

Welcome to the second 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.

## Vaping

Vaping is openly taking place by young people of various school ages. We have seen an increase in the number of students having e-cigarette or vape pens on their person in school. This is not allowed and they will be confiscated.

### What are they?

- Electronic devices that heat a liquid and produce an Aerosol or mix of small particles in the air.
- They come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes or cigars. They also look like USB flash drives, pens, and other everyday items.

### How do they work?

They produce an aerosol by heating a liquid that usually contains nicotine, flavourings and other chemicals that help to make the aerosol. This liquid is sometimes called 'e-juice', 'eliquid', 'vape juice,' or 'vape liquid.' As well as the flavoured liquids, E-cigarette devices can be used to deliver marijuana and other drugs. It has been reported liquid drugs such as LSD, GHB and Ketamine are being vaped as well. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20's.

Download a guide for parents/carers [here](#) and more information/advice <https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>



**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.**

## Sexual Abuse Learning Programme (Parents Protect)

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Be aware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

**Parents Protect**

**Together we can prevent  
child sexual abuse**

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)

---

## Parenting Smart

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children. Advice can be found on over forty topics including:

- Understanding sibling rivalry
- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My child says, 'I hate you!'
- Cultural identity: who am I?



**Parenting  
Smart**



We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

The Parenting Smart website is [here](#)

---



## Online safety

Every Wednesday National Online Safety produces a guide for parents as part of their 'Wake Up Wednesday' campaign for online safety.

<https://nationalonlinesafety.com/guides> Download the app and access them via your phones or tablets.

**Students also had a recent assembly that is accessible via your child's Year Group Team on Teams if you wish to look at it together.**

---

## Cryptocurrency

Cryptocurrency is software enabling the exchange and storage of digital 'coins' representing financial value. To monitor who owns which coins, platforms save an online record of every transaction, called a 'ledger' or 'blockchain'. This is secured by cryptography: a set of methods for protecting sensitive information.

Bitcoin, released in 2009, was the first cryptocurrency. As cryptocurrency becomes a more established part of digital life, young people are bound to come across it and show an interest – so it is vital that trusted adults understand the risks and how it can be explored and used safely. In the guide on the next page you will find useful tips together with potential risks.

# What Parents & Carers Need to Know about CRYPTOCURRENCY

## What is cryptocurrency?

Cryptocurrency is software enabling the exchange and storage of digital 'coins' representing financial value. To monitor who owns which coins, platforms save an online record of every transaction, called a 'ledger' or 'blockchain'. This is secured by cryptography: a set of methods for protecting sensitive information. Bitcoin, released in 2009, was the first cryptocurrency; other platforms have since launched such as Ethereum, Tezos and Filecoin. As cryptocurrency becomes a more established part of digital life, young people are bound to encounter it – so it's vital that trusted adults understand its risks, and how it can be explored and used safely.

### COMPLEX TECHNOLOGY

Like any new software, cryptocurrency comes with bugs, flaws and limitations. Broadly, it hasn't yet evolved to be as user friendly as web browsing or social media. Using it safely means spending time learning about the complicated technology it uses. We would strongly suggest anyone considering getting involved in cryptocurrency should consult specialised tutorials to learn about it properly in advance.

### WIDESPREAD EXAMPLES

Cryptocurrency software for smartphones is often free to download from app stores. Emails with links to cryptocurrency services can land in any inbox. Cryptocurrency is also advertised on search engines, on social media and in online games (for example to buy add-ons which help players level up). It can't be purchased easily without a credit card or bank account, but young people will still be exposed to cryptocurrency in various settings.

### CHANCE OF SCAMS

Cryptocurrency provides another opportunity for scammers to extract personal data and money from unwary web users. Unlike credit card transactions or wire transfers, a bank can't reverse cryptocurrency transactions after a suspected fraud – making it an appealing channel for online extortion. These transactions do leave evidence in the blockchain, however, which means that cryptocurrency scammers can and do get caught.

### BEING LOCKED OUT

If you forget your online banking password, you can reset it by proving your identity in another way. In the world of 'crypto', however, the private key to access your funds can't be reset. Cryptocurrency operates without intermediaries like banks – so no-one stores a copy of users' private keys. This has security benefits, but also presents the huge risk of permanently losing access to your account. Learn how to store private keys securely before purchasing any significant amounts of cryptocurrency.

### RISKY INVESTMENT

Prices can be very volatile, so cryptocurrencies are considered high-risk investments. If you might need your savings soon, don't hold them in cryptocurrency as their value could drop suddenly and sharply. Sometimes, cryptocurrency may be a profitable investment – but note that any gains are taxable. You may even have to pay tax when exchanging one cryptocurrency for another if the currency you're exchanging is priced higher than it was when you bought it.

