

SAFEGUARDING & WELLBEING...



EVERYONE HAS A ROLE
TO PLAY IN PROTECTING
CHILDREN

issue 2

NEWSLETTER

SPRING
2022

ECKINGTON SCHOOL / LEAP MAT

Dronfield Road, Eckington, Sheffield.

S21 4GN

01246 432849

Part of
LEAP
Multi Academy Trust

SAFEGUARDING TEAM

Who is Who at Eckington School in terms of the Safeguarding Team

Designated Safeguarding Lead (DSL)



Mrs Burgess

DSO



Mr Taylor

Deputy DSL



Mrs Gregory



Mrs Price



Mrs Needham

Please contact the Eckington School **Safeguarding Team** if you have concerns or need further advice/support (please ring reception and ask for the Safeguarding Officer, Mr Taylor, or the Safeguarding Lead in school, Mrs Burgess, or your child's Leader of Student Development/PSA in the first instance).

See the school website for further safeguarding and wellbeing information.
<http://www.eckington.net>

ECKINGTON SCHOOL SAFEGUARDING AND WELLBEING NEWSLETTER

Latest advice for Parents and Carers

Welcome to the second edition of our Safeguarding and Wellbeing Newsletter, at the start of the Spring Term.

We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you. With the first term already completed, we hope that you had a lovely Christmas and New Year and that your children are ready and focused for the coming weeks.

The focus for Safeguarding in this newsletter is online safety.



KEEP OUR CHILDREN SAFE

SAFEGUARDING INFORMATION

ONLINE SAFETY



Safeguarding update:

- Due to the popularity of Netflix's most recent viral show, Squid Game, online safety experts have received several questions about it from concerned parents, carers and teachers. We decided to release a Safeguarding Update that highlights the main risks and concerns our experts found when researching the show.

What is Squid Game?

- Squid Game is a South Korean television series streaming on Netflix. The plot centres on a group of adult debtors, thieves and gamblers competing against each other in a series of childhood games for a grand cash prize. However, there is a dark twist to these seemingly innocent games - losing competitors are violently killed off in ways that grow more twisted as the games grow more intense.
- Since its release in September 2021, Squid Game has become number one across 90 different countries in Netflix's ranking of most watched TV shows. It has been number one in the UK for thirteen consecutive days since its release.

Harmful content in the show.

- Currently, Squid Game has a rating of 15+ as the visual content includes high levels of gore, death, violence and physical assault. It also has graphic depictions of suicide, murder and sexual assault.



- Children and young people are likely to know about Squid Game via word of mouth and social media / gaming platforms. They may be unaware of the extent of gore, death and violence the show contains. It also focuses on adult themes (such as gambling, debt and sex) that are not appropriate for younger viewers. For young people who live with mental health issues, they may be triggered by some of the content.
- The aesthetic of Squid Game, especially in promotional images and material, appears innocent and childlike. This is to provide a clash with the excessively violent content that is meant to be jarring and unsettling to viewers.

SAFEGUARDING INFORMATION

How does my child know about this?

As this is a cultural phenomenon, Squid Game has become a popular subject of memes, games and online conversation. It is entirely possible for a child or young person to know all about Squid Game - without actually watching the show.

Popular gaming platforms Roblox and Fortnite have also seen a sharp increase in user-designed games recreating those in Squid Game. These can be played by anyone. They are also being heavily livestreamed by many gaming streamers on YouTube and Twitch as the show is currently trending, and mentioning it is an easy way to attract an audience.

Parents and carers should be aware that video content from this show is found extensively on Tik Tok, which could also increase interest in watching the show.

Remember: even if you restrict the young person in your care from watching Squid Game, they may be able to access content on other platforms.

The Risks of Recreation

Due to the overwhelming popularity of Squid Game and its challenge-based plot, many of the themes within the show have become popular on social media platforms. Depictions of these games have started to become popular as people film themselves recreating them - without the murderous outcome.



©Netflix

The most popular are:

- **Red Light, Green Light**

Players attempt to reach a spot in the allotted time in a stop-start fashion.

A particular image from the show being recreated involves the giant doll-like robot that runs this game and monitors any movement ©Netflix.

- **Honeycomb Game**

Players must cut out one of four shapes in a thin disc of honeycomb using a needle without breaking the shape. This has become popular on Tik Tok.



It is unlikely that children and young people would have the means to entirely recreate the games featured in the show in real life. A lot of them include specialised weapons, sets and equipment.

