



Safeguarding News Letter — Autumn/Winter 2022

Latest Advice for parents and Carers

Welcome to our latest safeguarding newsletter from Kettering Science Academy for Autumn 2022. We aim to provide parents and carers with information on where you can access support in the community and how to keep your children safe both in the community and online. As the darker nights are now here in full force, we know that unfortunately means more screen time and we want you to be equipped for this by being aware of the latest scams and trends.

KCU

Supporting our local community

KCU works in partnership with the Trussell Trust to manage the Kettering and District Foodbank to ensure that no one in need in our community goes hungry.

We assemble and distribute food parcels* to those in food poverty across Kettering Borough, giving access to emergency food 24 hours a day and 7 days a week.

Click [here](#) to view Kettering food-banks website.



JHP is a Community Interest Company run by 7 boards members.

We are a not for profit, voluntary group.

Everyone has mental health; some days it might be better or worse than others but like a diet, we all have it and we want to reduce the stigma surrounding mental health. JHP is open to everyone: old, young, rich, poor, good mental health, poor mental health.

Find more information about us at:

<https://www.johnnyshappyplace.com/home>

We understand how difficult things are at the moment with prices of everything rising, mouths to feed and Christmas coming up. Below are some local charities who may be able to offer you support during these difficult times.



www.accommodationconcern.co.uk



The shack food project are a nonprofit organisation which provides a food bank and community help service. We are located in Kettering town centre. We have a second hand baby and children shop to raise money for the food bank. We also gift children and baby items through referral from other organisations such as social services and schools etc .

Find us at 10 Lower St, Kettering NN16 8DH. Or search for our facebook page.

Cheap places to eat out with your kids during the holidays



At Brewer's Fayre you can get two free children's breakfasts with one paying. It has also been reported that if you sign up to their newsletter they send out a code for kids to eat free.



Kids eat for £1 at ASDA café's all day every day.



Kids get one free meal from the kids menu with any one adult meal with a value of £4.99 or over .

Vaping among secondary-school children is rising, with nearly one in five 15-year-olds using e-cigarettes in 2021, a survey by NHS Digital suggests.

- Among 11-15-year-olds, 9% say they are vapers - up from 6% in 2018.
- Doctors say children are being targeted by e-cigarette companies, with bright packaging, exotic flavours and enticing names.
- The long-term effects of vaping remain unknown - but it is much less harmful than smoking cigarettes.

For guidance on how to talk to your teens about the effects of vaping click [here](#)



'HI MUM' SCAM ALERT!

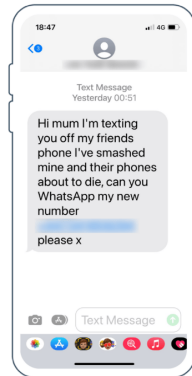
What Is The 'Hi Mum' Scam?

Potential victims are contacted a scammer posing as a family member or a friend. This is usually done via a messaging service like WhatsApp.

The scammer will claim that they have lost or damaged their phone (this explains why they're contacting from a different number).

After a few messages have been exchanged in order to build a rapport, the scammer will ask for personal information. This might be photographs (for their social media profile) or money to urgently help pay a bill, a contractor or to replace their phone.

[Click here for more info on this scam](#)



by

PARENTAL CONTROL APPS

WHAT ARE PARENT APPS? The main purpose of parental control app is to monitor a child's online activity and limit potential encounters with inappropriate harmful content. Each app is different and will offer different features, but most are likely to offer the following: Monitor search history ☑ Block websites or apps ☑ Schedule designated screen-time ☑ View text and/or audio messages ☑ Alert parents to a child's physical location. ☑ Tell parents who children are talking to online ☑ Show call logs and the numbers a child may be contacting/contacted by For some, using a parental control app will seem like a natural step to prevent their child from seeing or experiencing something harmful, like wrapping them in digital cotton wool. Is it really the answer to online safety or are there pitfalls to avoid? The online safety guide in the link below highlights the Pros and cons of using parent apps. Better to have the choice than not [Parental Control Apps – Online Safety Review - Ineqe Safe-guarding Group](#)

Did you know that there are recommended age restrictions for social media platforms?



Age Restrictions for Social Media Platforms



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What Parents & Carers Need to Know about GROUP CHATS

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WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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#WakeUpWednesday



www.nationalonlinesafety.com



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@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.04.2022

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Here are some more useful links for urgent and other mental health support

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.



We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

Visit www.beateatingdisorders.org.uk



Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night.

www.childline.org.uk



The mix are a free and confidential multi-channel service. That means that you choose how you access their support, without the worry of anyone else finding out.

Visit the mix website [here](http://themix.org.uk)



Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal.

Visit www.kooth.com for more information and to sign up.

Please click [here](#) for the Northamptonshire Children's Trust stay connected newsletter. This newsletter focuses on the work of partner agencies, the voluntary sector and social enterprises which support children, young people, and families

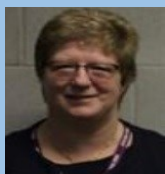
Wishing you all a Merry
Christmas and a Happy New
year



Our Safeguarding Team



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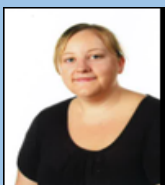
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Our safeguarding team is expanding and we look forward to introducing our new members of staff next term.