

Archbishop Courtenay Primary School

Term 4 2021-2022

Well-being and Safeguarding Termly Newsletter

Welcome to the first edition of our well-being and safeguarding newsletter. We aim to keep you up to date termly with the latest tips and advice to support you and your child's well-being and ways to continue to keep them safe. In addition to this, we add weekly well-being notices to our weekly Friday newsletter.

Meet our well-being team! All the children at school have been introduced to us and know where to find us throughout the day. Every classroom has this poster to remind them who they can talk to.

What's inside?

Well-being Strategies

Well-being Support

Safeguarding Team Introductions

Race and Racism support

Online Safety—National Online Safety

Online Safety - Reporting

Support Guidance Directory

Archbishop Courtenay Primary School



Our well-being team

Mrs Bond



Mrs Heather



Mrs Gooding



Mrs Donnan



Miss Haines



*If you need
someone to talk to,
then the
well-being team is
here for you.*

Mrs Barnes



Mr Lacey



Mrs Almeida



Mrs Makepeace



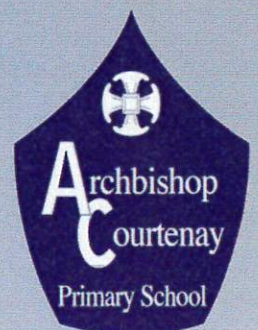
Mrs Morgan

**It always seems
impossible until it's done.**
- Nelson Mandela

We all have times when we don't always feel happy but all the staff at ABC and especially our well-being team are here to help you. If you are feeling worried, sad or frustrated come and speak to us and we can help

Suggestions?

The next well-being and safeguarding newsletter will be out at the start of Term 5. If you have any comments or suggestions about what you would like to see in it, please email us on: wellbeing@abc.aquilatrust.co.uk



Well-being Support

5 Finger Breathing



Five Finger Breathing

- Both of you should sit comfortably on the ground or on a chair with your backs straight.
- Stretch your hand and open your palm so you can see the spaces between your fingers.
- Use the pointer finger of your opposite hand to trace through the open hand.
- Starting from the bottom of your thumb, breathe in as you go up, and exhale as you go down.
- Repeat until you get to the bottom of your pinky.

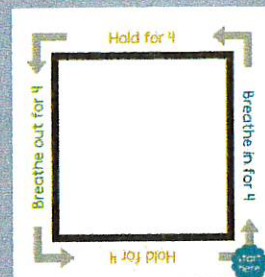
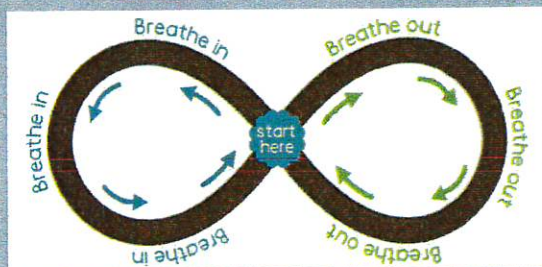
Shape Breathing

Tracing shapes while breathing is a helpful tool for your children to have a smooth and even breathing cycle.

You can use these with a triangle, square or rectangle (really, any shape).

For example, you could use a square:

- Ask your children to visualize a square. Or have it on a printout at first.
- Trace one edge of the square with your finger as you breathe in. Take at least four seconds.
- Pause at the corner. (Hold your breath.)
- Exhale as you resume tracing the other side of the square for 4 seconds.
- Repeat until you have covered the perimeter of the square.
- This also works with the Figure 8 model.



JUST BREATHE.

You are strong enough to
handle your challenges,
wise enough to find
a solution to your problems,
and capable enough to do
whatever needs to be done.

Rev. Deborah

Well-being Support

Talking to your child about how they're feeling can be hard. You might feel like you don't know where to start or when a 'good time' to talk is. By taking 20 minutes to do an activity you both enjoy, you can create a relaxed space for getting the conversation started. Here, we've got lots of activity ideas, conversation starters and advice for making talking easier.