SAFEGUARDING INFORMATION

However, there is a concern that a child or young person may unintentionally put themselves in harms way by trying to recreate a small portion of the games. Some reports have seen children using physical violence in the playground to 'punish' losers as a substitute for the player losing their life. If a child attempts to recreate the Honeycomb Game, there is a risk of burns from caramelised sugar if they attempt to make the honeycomb themselves. Some users have also tried heating sharp objects over flames like characters in the show to make cutting an image out of honeycomb easier.

Practical tips and guidance

Use the **Netflix Safety Guide** to set viewing restrictions, profile locks, PIN codes and much more.

REMEMBER

PAUSE



Consider the age and ability of your child alongside the platform they use.

THINK



Consider talking to your child about harmful content online.

TALK



Engage your child in a natural way and ask questions to establish how much they know about the topic.

SAFEGUARDING UPDATE - TikTok

TikTok:

What parents need to know

Despite only launching in 2018, TikTok has enjoyed a dramatic rise to become one of the most popular social media apps on the planet.

Young people, in particular, love its short-form video focus, and it is now one of Generation Z's favourite tools of expression.



There is a good chance your child is either using it already or asking to be allowed on it - but what exactly is it, and are there any risks you should be aware of?

Everything parents and carers need to know about Tik Tok

What is TikTok?



musical.ly

- TikTok was born out of a merger between two already popular apps. Douyin and Musical.ly. It is based around many of the same features found on those platforms and is primarily a social media app where users can both create and watch short video snippets, often accompanied by music.
- Over the two years since its launch, the app has amassed more than 800 million active users and has consistently stayed at the top of both the Google Play Store and Apple App Store charts.



TikTok

What sort of content is on TikTok?

- You can find videos relating to almost all interests on Tik Tok, from DIY tricks and make-up tutorials to gaming and sports. People are allowed to let their imagination run wild on TikTok, as there is not really a right or wrong type of content. Your child might use TikTok to pick up new skills, learn how to play an instrument or even connect with people they share an interest with.
- The videos are often playful and take maximum advantage of the editing tools to make the 15 seconds of video as memorable as possible. Although most of the content you will find is upbeat, funny and joyful, people also use the platform to respond to current events such as the #BlackLivesMatter campaign and the COVID-19 pandemic. This has led to controversy in the past, with Tik Tok having been accused of censoring politically-charged content which was especially critical of the Chinese government.
- But TikTok has a set of community guidelines all content must adhere to and does not permit, for example, violent, racist, extremist or sexually explicit content on the platform.

SAFEGUARDING UPDATE - TikTok

How does it work?

- Users do not need an account to watch videos on TikTok but if they want to like, comment, customise their feed or create their own video content, they will be prompted to sign up for a free account.
- Like most social media platforms, TikTok requires its users to be at least 13 years old, although there is no robust age-verification in place. When logging in for the first time, the user will be asked to log in using either their email, their Google account, or by linking TikTok to one of their other social media accounts, for instance Facebook or Twitter.
- After entering their date of birth and selecting which topics they are interested in - such as sports, pop culture, music or gaming, the user will be dropped straight into the feed.
- In contrast to most of its competitors, TikTok does not require the user to add any information to their profile: they are issued with a user number, but whether they add a name, profile picture or any other personal information is their choice.
- Users are given complete creative control of their content. Putting together a video is very easy and there is a range of tools available to spruce up the content, such as filters, effects, text and stickers.
- Depending on their age and how they have adjusted their settings, users can share their content with their follower base and / or the larger TikTok community - and even reshare their content on other platforms such as Instagram or YouTube.
- Many high-profile TikTokers - such as the dancer Addison Rae and magician Magic Singh have achieved stardom by simultaneously building their audiences across platforms.

Are there any risks?

- **Data collection:** TikTok has previously come under fire for illegally collecting the data of children under 13, which resulted in a record breaking fine for the US Federal Trade Commission (FTC) of £4.2m and harsh criticism from the UK's Information Commissioners Office (ICO). Fortunately, TikTok does not require users to give much personal information to join the app anymore, but it is a good idea to minimise the amount of data your child stores on the app and turn off personalised ads in the settings.
- **Contact with strangers:** Although connecting with new people on social media is not harmful in itself, TikTok has previously been in the news for failing to remove sexual messages sent to teenagers. The platform's guidelines include a section devoted to 'Minor safety', which states "We are deeply committed to child safety and have zero tolerance for predatory or grooming behaviour toward minors". To further address concerns, TikTok introduced a feature that prevents under 16s from both sending and receiving private messages - but nothing stops young users from faking their age. Be sure to adjust the app's settings (more advice below) and let your child know that they can come to you if they have had a bad experience which has involved being contacted by a stranger.

SAFEGUARDING UPDATE - TikTok

How does it work?

