

KEEPING BOTELER SAFE

OUR SAFEGUARDING NEWSLETTER | MAY 2024

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | JCHILTON@BOTELER.ORG.UK

This half term will see the start of our Year 11 students starting their GCSE exams. This is an exciting but also a stressful and worrying time for our students and families.

We are always on hand to support, encourage and listen with any concerns raised and our In-House support services are accessible to all students and staff

In addition, we have some great helpful websites to help manage Exam pressure and stress In the useful contacts section below.

This half term we will be taking part in Mental Health Awareness Week, offering a week full of extra activities at break and lunch and raising the profile and awareness around the importance of looking after our mental Health.

We hope you find the information helpful and should you need any help, advice or support please contact school or myself directly.

Mrs Chilton

Safeguarding and Mental Health and Welbeing lead

Jchilton@boteler.org.uk



MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of “Movement: Moving more for our mental health”

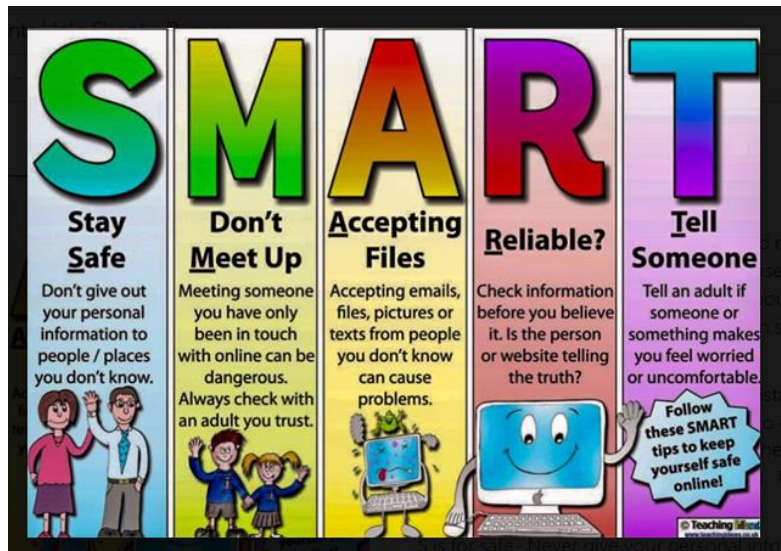
Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you’re watching television – it all counts!



During Mental Health Awareness Week our Well Being Ambassadors are supporting staff in delivering wellbeing/ Mindfulness sessions during lunch. The events will be open to all students and staff who can drop in and explore workshops taking place in the Progress Hub.

Keeping safe Online

In the ever-evolving world of Social Media we wanted to give a reminder of the importance of keeping safe on line.



Top Ten Tips for Staying Safe Online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your privacy settings as high as possible
4. Never give out your passwords
5. Don't befriend people you don't know
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Top Tips for Searching

- Be clear in your online searches try to use more than one word to describe what you are searching for. For example, if you are searching for information on the planet Mercury, entering planet mercury into the search box will better results than just entering Mercury.)
- Take care to spell correctly when typing in a search. Even a small typing error can bring up unwanted results.
- Remember that not all the information in websites returned in searches is reliable. Look in books, ask people who might know, and look up at least three other websites to check your info.
- Make sure you filter your searches online especially if you are doing an image search.
- Bookmark your favourite websites or check your history to make sure you are revisiting the same websites.
- If you see something that upsets you, make sure you turn off the screen or make the window smaller on a laptop and tell an adult as soon as possible.
- There's a lot of information online and not all of it is for kids. You might be surprised to hear that some things online are illegal!
- Ask an adult to install Hector Protector - Visit the [thinkuknow website](http://www.thinkuknow.co.uk) and install Hector Protector so that when you are searching online you always have a friend with you.

Top Ten Tips for Mobile Phone Safety

1. Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.
2. Don't reply to any nasty messages you receive.
3. Don't reply to a text from someone you don't know.
4. Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
5. Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
6. Block numbers from people who are sending you nasty messages.
7. If you are bullied repeatedly can change your number.
8. Don't give your mobile number to someone you don't know.
9. Don't send pictures to someone you don't know.
10. If the problem is serious you can report it to the police, cyber mentors, or ChildLine.

<http://www.thinkuknow.co.uk>

Top Tips for Social Networking

- If you have a public profile anyone who uses that site can see your stuff and of course not everyone online is trustworthy. Adding content to your site is part of the fun, but some things are better off not being added to your online profile. Personal information like your date of birth, your address, your mobile phone number and some photos are best kept offline.
- Always explore the privacy settings of your SNS to protect your privacy and to protect yourself from strangers.
- Get your friends and family to have a look at your SNS to check that you aren't giving out too much personal information or posting inappropriate photos/films because they might see something you've missed.
- Keep your passwords to yourself.
- Respect yourself and others online.
- If you are unlucky enough to have a bad experience online report it to the service provider and tell an adult.
- Cyberbullying is NEVER acceptable. If you or someone you know is targeted by bullies online tell them 1) to report the bully to the website/service operator 2) keep evidence of the bullying behaviour 3) to resist the temptation to reply to nasty messages 4) to tell an adult.
- Photos and film are an important part of many webspace's. Always think before you post. Images stay online forever and can be copied, changed and used elsewhere.

