh1Xq3bQqjs8oSfBo3z3v23qZdfVSPk8whg/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
PAPYRUS
National Helpline