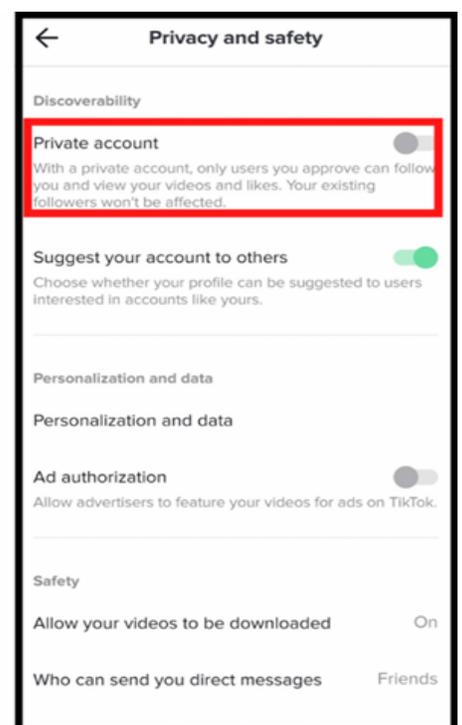
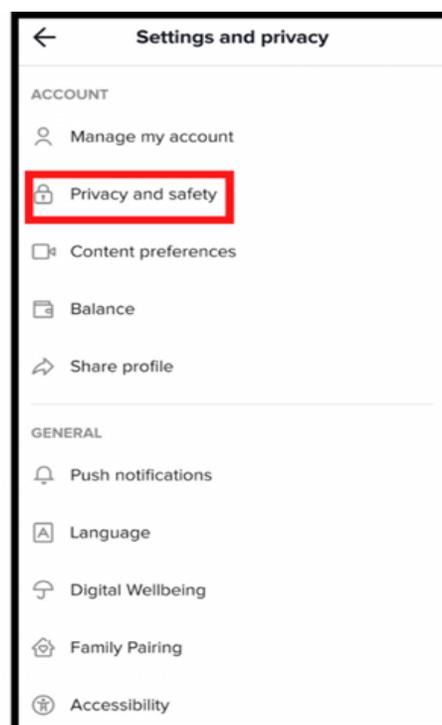
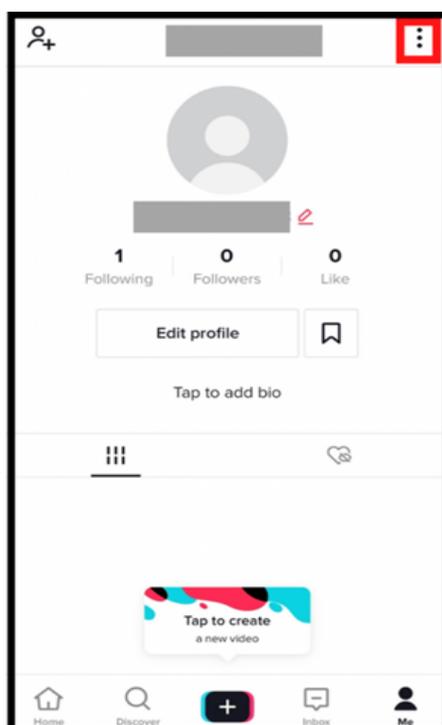
- **Risky challenges:** The social media platform is famous for spawning viral challenges which are a big draw for many users. But TikTok has received a lot of flak for allowing potentially dangerous challenges such as the Skullbreaker Challenge and the Outlet Challenge to reach popularity on its platform. Make sure that your child knows not to try risky activities they see on Tik Tok.

Private accounts and settings

- One of the main concerns parents often have about social media is that their child might be contacted by strangers who might not have their best interests at heart. In January 2021, TikTok updated its privacy settings so that accounts for under 16s are set to private by default. This means that other users must be approved before they can see and interact with your child's content or contact them.

If your child is 16 or 17, or your 13 to 15 year old has changed the default, you can set it to private like this:

- Go to your child's **'Account'** section and tap the **three-dot** menu in the top right corner of the screen.
- Select **'Privacy and safety'** from the **'Settings and privacy'** menu.
- Toggle the **'Private account'** slider at the top of the page.