If you wouldn't be happy for your class teacher to see the photos of you on your SNS then maybe you need to edit your profile.

REMEMBER when you post something online, you are posting it on the biggest screen in the world to billions of people!

Top Ten Tips if you are being Bullied Online

1. Tell an adult you trust if you are being cyberbullied
2. Don't respond or retaliate to bullying messages – it could make things worse
3. Block users who send you nasty messages
4. Save abusive emails or messages (or texts) you receive
5. Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the URL.
6. Don't pass on any cyberbullying videos or messages – this is cyberbullying
7. If you are bullied repeatedly change your user ID, or profile, and use a name that doesn't give any information away about you
8. Visit bullying.co.uk – this is a website where trained counsellors can support you if you are being bullied, either by chatting online or by calling their free

helpline. You can also find some top tips on how to stay safe

– <http://www.bullying.co.uk/>

9. You can talk to someone at Child Line or get online safety advice at <http://www.childline.org.uk/talk/Pages/Talk.aspx>

10. <http://www.thinkuknow.co.uk/> is another very useful website for children and young people staying safe online



Dear parent/guardian,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted. This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card. Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18. A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image. Find out more about online blackmail on CEOP Education's parents and carers website.

<https://www.thinkuknow.co.uk/parents/articles/online-blackmail/>

Talking to your child

Talking to your child It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

Chat regularly about their life online: have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.

Talk about where to find information about relationships and sex: organisations like CEOP Education, Childline and Brook have age appropriate advice

topics such as sexual communication and image sharing. This will help your child to understand

Review privacy settings: talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on how to talk your child about their privacy settings.

Make sure they know where to go for support: let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.

Make sure they know where to report: remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:

1. Use Report Remove, a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
2. Use Take It Down, a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
3. Report directly to the platform or app that the incident has occurred on. See Internet Matters for advice on where to report online issues on major social media platforms.

To learn more about what resources are available to help you support your child, visit the <https://saferinternet.org.uk/sextortion-resources>

What can I do if this has happened to my child?

If your child tells you that someone is trying to trick, threaten or blackmail them online:

Don't pay, do stop contact and block: you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.

Avoid deleting anything: try not to delete anything that could be used as evidence such as messages, images and bank account details.

Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report any online

blackmail attempts. If it has already happened and your child has shared an image and sent money to someone exploiting them:

Reassure them that they've done the right thing by telling you: make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help. Children and young people's mental health may be negatively impacted by experiences of exploitation; you can find advice on looking after your child's mental health from the NHS.

Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report an incident. If your child is 18 and over, call 101 or 999 if they are at risk of immediate harm.

Report any images or videos that have been shared: help your child to remove images that are online or prevent images being shared online by following these three steps: Protecting the public from serious and organised crime

1. Use Report Remove, a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
2. Use Take It Down, a tool from the National Centre for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit Internet Matters.

Useful Contacts

Help around Exam stress:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.studentminds.org.uk/examstress.html>

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Get urgent help

Going through a crisis? Based in the UK? Place2Be can't provide support outside of our schools, but there are other organisations that can help.

If someone's life is in immediate danger, please call **999**.

Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** giveusashout.org

Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** childline.org.uk

Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** samaritans.org

Support for under-18s

If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school, like a teacher or Place2Be (if you have it in your school)
- Your doctor.
If you are not sure who to talk to:
- Call Childline on **0800 1111** or
- Text **CONNECT** to **85258** to contact Shout (in partnership with Place2Be).

Talk or text for free any time, wherever you are in the UK.

Find other places where you can get help and advice
I'm worried about my child or young person

If their life is in immediate danger, call **999**.

If not, we recommend talking to someone who can help you understand what they might be going through and refer you to support in your area.

This could be:

- Your doctor
- The Place2Be staff member at their school OR a similar support service if the school doesn't have Place2Be
- The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

Read more about supporting your child or young person

Support for teachers

Education Support Partnership Helpline

Call **08000 562 561**

Text **07909 341229**

For: Teachers / educators

Available: free, 24 hours a day

More info: [educationsupport.org.uk](https://www.educationsupport.org.uk)

Warrington Multi – Agency Safeguarding Hub (MASH) – 01925 443322

Out of Office – Duty Team – 01925 443322 – Option 2