



Safeguarding is everyone's business!

Safeguarding Newsletter

Issue 3 - March 2022

Welcome to the third edition of KSA's new safeguarding newsletter, created to inform parents and carers of safeguarding issues that may affect their children and/or family.

Further information about Safeguarding and the Safeguarding Team at KSA is on the website [here](#). Please get in touch by email or telephone 01536 532700.

Are all of your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details.

Building resilience for your teens



The Family Lives charity aims to offer all parents somewhere to turn before they reach crisis point. Crisis support, provided for over 40 years through their helpline, has always been at the heart of what they do. Family Lives also have an excellent website to help parents with the ups and downs of family life.

A 5 minute read for advice and useful tips about building resilience in children and teens is [here](#).

The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm on 0808 800 2222 and their website is <https://www.familylives.org.uk/>

Advice for young people feeling down and unable to cope

Young Minds have a page dedicated to advice for people when they are struggling to cope. It covers a wide range of reasons why a young person might be feeling down or in need of support, as well as links to support services and tips to feel better. See the website [here](#) – useful advice to signpost young people to.



Talking about war and conflict

In light of the recent news in Ukraine, we would like to share some resources with you, as we are aware that this situation is causing high anxiety for some young people. We hope that you find the websites below useful:

- [Why are people talking about Russia and Ukraine? - CBBC Newsround](#)
- [Advice if you're upset by the news - CBBC Newsround](#)
- [How to Talk About War and Conflict with Kids, According to a Child Counselor | Save the Children](#)
- [Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation. - The Education Hub \(blog.gov.uk\)](#)
- [Supporting your child if they see upsetting content online about what is happening in Ukraine | Childnet](#)

Eating disorders awareness



Beat provide support to help young people who may be struggling with an eating disorder or eating problems. Helpline: 0808 801 0677 or email: help@beateatingdisorders.org.uk

Guide for parents and family's supporting someone with an eating disorder [here](#).

Guide for young people to understand eating problems [here](#)

Tips for spotting eating problems [here](#)

Action for Happiness: Mindful March 2022

Daily actions to help you connect with others and spread kindness.

A calendar grid for Mindful March 2022. The grid is 7 columns wide (Monday to Sunday) and 5 rows high. Each day has a numbered box with a specific mindful action. The boxes are color-coded: green for Monday, Tuesday, Wednesday, and Sunday; orange for Thursday, Friday, and Saturday. The text 'Mindful March 2022' is written vertically on the left side. At the bottom, there is a blue banner with the text 'ACTION FOR HAPPINESS' and 'Happier · Kinder · Together' in white. There are also several small illustrations of people engaged in various activities like gardening, sitting on a bench, and drinking tea.

MONDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

TUESDAY

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

WEDNESDAY

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today dayofhappiness.net

THURSDAY

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

FRIDAY

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life

SATURDAY

SUNDAY

Mindful March 2022

ACTION FOR HAPPINESS

Happier · Kinder · Together

What Parents Need to Know about WhatsApp

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

In the guide, you will find tips on a number of potential risks such as scams, strangers and location sharing.

What Parents & Carers Need to Know about

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WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers



CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



NOS National Online Safety
#WakeUpWednesday

UK SAYS NO MORE IS A NATIONAL CAMPAIGN TO RAISE AWARENESS TO END DOMESTIC ABUSE AND SEXUAL VIOLENCE ACROSS THE UK.

TOGETHER WE CAN END DOMESTIC ABUSE & SEXUAL VIOLENCE

#JOINTHECHORUS KETTERING MARCH



**PROUDLY SUPPORTING
UK SAYS NO MORE**

UK SAYS NO MORE is a national campaign to raise awareness to end domestic abuse and sexual violence across the UK. North Northamptonshire Council are working with partners to run a community march event, to encourage one voice in supporting everyone's right to live a life free from fear of violence and abuse.

**Join us at Rockingham Pleasure Park
Park Road, Kettering NN16 9LL
Saturday 12th March 2022
At 6pm**



Feel free to bring your own placards, banners and a candle or torch for a Candle lit vigil at the end of the march





NDAS offers help for anyone affected by domestic abuse in Northamptonshire. You could be a victim, perpetrator or a worried family member or friend. Their role is to offer non-judgmental, friendly and practical support. You can contact them via:

- 24 hour helpline 0300 0120154
- Email: advice@ndas-org.co.uk (office hours)
- [Facebook messenger](#) (Every day 9am to midnight)
- Or you can use our online chat (Every day 9am to midnight)

NDAS are offering a range of support programmes including the Freedom programme for female victims:

Freedom Programme: This 10-week programme is designed for women who have been or are currently in an abusive relationship. The programme provides an opportunity for women to develop ways of thinking and behaving to help them to protect themselves, their children and others from harm.

By recognising the beliefs held by abusive men, women can learn to understand that abusive men lie about their behaviour. The programme teaches women to identify the tactics of coercion, recognise the early warning signs of abuse and identify tactics some men use in their belief of male superiority to undermine women's rights and opinions.

You can find out about other support available from NDAS [here](#)

KSA is part of **Operation Encompass** in partnership with the Police and NCT. Find out more [here](#)

The Young Gamers and Gamblers Education Trust (YGAM)

YGAM is a national charity whose purpose is to inform, educate and safeguard young and vulnerable people, helping them build resilience and understand the potential harms caused by gambling and gaming.

Parents can often feel overwhelmed with constantly advancing technology and YGAM is keen to provide simple, usable resources to help parents have honest and open conversations with their children around the topics of gaming and gambling. There are supposed to be protections in place to keep children away from the risk of gambling. In late 2019, the Gambling Commission published a report investigating the impact of gambling on 11–16-year-olds in the UK. The report found that 44% of young people who are familiar with in-game items had paid money to open loot boxes in-game. Loot boxes can be bought within a game and contain a random selection of items.

The Young Gamers and Gamblers Education Trust (YGAM) resources for parents are [here](#):