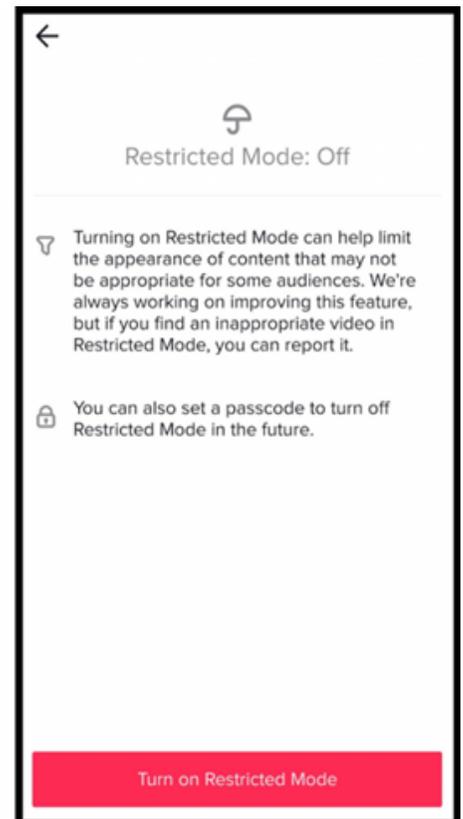
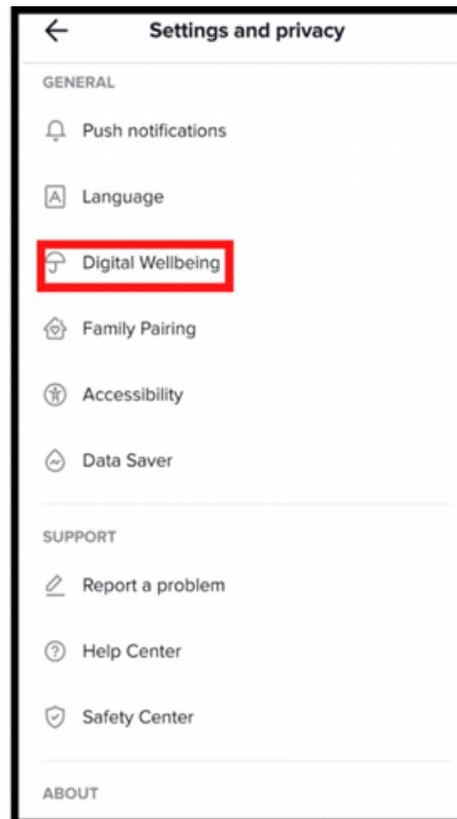
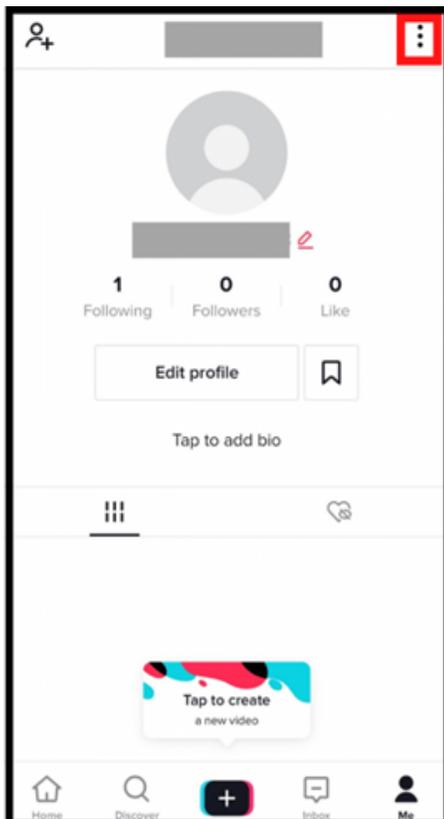
SAFEGUARDING UPDATE - TikTok

How to filter out inappropriate content

- Tik Tok is moderated and content that does not uphold its community guidelines is continuously weeded out. But if you want to further minimise the risk of your child stumbling across mature content, it is a good idea to enable 'Restricted Mode'. TikTok does not explicitly say how this works, merely that "it limits the appearance of content that may not be appropriate for all audiences".

To enable it:

- Go to your child's '**Account**' section and tap the **three-dot** menu in the top right corner of the screen.
- Select '**Digital Wellbeing**' further down on the '**Settings and privacy**' menu.
- Go onto the page for '**Restricted Mode**' and tap '**Turn on Restricted Mode**'.
- You will then be asked to set a **password** you need to enter to disable it again.

