

# KEEPING BOTELER SAFE

**OUR SAFEGUARDING NEWSLETTER | SEPTEMBER 24**

**YOUR SAFEGUARDING OFFICER: MRS J CHILTON | [JCHILTON@BOTELER.ORG.UK](mailto:JCHILTON@BOTELER.ORG.UK)**

Welcome back to the new school year! We hope that you've managed a break over the summer and some time to relax and enjoy time with friends and family.

We also would like to give a special warm welcome all our Year 7 students, families and Carers.

Starting secondary school is a very exciting time but it also can be a little daunting!

Our Safeguarding Newsletter is here to give advice, helpful tips and key contacts should you need any support.

It also provides updates on upcoming events and celebrates the achievements of our amazing Boteler Family.

This addition is jam packed with topical concerns around Keeping Safe Online and support, tips and advice.

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

Many Thanks,

Mrs Chilton

[Jchilton@boteler.org.uk](mailto:Jchilton@boteler.org.uk)

**QUALITY  
ACTIVITIES FOR  
CHILDREN WITH  
ADDITIONAL  
NEEDS**

**For ages 6 - 17**



WARRINGTON



An **OnSide** Youth Zone

# ASPIRE HOLIDAY SCHEME

**OCTOBER 21ST - 24TH**

**9:30 - 3:30 at Fox Wood School, Green  
Lane School and Woolston 6th Form**

**For new applications  
and information on  
eligibility please  
contact  
[sensorycentre@warrington.gov.uk](mailto:sensorycentre@warrington.gov.uk)**

**Delivered by Warrington Youth Zone  
in Partnership with Warrington  
Borough Council**

**Closing date for receiving  
application forms and child's profiles:  
Sunday 8th September 2024**

**WARRINGTON**  
Borough Council



If your child attended Aspire in May 2024 or August 2024, please request your child's personal profile by emailing [sensorycentre@warrington.gov.uk](mailto:sensorycentre@warrington.gov.uk)



# Asylum Seeker & Refugee Coffee Morning drop-in sessions

All welcome to come for support, information and company.

**Fridays 10:30am – 2:30pm**

Orford Community Hub, 102 Hughes Avenue, Warrington, WA2 9EW



For more information please contact Katie McLaughlin by email at [Katie.mclaughlin@warrington.gov.uk](mailto:Katie.mclaughlin@warrington.gov.uk) or phone 07581 035 455 or Rachael Bramham [rbramham@warrington.gov.uk](mailto:rbramham@warrington.gov.uk) Tel: 07973 904 468

## WARRINGTON FOODBANK

# WE ARE HERE FOR YOU...

Read here...



**184,248**

meals provided to Warrington families in 2023



**1962**

People fed in December 2023  
1,175 adults  
787 children  
Equating to 17,658 meals



**90%**

of low-income households on Universal Credit are currently going without essentials

<https://warrington.foodbank.org.uk/>

# Warrington Food Pantry

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The Warrington Food Pantry at Fearnhead Youth and Community Centre has now re-opened

- **Opening hours are Wednesday & Thursday 10.00am – 1.00pm**

Warrington Food Pantry is the first of its kind in Warrington and is a joint venture between the council, local housing providers Clarion Futures of Clarion Housing Group, Torus and Warrington Foodbank.

The pilot project has been set up at Fearnhead Youth and Community Centre to support residents to improve their health and wellbeing.

People can be referred to the pantry by the council and local partners, including the Warrington Wellbeing service, Torus, Clarion, Citizens Advice Bureau and local GPs. Once registered, service users can pay a weekly £3.50 membership fee, which entitles them to choose a basket of 10 items of food worth up to £20.

