



# Bedford High School Safeguarding Newsletter December 2020



Safeguarding Team		Useful Numbers / Websites
Rebecca Ramsden	Designated Safeguarding Lead	NHS: 111/999 or <a href="http://www.nhs.uk">www.nhs.uk</a>
Helen Phillips	Deputy DSL	Foodbank: <a href="http://www.athertonleigh.foodbank.org.uk">www.athertonleigh.foodbank.org.uk</a>
Bridget Moss	Deputy DSL	Childline: 0800 1111 or <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Paul McCaffery	Deputy DSL	Wigan Safeguarding Team: 01942 828300
Emma Darbyshire	Deputy DSL	Dias (DV support): 07519911902 or <a href="http://www.diasdvc.org">www.diasdvc.org</a>
Sue Critchley	Safeguarding Mentor	Think U Know: <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
		Kooth: <a href="http://www.kooth.com">www.kooth.com</a>
		Young Minds: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
		Papyrus: 0800 068 4141 or <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>

Welcome to the December Edition of Bedford High School's Safeguarding Newsletter. We hope you are all taking care and staying safe.



## Online Safety Advice

It can be hard to know how to talk to your child about online safety. Apps are constantly evolving and being newly created. The NSPCC is a great place for parents to seek advice on how to set up parental controls on devices, advice on sexting, online games and video apps. Take some time to explore the following link to the NSPCC website which is designed to help you to understand the risks and keep your child safe:

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

## Managing Privacy Settings

An increasing amount of young people are using social media, gaming and live streaming apps to chat and share content with others. But connecting and sharing with people online can come with risks too.

Once shared, personal information like their name, address, photos, or bank details online, could be used by others. For example, it could lead to the child being bullied, groomed or blackmailed. It might also be used by cyber criminals.

**Privacy settings** can help you and your child to manage how much and what kind of information is shared, whilst enjoying their favourite sites, games and apps. Privacy settings are controls available on many websites and apps to limit who can access your profile and what information visitors can see.

### How should I use privacy settings?

Many websites and apps periodically make changes to the privacy and security settings that they offer. Frequently review your child's privacy settings to ensure they're unlikely to encounter the risks associated with sharing personal information widely.

Some sites or apps like Facebook allow you to view how your profile looks to the public (people you're not friends with). Use this tool to check that you and your child are happy with the information they share to people they don't know.

Even when privacy settings are put in place, it is important to remember that information posted online is never completely private.

For specific advice about privacy settings on each of the popular apps, such as Instagram, follow the link below:

<https://www.internetmatters.org/parental-controls/social-media/>

## How to report a concern

If you're worried that your child is being groomed online or sexually exploited you should report your concerns to CEOP.

CEOP is a command of the National Crime Agency and can investigate what is happening – with the assurance that the safety and wellbeing of your child is paramount at all times.

You should always report if your child is or has been in contact with someone who is:

- Chatting online to your child about sex
- Asking them to do sexual things on webcam
- Asking to meet up if they've only met them online
- Requesting sexual pictures
- Forcing them into sexual activity
- Making them feel unsafe

**If you are concerned that your child is in immediate danger, call 999.**

## How do I make a report to CEOP?

You can make a report to CEOP using the [CEOP Safety Centre](#).

You will need to complete an online form which will ask you for your contact details and information about what has happened. It will ask:

- What happened?
- Who did it happen to?
- What do you know about the suspect involved?

You should complete the form as fully as you can but don't worry if you don't have all of the details.

Who receives the report and what happens next?

All of the reports are first reviewed by child protection social workers. They will:

- Read the report and assess the risk to your child
- Look to make contact with you to discuss next steps
- Give safeguarding advice and support