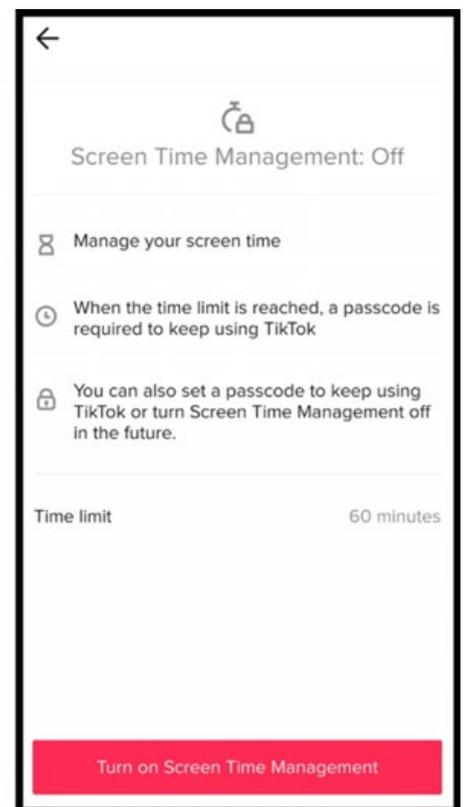
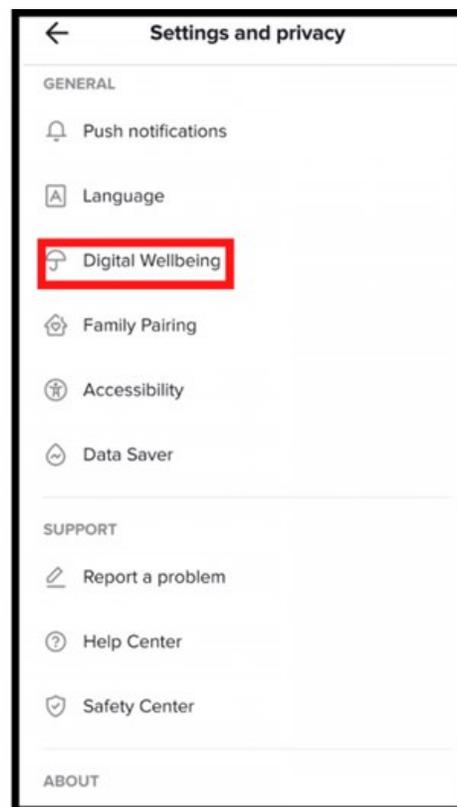
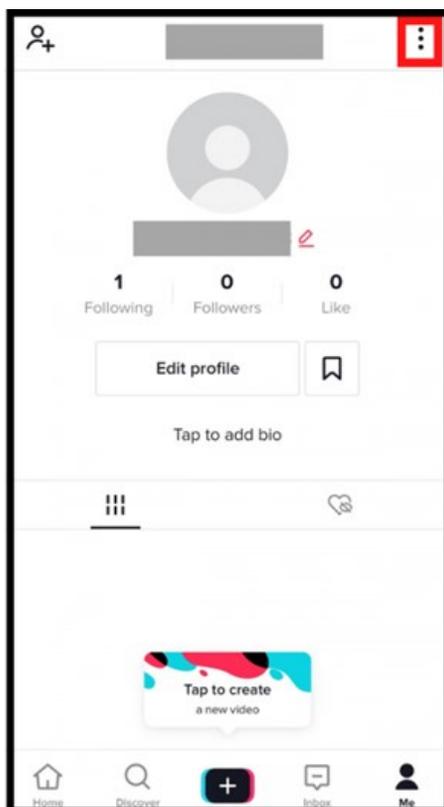


SAFEGUARDING UPDATE - TikTok

How to manage time spent on the app

Research has found that a moderate amount of screen time per day can be very beneficial for your child, but that does not mean you cannot choose to set limits. TikTok offers a Screen Time Management feature which gives the user a custom daily quota, after which they will need to input a password to continue.

- Go to your child's '**Account**' section and tap the **three-dot** menu in the top right corner of the screen.
- Select '**Digital Wellbeing**' further down on the '**Settings and privacy**' menu.
- Go onto the page for '**Screen Time Management**' and tap '**Turn on Screen Time Management**'.
- You will then be asked to set a **password** you need to enter to disable it again. If you have already enabled '**Restricted Mode**', it will be the same password.



SAFEGUARDING UPDATE - TikTok

How can I help my child be safer on TikTok?

Using social media can be an enriching activity for young people and a good way to stay in touch with their social circle during these strange times. Although TikTok has significantly stepped up its efforts to keep young people safe, it is important that your child is aware of the risks they could encounter and know how to respond.

First of all, remind your child to be mindful of what they share and who they share it with. If they choose to have an open profile, they need to understand what that means (everyone can see what they post). TikTok also has a feature that allows other users to save their videos, although this is no longer available for content posted by under 16s. Older users can disable this option by going to the **Privacy and Safety** options and turning off '**Allow your videos to be downloaded**'. Try going through the settings together, so you can both share your views on what should be adjusted.