## Who to contact

<b>Contact Name</b>	Lyn Mullen
<b>Contact Position</b>	Senior Administration
<b>Telephone</b>	01925 443057
<b>E-mail</b>	lmullen@warrington.gov.uk

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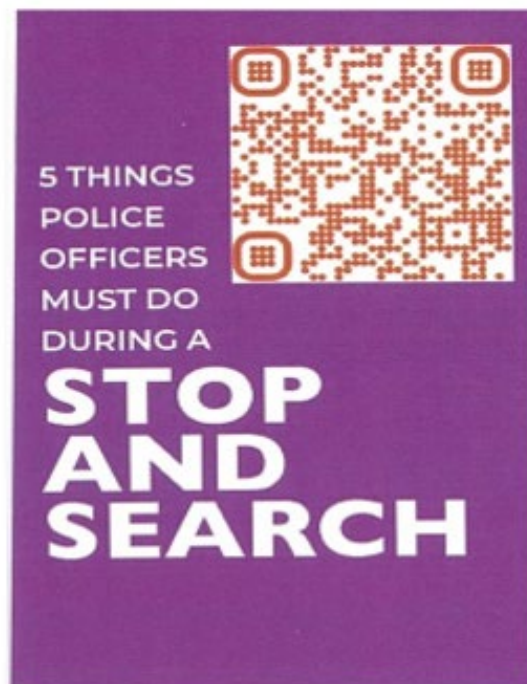
## Where to go

<b>Name</b>	Fearnhead Community Centre
<b>Address</b>	Insall Road Fearnhead Warrington Cheshire

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## Time / date details

<b>When is it on</b>	Wednesday & Thursday
<b>Time of day</b>	Morning
<b>Session Information</b>	Sessions are drop-in from 10.00am to 2.00pm



We can help you with mental health, relationships, alcohol, smoking, bullying & more...  
Get confidential & anonymous advice from an NHS Specialist Community Nurse via text:

- **Young People aged 11-19:** Text: 07507 33010

# TIPS TO STAY SAFE ONLINE

There are lots of things you can do to keep yourself safe online.

- **Think before you post**

Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.

- **Don't share personal details**

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

- **Watch out for phishing and scams**

Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

- **Think about who you're talking to**

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. [Find out more about grooming.](#)

- **Keep your device secure**

Make sure that you're keeping [your information and device secure.](#)

- **Never give out your password**

You should never give out your password or log-in information. Make sure you pick strong, easy to remember [passwords.](#)

- **Cover your webcam**

Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

# HOW TO SPOT FAKE NEWS

The news you see online or on social media isn't always going to be accurate. And it can be hard to tell what's real and what's fake.

Some websites will report fake news or things that aren't completely true. They might do it because they want to scare you or make you do something. Or because they make money from people going to their site.

Fake news can look real, but there are ways to help you spot it.

- **Check the source**  
Check the name of the website and its web address to see if it looks real. Some sites will try to look like other websites so you think they're genuine.
- **Look for evidence**  
Find out whether it's being reported on other sites that you know and trust. If it's only being reported on websites you've never heard of then it might not be true.
- **Don't decide straight away**  
Sometimes headlines or stories are designed to scare or interest you. Read what's in the article carefully, ask yourself whether it seems true and why they're saying it.
- **Ask someone you trust**  
Try asking an adult you trust to see what they think. If you're worried about something you've seen online, you can always talk to a Childline counsellor.

# PLAYING GAMES

Lots of people enjoy playing games, and there are different games for everyone.

But there are lots of things that might stop your game being fun, like:

- being bullied or hurt
- not feeling able to stop
- competing too much with other people
- getting in trouble with your parents or carers for playing games too much.

If you're not enjoying gaming, there are lots of things you can do.

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## **CHOOSE A SAFE USERNAME**

Make sure your nickname does not include your:

- full name
- school's or college's name
- date of birth
- address or the town you live
- mobile number

If you're able to use a profile picture, try using an avatar that doesn't show your face. If you do use a picture, think about whether it shows anything that could be used to identify you, like your school logo or your street name.

When you create your account, it's a good idea to make sure you use a strong password.

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## **BE CAREFUL WHAT YOU SHARE**

Games are a great way to make friends online. But it's important to think about how much you're sharing about yourself.

Be careful about sharing personal details, like your address, phone number, where you go to school or your full name. Even if you only share a few small things over time, someone might be able to use it to find out more about you.