1 in 6 children have a diagnosable mental health problem

Quick activities when you have less time:



- **Play a ball game.** Football, catch, basketball, dodgeball ... there are endless ball games to choose from.
- **Ready, set... bake.** Baking is a great way to have fun together and there are so many bakes to choose from including with fairy cakes, scones, traybakes or energy balls.
- **Create something together.** There are so many things you can make in 20 minutes. This can be as simple as doing a paint-by-numbers, jigsaw, designing your own Birthday or thank you cards, or trying something new like painting your own T-shirt designs.
- **Draw cartoons of each other.** Sometimes, all you need is pen and paper. Create cartoon drawings of one another, and other family members, cats, dogs, fish – have fun! You could also try drawing with your eyes closed or not taking your pen off the paper to add an extra challenge.
- **Indoor picnic.** 20 minutes isn't quite enough time to head out to the beach with a picnic blanket, but it's perfect for having one indoors. Lay out a blanket, pick out your family's favourite finger food and have a picnic in the comfort of home.
- **Tech-free games.** Take a screen break with tech-free games like 20 questions, cat's cradle, marbles, jacks, the floor is lava, skipping and more. There are so many 20 minute games to choose from.
- **Indoor treasure hunt.** Hide some things (such as toys, messages or even sections of a story) around the house, create some clues and see they can guess where they are!
- **Put on your dancing shoes.** If your child loves to dance, let their feet do the talking. Ask them to pick out their favourite song and dance like you mean it!
- **Sing it.** From car singing to serenading the family in the kitchen, turn up your favourite ballads and sing along. You could turn it into a game by challenging them to sing in the style of their favourite film or TV character.



Well-being Support

Longer activities:



- **Build a fort.** Use blankets, bedsheets, cushions, chairs and fairy lights to create your own cosy little fort. Be warned: it will take several attempts to keep it all up, but so worth it once you're inside!
- **Flex those green fingers.** Sow some seeds and watch them grow together! Begin with seedlings on the windowsill and watch them grow before moving them into window pots or even the garden. If you're not green fingered, begin with something easy like sunflowers, sweet peas or even cress!

- **Have a games night.** You could learn a new board or card game, choose a video game to play, or even try a family poker night.



Make an activity picker:

Younger children might enjoy using an activity picker to decide on an activity together. You can find the template on the next page and follow the instructions below to make one with your child.

1. Print out the activity picker on A4 and cut it out.
2. Flip your activity picker over so the blank side is facing up.
3. Fold diagonally in half (starting from the bottom left corner, fold your activity picker so the bottom left corner meets the top right corner). Your activity picker should make a triangle. Crease the edge well. Unfold this, and do the same thing but starting with the bottom right corner, fold the activity picker in half diagonally. You should now have a creased point in the middle.
4. Stay on the blank side and fold each corner so the points meet in the middle. Your activity picker will now look like a smaller square.
5. Flip the activity picker over so you are on the printed side. You will now do the same step on this side, folding each corner into the middle. Your activity picker will now look like an even smaller square.
6. Now fold your activity picker in half, so your square is a small rectangle. Unfold and fold in half again on the other side.

Slot your thumbs and first fingers under the flap. You're now ready to use your activity picker!



Archbishop Courtenay Primary School

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Well-being Support



Safeguarding

According to the NSPCC, Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

*"Every child is a different type of flower
that altogether make this world a beautiful
garden."*

If you have a concern about a child, then please speak to a member of our Designated Safeguarding Team.

Mrs Heather



Mrs Bond



Mrs Donnay



Mrs Gooding



Worried about a child?

If you are worried about a child or young person, you can contact the NSPCC helpline for support and advice for free - call on 0808 800 5000.

Safeguarding

If you feel that a child may be at risk of harm but are not sure, then inform one of the Safeguarding team immediately. They will offer advice and take appropriate action. Child abuse can happen to any child regardless of elements such as gender, culture, religion, social background ability or disability. A copy of the schools Safeguarding policy is located in the school office.

It is everyone's responsibility to ensure that our children stay safe. Each person who works in school, or visits, shares that responsibility.

Types of harm - We all have a responsibility to keep children (under the age of 18) safe, both at home and in school. Harm is identified in four ways:

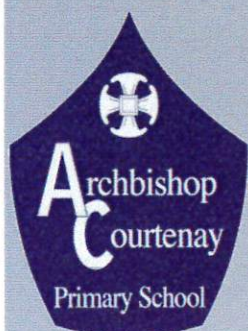
Physical - when a child is deliberately hurt or injured.

Sexual - when a child is influenced or forced to take part in a sexual activity. This can also be an activity such as being made to look at inappropriate images.