Social media can be hotbeds for misinformation and scams, so encourage your child to **think critically** about the things they see in their feed. If something seems too good to be true, chances are it probably is.

It might seem obvious, but reassure your child that if they have any questions about the app or have had an uncomfortable experience, they can come to you for support.

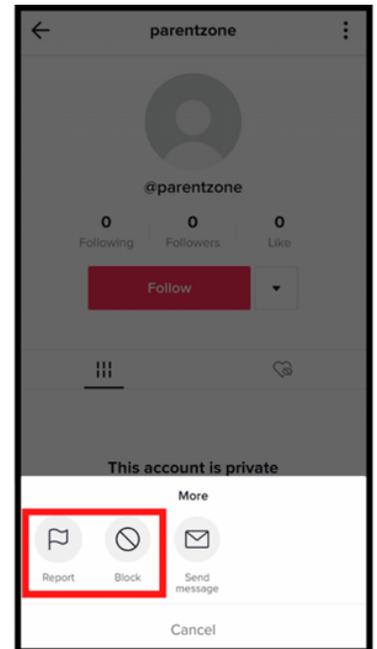
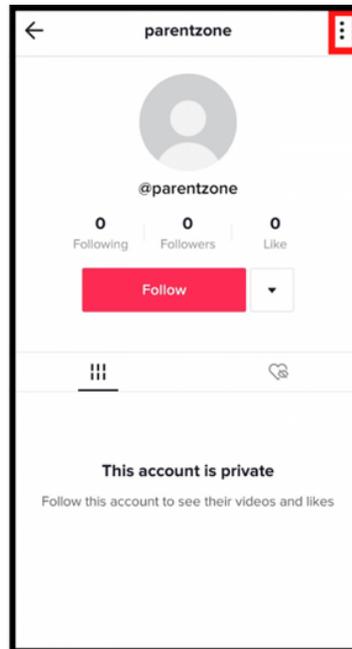
And last but not least, make sure that your child knows how to report videos or users if they stumble across inappropriate content and how to block users who are bothering them.



SAFEGUARDING UPDATE - TikTok

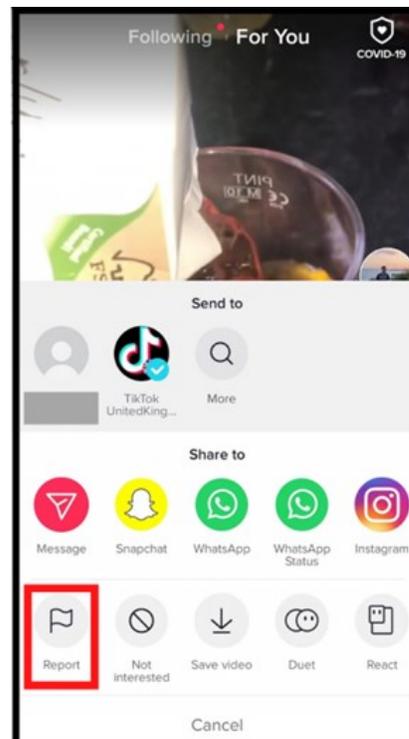
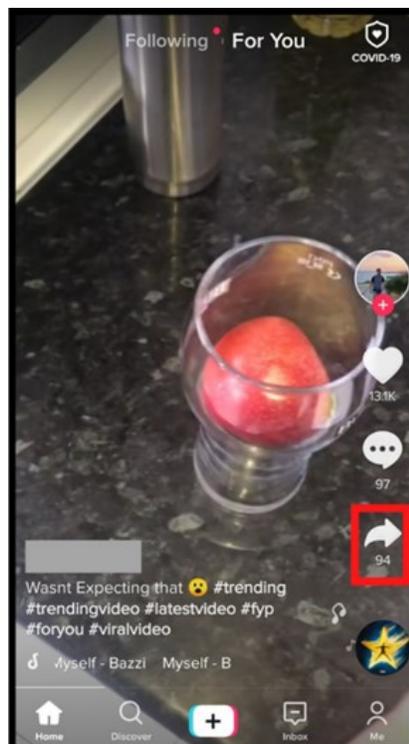
How to report and block a user

- Go to the **users profile** and hit the **three-dot** menu in the top right corner of the screen.
- Click either **'Report'** or **'Block'** from the menu that will appear at the bottom of the screen.
- In both cases you will be asked to give a brief description of the issue and complete a few more steps.



How to report a video

- Find the **video you want to report** in the feed or on the users profile.
- Click the arrow-shaped **'Share' button** on the right-hand side and select the flag-shaped **'Report' icon** from the menu.
- Give a brief description of how the video was inappropriate and follow the steps.