## Advice for Parents & Carers

### AVOID IF UNSURE

In the UK, cryptocurrency is considered risky, because users aren't well protected if something goes wrong. Most cryptocurrencies use software developed by decentralised communities, so there's no customer service and no support if your funds get stolen or you lose access to your mobile cryptocurrency wallet. Unless you understand cryptocurrency, it's probably best not to use it. After all, if you couldn't comprehend the highway code, it wouldn't be safe for you to drive.

### CHECK CREDENTIALS

Buying cryptocurrency for the first time involves wiring funds from your bank to a cryptocurrency exchange – a business that converts your money into cryptocurrency. They can also store cryptocurrency for you, though this could present a security risk. Cryptocurrency businesses in the UK must now comply with money laundering regulations: the Financial Conduct Authority's website has a list of all businesses that are approved, and it's best to avoid dealing with any that aren't.

### EXPECT EXPOSURE

If your child plays online games that involve some form of virtual currency, and has access to some kind of payment method, they may find themselves in a position to buy and use cryptocurrency. There's probably no immediate danger, but discussing the potential risks with them could be useful. If your child is old enough to understand the concepts of spending and saving or to grasp the basics of programming, then they're old enough to learn about cryptocurrency.

### STAY CAUTIOUS, STAY INFORMED

Approach cryptocurrency with caution as well as curiosity. Don't click on links in unexpected emails referring to cryptocurrency and beware of promotions promising free cryptocurrency in exchange for personal information. Avoid mentioning on social media that you own cryptocurrency, as this can attract scammers. Stay informed of potential new risks and regulations by regularly checking specialised sources (such as CoinDesk).

### Meet Our Expert

JP Vergne is an educator and associate professor at University College London's School of Management. His award-winning research on technology and organisation has been published in leading academic journals as well as in two books. JP is also a speaker and advises on startups. He tweets at @PirateOrg.



**NOS** National Online Safety®  
#WakeUpWednesday

We at Kettering Science Academy are celebrating LGBT+ history this month. Are you?

Find out more about #LGBTplusHM here: <https://lgbtplushistorymonth.co.uk/2022-resources/>

#EducateOutPrejudice #LGBTHM22



<https://lgbtplushistorymonth.co.uk/resources/for-parents/>

Keith Haring's dancing figures are a perfect example as they were used to draw attention to the growing AIDS crisis of the early 1980s. Doris Brabham Hatt and Fiore de Henriquez both fought against fascism in the 1930s. Jean-Michel Basquiat began as a graffiti artist and Mark Aguilar's life "and mere existence was an act of confronting white hegemony".

'Espresso Yourself' is a weekly drop-in wellbeing café for young people every Thursday from 4pm-8pm at Youth Works, 97 Rockingham Rd, Kettering, NN16 9HX, tel: 01536 518339. Find out more [here](#)



Helpful information from Anna Freud Centre about how to talk to your children about their feelings [here](#)



### Action for Happiness: Friendly February 2022

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

**Friendly February 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Show an active interest by asking questions when talking to others	1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today						

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**



## ARE YOU LOOKING AFTER SOMEONE ELSE'S CHILD?

## IS SOMEONE ELSE LOOKING AFTER YOUR CHILD?

If you are caring for someone else's child or someone is caring for your child (under 16 or under 18 if disabled) for 28 days or more and you are not a close relative (step-parent, sibling, uncle or aunt or grandparent) then this is called Private Fostering.

Find out about the support available to Private Foster Carers and why it is important to let us know about your arrangement.

### **CONTACT US**

To register a Private Fostering arrangement and to access the support available to you, contact:

MASH (Multi-Agency Safeguarding Hub)

Criminal Justice Centre, 700 Pavilion Drive, Northampton,  
Northamptonshire NN4 7YL

Telephone 0300 126 7000

[www.nctrust.co.uk](http://www.nctrust.co.uk)





The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your child didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

Triple P gives parents simple and practical strategies to help them build strong, healthy relationships confidently manage their children's behaviour and prevent problems developing.

TEEN TRIPLE P ONLINE

## Help your teenagers cope with challenges

### BE A POSITIVE PARENT IN UNCERTAIN TIMES: EXTRA MODULE NOW INCLUDED

#### Support your teenager's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and recent events have added a little extra stress into family life. But positive parenting skills and strategies can make a huge difference to your teenager's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

#### Why Triple P works

The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your teenager didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

**Teen Triple P Online helps you set your own parenting goals, learning step-by-step whenever you like. It'll help you:**

- Communicate better
- Build a stronger relationship
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teen to handle life's challenges

### GET STARTED WITH TRIPLE P ONLINE TODAY!

All you need to do is complete our form at

[www.youthworksnorthamptonshire.org.uk/triple-p-online-referral](http://www.youthworksnorthamptonshire.org.uk/triple-p-online-referral)

We are on hand to help if you get stuck or want to learn more about the course.

You can email us at: [Triplep@youthworksnorthamptonshire.org.uk](mailto:Triplep@youthworksnorthamptonshire.org.uk)

Or you can call us on: 01536 518339

You can also contact  
the Safeguarding team  
at KSA ☺