Emotional - when a child is made to feel frightened, worthless or unloved. It can be by shouting, using threats or making fun of someone. It can also be when children see their parents, or visitors to the home, fighting or using violence.

Neglect - when a child is not being taken care of by their parents/ guardians. It can be poor hygiene, poor diet, not keeping appointments for additional support, not coming to school and being left home alone.

REMEMBER...if in doubt...ask!



Worried about a child?

If you are worried about a child or young person, you can contact the NSPCC helpline for support and advice for free - call on 0808 800 5000.

Race and Racism (NSPCC—Support for Parents)

What is race and racism?

Race can mean a person's colour, nationality, ethnicity or citizenship. It's a protected characteristic in law. This means it's illegal to discriminate against someone, or treat them differently, because of their race. It's important to remember that someone's ethnicity or national origin may not be the same as their current nationality. For example, someone may have Indian national origins and be living in Britain with a British passport. Race also includes different ethnic and racial groups. This means a group of people who all share the same protected characteristic of ethnicity or race. General examples of racial groups include White British, Black British, British Asians, British Sikhs, British Jews, Romany Gypsies, Irish Travellers, and those of a different nationality or race.

Racial discrimination or racism is when someone is treated differently because of their race, ethnicity, nationality or colour. Any type of racism or racial discrimination is abusive and distressing for children and young people who experience or witness it. If someone commits a crime against you because of your race it is considered a hate crime and is against the law. Instances of bullying that are racially motivated but not a crime are considered racist incidents.

Types of racism and racial discrimination

Racism, racial discrimination and racial bullying can take many forms and children and young people may experience more than one type of racism. For example, a young person experiencing racial bullying in school could also be sent abusive comments online, and face racial discrimination at their workplace. Racism can also happen alongside other forms of discrimination or abuse.

Racism or racial discrimination can include:

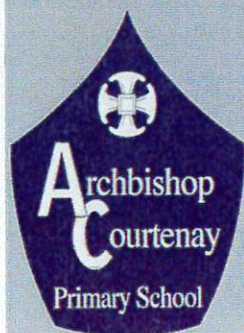
Discrimination: This involves treating a child or young person worse than someone else in a similar situation because of their race. It can also include policies in a school, workplace or similar organisation that disadvantage people from a particular racial group.

Harassment: This involves making a child, young person, or adult feel humiliated, offended or degraded. Harassment can be through spoken or written words, offensive emails, comments online or on social media, jokes, physical or facial expressions.

Victimisation: This is when a person is treated badly because they have made a complaint of race related discrimination under the Equality Act 2010. It can also happen when someone is supporting a person who's complained about racism or racial discrimination.

Overt racism: This involves making openly racist remarks to a child, young person or adult. It can include racist comments, such as being called racist names or being sent insulting messages or threats. It can also include physical violence or assault, or damaging personal belongings.

Covert racism: Covert racism involves making comments that devalue or put someone down because of their race. These comments or 'microaggressions' reflect racial prejudice and can make young people feel like they're less important because of their race or that they don't fit in.



Race and Racism (NSPCC—Support for Parents)

How racism affects children

Racism and racial abuse or bullying can be really distressing for children and young people. When a child is bullied or treated differently because of their race, it can lead to feelings of isolation, depression, anger or even shame about their race or how they look.

In 2020/21, Childline delivered 285 counselling sessions where racist bullying, racism or being bullied for spiritual, cultural or religious reasons were mentioned. In the same year, there were 36 contacts to the NSPCC helpline from adults with concerns about these issues.

Racism or racial bullying can be overt or openly hostile, such as being called racist names or being sent threats. Or it can be covert or harder to recognise, involving subtle comments that put a child or young person down and devalue their experience or identity. Both types of racism are equally distressing for children and young people and can have a significant impact on their mental health.

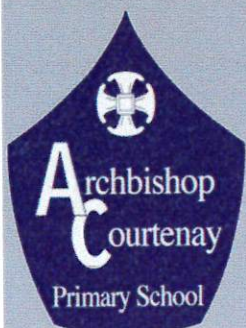
Covert racism can affect young people's self-esteem and support the idea that it's okay to challenge a person's experience. This type of racism is subtle and can make it seem like it's okay to dismiss racial prejudice or discrimination with comments like, 'it's in your head', or telling someone they're 'playing the race card'. These comments can be very subtle but they are no less abusive, painful and humiliating for children and young people.