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## **THINK ABOUT WHO YOU'RE PLAYING WITH**

Most online games are open to everyone. That means you could be playing with people much younger or older than you. You might also be much better or worse at the game than the people you're playing with.

Remember, if you're playing with people online:

- you can report and mute anyone who's abusive, threatening or who tries to bully you
- people might not always be honest about who they are
- be careful of scams, and don't accept gifts or offers that seem too good to be true
- be nice to the people you're playing with, even if they're not as good at the game.



There can be times when people use games to ask children and young people to share sexual pictures or nudes. People who do this might make you feel like you can trust them, ask you to keep things secret or give you compliments or gifts. This is called grooming.

When you share something online, even in a private message, you lose control of it. If you're talking to someone online and they've asked you to share sexual images or personal details, it can help to talk to someone you trust first, or to a Childline counsellor.

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## **CHECK YOUR PRIVACY SETTINGS**

Changing your privacy settings can affect who can see if you're online, who you can play with and whether people can see what games you're playing.

Every game and console is different, so make sure you always check the settings to see what your options are.

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## **TAKE BREAKS**

Lots of people like to play for as long as they can without stopping. But taking short breaks when you're playing games can help you to stay healthier and stop you from getting bored.

Try taking a break if you're:

- not enjoying the game as much as you were when you started
- getting angry or upset at other people or the game
- feeling tired or hungry
- starting to ignore things you need to do, like homework.

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## **WATCH OUT FOR LOOT BOXES AND IN-APP PURCHASES**

Lots of games are free-to-play, so you can download and start them without paying anything. Games like this make money by making you want to buy things, like new skins, loot boxes, items or lives.

If you're tempted to buy things in-game:

- Check whether something will cost real world money before you buy anything
- Ask the person who'll be paying before you buy anything
- Keep track of what you're spending, even if you're buying cheaper things they can end up costing a lot
- Don't buy items from websites outside of the game itself

- Take time away from the game before you decide whether you still want something

Loot boxes can seem like fun, especially if you get something valuable from them. But they can also encourage you to keep buying them and make you feel like you have to play for longer.

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## **MODS AND DOWNLOADS AREN'T ALWAYS SAFE**

Downloading cheats or mods from websites other than the official game website can be dangerous. Mods can contain viruses that will damage your computer or mobile, and give hackers access to your personal data.

Whenever you can, always use your mobile's app store or download mods from official websites.



### TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account (by default accounts for people under 16 are set to private).

**Report inappropriate content:** you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

#### **Family Pairing**

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



### Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to Settings and Privacy, select Privacy and Safety, select Audience and tagging and ensure protect your tweets is selected.

**Unfollow somebody:** Click the the three dots next to their tweet and select unfollow.

**Blocking:** Click the three dots next to their tweet and select block.

**Location:** To keep your location private (so followers can't see the location you are tweeting from), go to Settings and Privacy, select privacy and safety, select location information and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>



## Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

**Unfriend:** go to their profile, click on Friends and select Unfriend.

**Blocking:** go to their profile, click on the three dots and select Block.

**Facebook Privacy Check up:** this tool helps you review your settings.

Find out more here: <https://www.facebook.com/help/1297502253597210>



## Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default). To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings (from menu), tap Privacy and tap to toggle Private Account on.

**Remove a follower:** Go to your profile and tap followers and select remove to the right of the person.

**Blocking:** If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.

**Turn off commenting on a post:**

Tap the 3 circles above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



## WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to settings, account and privacy.

**Reporting:** When you receive a message from an unknown number for the first time, you will be given the option to report the number. You can also block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>



## Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

**Unfriend:** Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Remove Friend'.

**Block a friend:** Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Block'.

**Location settings:** This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

**Who Can Contact Me:** in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>

## 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)

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

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** [giveusashout.org](https://giveusashout.org)

### Childline

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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](https://childline.org.uk)

### Samaritans

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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](https://samaritans.org)

**Knowing I wasn't alone got me through a difficult night. Texter, Shout**

### Support for under-18s

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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**

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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**