



Welcome to our termly Safeguarding Newsletter for parents/carers.

I hope that this will give you some indication of current and local safeguarding issues and serve to reassure you that the safeguarding of all of our students is of the utmost priority

Online Safety

Gaming and age ratings

Gaming and what can be appropriate for children is a huge area as different parents will have different thoughts and opinions. Equally, you may feel pressurised by your child because 'everybody else is playing it'. To help you make a decision, Common Sense Media is a one-stop-shop for parents, but there's also a nice little app dedicated to the PEGI ratings that parents can use.

Parent Zone

Digital Parenting is a free online safety guide, created by **The Vodafone Foundation** and **Parent Zone**. It is packed with important safety information and expert advice on issues such as healthy screen time and sleep, with content relating from Key Stage 1 to Key Stage 4:

<https://parentzone.org.uk/digitalparenting>



NSPCC – Net Aware

The NSPCC have reviewed sites, apps and games to help parents get to grips with the social networks that students use the most:

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

Video chat, sharing & streaming apps

Video is one of the most popular methods of communication for young people. You may find it helps your child to stay in contact with family members, talk with multiple friends at any one time, or just get creative.

But there can also be risks. It's important that both adults and children understand the dangers involved in using video apps and broadcasting live content - and what to do to keep children and young people safe.

Learn more about video apps, the risks children face when using them and what you can do to help keep children safe by clicking on the link below:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/video-chat-sharing-streaming/>



Supporting your child during exam times (Young Minds)

As we start to move towards exam season, Young Minds have launched advice for parents about supporting their children.

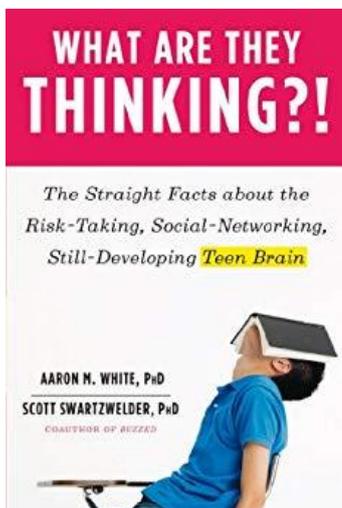
Tips include:

- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage good bedtime routine

You can find out more here:

https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/?mc_cid=9a9a546e44&mc_eid=6ac6f8a65d

Reading



'What are they thinking?!: the straight facts about the risk-taking, social-networking, still-developing teen brain' by Aaron M. White

This is a guide to understanding, and dealing with, teenage behaviour. It explores adolescent brain development, looking at a range of issues including mental health, diet and eating disorders, internet, online pornography and social networking, sex and sexuality, drugs, alcohol and addiction, and bullying.