How to talk to children about racism

Children and young people will have seen images and stories in the news around Black Lives Matter. They may also have heard or taken part in recent conversations around racism since the murder of George Floyd and many others in the US. However, some children may not fully understand what's happening and may have questions. It's important to encourage positive and open conversations about race and racism with children and young people. And to have them often, not just when Black Lives Matter is covered in the news, to keep the conversation going. We have advice to help.

Learn about race, racism and privilege: Sometimes we feel uncomfortable talking about things we don't know much about. If a child asks you a question which you don't know the answer to, it's okay to suggest that you learn together. Learning about race, racism and privilege can lead people to consider what else they can do to combat discrimination. Sometimes, the next step can involve committing yourself to becoming actively anti-racist but it's not always clear what that means. But when people talk about being anti-racist, it includes:

- listening to people with lived experience of racism and accepting it as truth
- calling out racism and discrimination wherever you see it and using your own privilege to draw attention to it
- continuing to learn about inequality and how it affects others
- regularly assessing your own thoughts about racism and discrimination



Race and Racism (NSPCC—Support for Parents)

Have open conversations regularly: While many parents or carers may feel afraid of saying the wrong thing, having an open conversation will help children learn about how racism still exists, and to recognise how it affects them or people they know. Talking openly can also help a child to feel more comfortable sharing how they're feeling with you, and to confide in you if they've experienced or seen racism or racial abuse.

Try to make conversations age-appropriate: While many parents may be worried about speaking to younger children in an age-appropriate way, research shows that children can internalize racial bias between ages 2 and 4. It can help to describe racism in a way that your child will be able to understand. For example, you could talk about fairness, being kind, accepting others for who they are. For older children, let them lead the conversation so they feel confident sharing their ideas or experiences. It's important to provide a safe and comfortable environment for them to express themselves in by listening and asking questions without judging them.

Talk about recent history and culture: It's important to show children that black history isn't just slavery, oppression and segregation. You could tell them about black contributions and stories that aren't linked to the struggle of slavery and civil rights. It could also help to diversify the books your children read and films or tv shows that they watch.

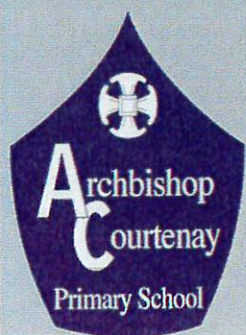
Encourage children to appreciate diversity: It can help explain to children that we aren't all the same, the human race is diverse and that is a good thing. The world would be a very boring place if everyone was the same. This can help children to notice race and appreciate it. It encourages conversation, understanding and empathy with people who are different from them.

If you're worried about a child experiencing racial bullying

If a child tells you they've experienced racial bullying or abuse, whether they're being called names, excluded because of their race, attacked or threatened, it's important to know how support them. We have advice to help.

Listen to them: It's really important to listen non-judgementally to what a child or young person is telling you. Their experience is real, it's painful and they have come to you to talk about it. Show them they can trust you by letting them know you're there if they want to talk and thank them for confiding in you.

Show them you care: It's okay to feel uncomfortable and not be sure what to say. What's most important is to show empathy and acknowledge the seriousness of what they've shared and how it's affected them. If you're a teacher or youth leader, remember that it's never a child's fault if they're experiencing racial abuse or bullying.



Race and Racism (NSPCC—Support for Parents)

Decide how you'll support them: It's important for parents to support their child emotionally by letting them know you care about them and that they can always be honest with you. Explain to your child that what's happened to them isn't their fault and that you're proud of who they are.

If your child's experienced racism or bullying from someone at their school or someone you know, consider getting a mediator for you and the other family to discuss the situation. This could be someone at your child's school or a family member you trust. You should also let your child's school know about the bullying.

Schools have a responsibility to protect children in their care and not to discriminate against children. If you feel your child's facing racial discrimination or not being treated equally at their school, or that the school is not taking racial bullying seriously, it's important to raise your concerns with the Headteacher or another senior member of staff.

Help them get support: Sometimes a child or young person may need to be able to cry or express their anger or hurt about what's happened to them. This could be through counselling or with an adult they trust. It's important to be led by what the young person feels comfortable with, but you can also reassure them that it's ok to express how they feel and that there are different types of support available. Children and young people under 18 can also contact Childline to talk this through with a counsellor.