SUPPORTING YOUR CHILD WITH REPORTING UNWANTED CONTENT ONLINE

How can I help my child be safer on TikTok?

You may already have regular conversations with your child about what they do when they go online. Perhaps you have even agreed upon suitable websites for them to explore. But, as it is not possible to control all the content that is posted online, it is important that your child feels confident about what to do if they come across harmful content online - or something they (or you) think could be illegal.



One of the first steps is to report what has happened.

Here is some advice from NCA-CEOP (the Child Protection Command of the National Crime Agency) on where and when to report content and how your child can seek support online.

What do people report to CEOP?

The reporting process for NCA-CEOP is designed specifically for children, so that they always have somewhere to go if they are worried. You and your child can make a report to CEOP if you are concerned about sexual abuse online. This can be done quickly by filling in a form on the CEOP website.



CEOP only deal with sexual abuse online, they do not deal with other types of abuse such as cyberbullying. Have a look at the 'Other reporting services' section below for details on reporting other types of content.

The types of things reported to CEOP include:

- Someone online is talking to a child about sex and making them feel uncomfortable.
- Someone online is asking a child for naked / sexual pictures.
- Someone online is asking a child to do sexual things over camera.
- Someone online is asking a child to meet up.
- Someone online is blackmailing a child, for example by threatening to share images of them.

SUPPORTING YOUR CHILD WITH REPORTING UNWANTED CONTENT ONLINE

When should you make a report to CEOP?



Thankfully most children will not need to report to CEOP and will hopefully have positive experiences online. Nonetheless, it is reassuring for them to know that help is available should they ever need it. Make sure your child knows that you will support them if there is anything they come across online that worries them or that they think may be illegal. Make sure they know that CEOP's reporting service is available to them and that all reports are taken seriously. In the majority of cases, when a child reports to CEOP, their parents or carers are also informed.

CEOP has support for parents that have any concerns related to sexual abuse online. However, if you think a child could be in immediate danger, do call the police on 999.

The CEOP **Thinkuknow** website has further information and advice for parents and children.

What happens when a report is made to CEOP?

Reports are read by a Child Protection Advisor - a specialist social worker at CEOP. They will have helped lots of children and parents in similar situations.

The Child Protection Advisor will contact the reporter to talk about how they will help. They will make a plan about how to ensure your child is safe. CEOP work with lots of other professionals to make sure your child is safe, this includes local police agencies and social care.

OTHER REPORTING SERVICES

Here are some places you and your child can make a report online, depending on the type of content that they have come across:

- Any criminal images of children online, for example sexual / naked photos, should be reported to the **Internet Watch Foundation**.

Reporting to the IWF is confidential and can be done anonymously.



- You can report directly to social media platforms if you come across harmful content. They will remove content if it violates their terms or standards, for example hateful content. Check the platform's own terms and conditions and be prepared to quote them when you contact them to show how these may have been violated. **Thinkuknow** provides further advice on reporting to social media sites.
- You can also make a report via **Report Harmful Content** - provided by **UK Safer Internet Centre**. This has been designed to assist everyone in reporting harmful content online. The report button will guide you through the reporting process and offer appropriate advice.
- You can report child abuse or any concerns you have about a child, anonymously if you wish, to the **NSPCC Helpline**.



The **Information Commissioner's website** offers advice on making complaints about the misuse of personal information. For example, if you receive nuisance calls or unwanted marketing materials. You can read more about protecting your child's personal information online here.



True Vision is a police-funded site that provides information about hate crime. You can report all forms of hate crime there, eg homophobic, transphobic, race, religious.

OTHER SUPPORTING SERVICES, ADVICE AND SUPPORT SERVICES

When should you make a report to CEOP?

Reporting is an important part of the process but your child may also need support if they are worried or upset about what they have seen. Here are a few places they can seek support:



- **Childline** is a confidential 24/7 counselling service run by the NSPCC for all children up to the age of 19. Children can speak to a trained counsellor on the phone or online about any issue that they are going through.



- **The Mix** is another confidential helpline and multi-channel support service for young people under the age of 25. This Mix is a great point of contact for any young person seeking help, they specialise in topics such as sex and relationships, homelessness, drugs, mental health and finding a job.



- **Stonewall** is a charity that provides information and support for LGBT communities. You and your child can find a range of resources, information and advice on many topics including coming out, discrimination and hate crime.



- **Samaritans** is a charity that provides support to anyone in emotional distress or struggling to cope through their telephone helpline.