If you're in a position of authority, for example at the child's school, refer to your best practice guidance around safeguarding. This may mean excluding the person responsible for racial bullying or abuse, further staff training, changing your policy and educating the child's peer group on diversity and inclusion.

Report hate crime to the police: Being bullied or treated differently because of race is hate crime and against the law. If you're worried about a child experiencing racial abuse or bullying it's important to get help right away. You or the young person can report it to the police by calling 999 in an emergency or 101 at other times. You can also report hate crime online via the government website.

Childline: support for young people

Racism and racial bullying - advice on what racism is and how to get support

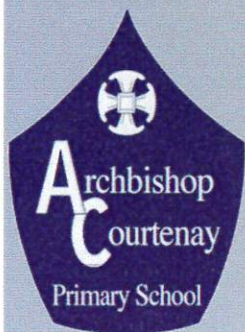
Discrimination, hate crime and equality - support to help young people recognise and get support if they're experiencing discrimination

How you look - support around body image and developing confidence with how you look

Understand me - a campaign challenging racial stereotypes and discrimination

Get support - contact Childline counsellors, online or over the phone.

Bullying and discrimination message boards - a safe space where children can get support from other young people.



Archbishop Courtenay Primary School

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Online Safety—National Online Safety



National Online Safety®

BRAND NEW

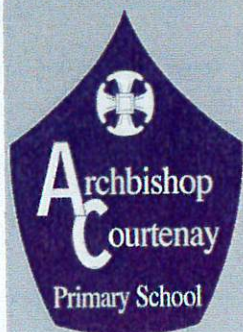
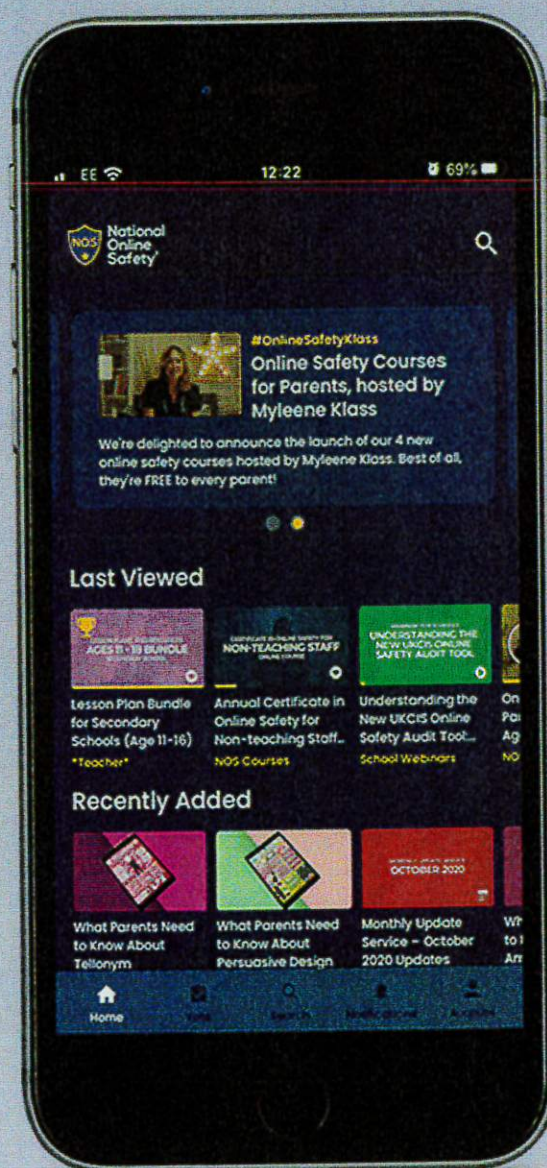
National Online Safety Mobile App

It's time to get #OnlineSafetySavvy.

Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know?

Say hello to the new National Online Safety mobile application. Created by experts, developed by the National Online Safety group. With all online safety knowledge available at your fingertips, the NOS app empowers parents to understand and address online safeguarding risks – any time, anywhere.

The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the children you care about when they're online.



Online Safety - National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

HORROR GAMES

Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and 'jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

WHAT ARE THE RISKS?

ADULT THEMES

Horror games are typically made with adults in mind, which means by definition that they often feature adult themes. Outlast, for instance, is a popular horror game series including material such as nudity and extreme sadistic violence. Other games, like Five Nights at Freddy's and its sequels, have a back-story that doesn't actually appear on screen but still hints at explicit adult themes.

VIOLENT CONTENT

Not all horror games contain graphic violence (titles like Five Nights at Freddy's and Phasmophobia prefer a spookier, suspenseful aesthetic) but many do portray extreme brutality very realistically. Until Dawn and the hugely popular Resident Evil and Outlast franchises, for instance, feature incredibly graphic violence. The safest course of action is to thoroughly research a game in advance.

ONLINE INTERACTION

Some horror games are played cooperatively with others online. Phasmophobia is one of the most popular titles in this category, and while it doesn't feature an excessive amount of gore, it does place a strong emphasis on online interaction - often with strangers. Dead by Daylight is another game in which frequent and prolonged online communication with other players is an advantage.

PSYCHOLOGICAL HORROR

Rather than simply laddling on the blood and gore, psychological horror games try to scare the player through subtler mental and emotional means. For this reason, this type of game (notable examples include Alien: Isolation, The Medium and the Amnesia series) can have a longer-lasting effect on players; some occasionally 'break the fourth wall' - interacting directly with the player as if they were real.

LONG-TERM FEAR FACTOR

Horror games are designed to be scary: most players accept this fact in advance. They can, however, include content which leaves an unwanted lasting impression. By focusing on our fears and concerns to elicit an emotional reaction, horror games can be triggering in unexpected ways for some players. It's difficult to predict when - and how - a game might have long-term effects on individual's mental wellbeing.

Advice for Parents & Carers

BEWARE OF JUMP SCARES

Jump scares in video games are often no worse than they are in movies. If a young person doesn't cope well with being suddenly startled by something in a film or on TV, they probably won't be able to handle horror games featuring jump scares. Some games (such as Five Nights at Freddy's) are built entirely around this technique and aren't suitable for younger children or those who are easily frightened.

RESEARCH THE GAME

It's best to look into a horror game thoroughly if your child expresses an interest in playing it. Many indie horror titles are download only and therefore aren't required to come with an age rating - so you'll need to do some background reading and judge the game's content for yourself. Check out the game's web pages, read any wikis about it (including fan ones) and watch videos of the gameplay.

ENCOURAGE BREAKS

It's easy to lose track of time when gaming, and horror games are no exception. A short break every hour or so is important to rest the eyes and relieve the posture - especially if traumatic situations in the game have built up tension and stress. For horror gamers, breaks also give the added benefit of feeling more relaxed afterwards, which can mean a scarier gaming session when they resume!

IF IN DOUBT, SWAP IT OUT

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose from, and some will be more appropriate than others. Work together with your child to find a suitable game for them. Remember, horror games don't have to be gore-spattered and graphic to be enjoyably scary!

STAY RECEPTIVE

Maintaining good communication with your child is vital for safe gaming. If they see something in a horror game that disturbs them in ways they didn't expect, then they should feel comfortable opening up to you about it. Try not to simply laugh it off or make light of it, and always make time to listen. It's a useful reminder that they can talk to you about any type of problem they have in the future.

Meet Our Expert

Clare Goodwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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Online Safety - National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about **AGE-INAPPROPRIATE CONTENT**

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content usually gambling and nudity or partial nudity, although adverts for alcohol or cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and the runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS National Online Safety®
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Sources: <https://www.education.gov.au/education-research-and-innovation>, <https://www.nationalonlinesafety.com/using-parental-controls-to-protect-your-child>, <https://www.nationalonlinesafety.com/using-parental-controls-to-protect-your-child>, <https://www.nationalonlinesafety.com/using-parental-controls-to-protect-your-child>



www.nationalonlinesafety.com



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Age-appropriate content

Online Safety - Internet Matters

The internet is a fantastic place for children to learn, create and have fun, but they may occasionally have to deal with a variety of sometimes challenging issues.

These might include cyberbullying, encouragement to self-harm, viewing inappropriate images, along with various others. But there are positive things you can do to equip yourself and your child, supporting them in resolving any issue they may face.

Report an issue

If you're worried about anything you or your child come across online, we'd advise you to report it immediately to the relevant organisation and to the site where you or your child saw it. The links below take you directly to the report pages of organisations who can offer advice.

There are also links to our online issue advice pages, where you can find advice on specific issues plus recommended forums to get support and talk to other parents.

You can also visit the Report Harmful Content website to get further support on reporting an issue online.



Inappropriate Content and Online Grooming/pornography

CEOP: The CEOP Command of the National Crime Agency is dedicated to tackling the sexual abuse and exploitation of children and young people. You can report concerns about any suspicious sexual behaviour directly to CEOP.

<https://www.ceop.police.uk/safety-centre>

Internet Watch Foundation: If you see any criminal sexual content online you can report it anonymously to the Internet Watch Foundation.

<https://www.iwf.org.uk/report>

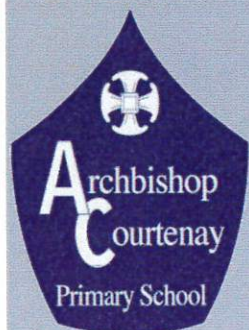
Ofcom: See advice from Ofcom on where to report any content that your child has seen that you believe is unsuitable for them.

<https://www.ofcom.org.uk/tv-radio-and-on-demand/advice-for-consumers/television/protecting-children>

Privacy & identity theft

Action Fraud: You can report fraud which includes online or internet crimes, using the Action Fraud reporting tool. Action Fraud is the UK's national fraud reporting centre.

<https://www.actionfraud.police.uk/>



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Cyberbullying:

Report it to school: if the person or people doing the bullying are from your child's school you may want to contact the school directly about it. All schools should have a policy and may have mentors who can help

Police: If the content is sexual, targeted at your child's ethnicity, gender, disability or sexuality, if threats are being made to harm your child or incite your child to harm themselves, then consider reporting the activity to the police <https://www.police.uk/information-and-advice/reporting-crime/>

Social media: You can report to the relevant providers e.g. Facebook, YouTube, Twitter using the flag or report links near the content.

Here is a list of how to report inappropriate content on the social and gaming platforms:

Instagram <https://help.instagram.com/489507671074566>

Snapchat <https://support.snapchat.com/en-GB/a/report-abuse-in-app>

TikTok <https://support.tiktok.com/en>

Facebook <https://www.facebook.com/help/263149623790594/>

YouTube <https://support.google.com/youtube/answer/2802027?hl=en-GB&co=GENIE.Platform%3DDesktop>

Twitter <https://help.twitter.com/en/safety-and-security/report-abusive-behavior>

Roblox <https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-Report-Rule-Violations>

Fortnite Support centre <https://www.epicgames.com/help/en-US/>



Radicalisation and Online Hate

Gov.uk: Report illegal or harmful information, pictures or videos you've found on the internet. You can make your report anonymously. <https://www.gov.uk/report-terrorism>

Act Early: Learn how to spot the early signs of radicalisation and get support. <https://actearly.uk/>

True Vision: If you see any content that incites hatred you can report it to True Vision. https://www.report-it.org.uk/your_police_force

National Police Prevent Advice Helpline: If you think someone you love has been radicalised, call 0800 011 3764 and share your concerns with a trained officer. Open 09:00-17:00 every day.

Support Service Directory

Together All

A safe community to support your mental health 24/7

<https://togetherall.com/en-gb/>

Young Minds

Advice on depression, anxiety, ADHD & self-harm for young people

0808 802 5544 (9.30 to 4.00pm, Mon- Fri)

www.youngminds.org.uk

Papyrus

UK charity for the prevention of young suicide

0800 068 41 41 or text: 0778 620 9697

pat@papyrus-uk.org

Mon-Fri 10:00 - 10:00 pm Weekends/Bank holidays 2pm - 10pm

ChildLine

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

0800 1111

www.childline.org.uk

Citizen's Advice

0800 1448 444

www.citizenadvice.org.uk

FRANK

0300 123 6600 (UK), 24 hours a day

live chat (UK), 2-6pm

SMS: 82111 - Need a quick answer? Text a question and FRANK will text you back.

www.talktofrank.com

Samaritans

Telephone: 116 123

Email: jo@samaritans.org

www.samaritans.org

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Rethink Mental Illness Advice Line

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

<http://www.rethink.org/about-us/our-mental-health-advice>