OTHER SAFEGUARDING INFORMATION

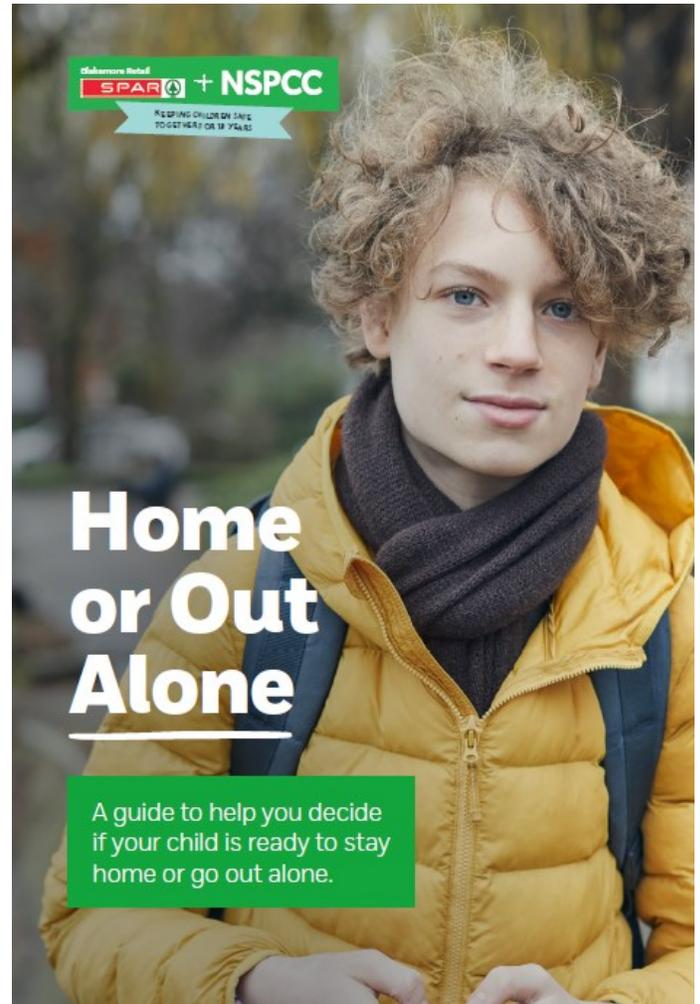
HOME OR OUT ALONE GUIDE

A guide to help parents and carers decide whether their child is ready to either stay at home or go out alone.

This guide provides practical tips and advice to help parents and carers decide what is best for their child when it comes to staying home alone or going out alone.

It covers some of the risks parents should consider before making a decision, such as how their child feels about the idea and who they should contact in an emergency.

There is also a checklist for parents and children to work through together to help them prepare for different types of scenarios. This includes questions about what to do if there is an accident at home or they are approached by a stranger outside.



Download Home or Out Alone:

<https://learning.nspcc.org.uk/leaflets>



POSITIVE PARENTING

Need-to-know: how to set boundaries and build positive relationships

Balancing the various demands parents have to cope with is not easy and all parents can come under pressure or stress from time to time.

This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

The guide is also a valuable resource for services and professionals offering parenting advice to new parents and those caring for young children or teenagers.



<https://learning.nspcc.org.uk>>leaflets

WELLBEING

A reminder that the mental health and wellbeing of all members of Eckington School is essential to our philosophy and ethos. We all have mental health, and it is important our students learn how to maintain good mental health and wellbeing.

Although Christmas is a time many of us enjoy celebrating, for those struggling with Mental Health it can be a very difficult time. Too often you hear 'Cheer up, it's Christmas'. This is so difficult to hear when you are struggling with mental health and just want to lock yourself away and hide. For this reason, before Christmas and then again after Christmas, to support with New Year blues we have encouraged our students to reach out to each other and make time to listen.

How are we supporting our students?

To support our students we continue to remind them of the importance of looking after their own wellbeing and give them strategies to do so. All our students receive our universal wellbeing support.

Wellbeing is part of our Character Development and registration programme. Key information is provided in the student planner and is part of our assembly programme.

During the last half term our students were been presented with a survey; we fed back the results and how we planned to further support safeguarding and wellbeing. Also, students have had an assembly on looking after their wellbeing during the festive period. They have been sent links to monthly calendars to support their own wellbeing and that of others, with links to useful articles and websites.

Students are encouraged to talk and have a range of outlets to do so.

We have an email address they can contact to ask for support and advice and a text line.

Wellbeing.safeguarding@eck.leap-trust.org.uk / 07926 529742



How can we help as parents?

Give them space and time to reflect on how they are feeling.

Encourage your child to talk to you. If you are struggling to get them to communicate, written communication in the form of a diary or text can be a starting point.

If you are worried, please contact your child's LoSD or PSA.

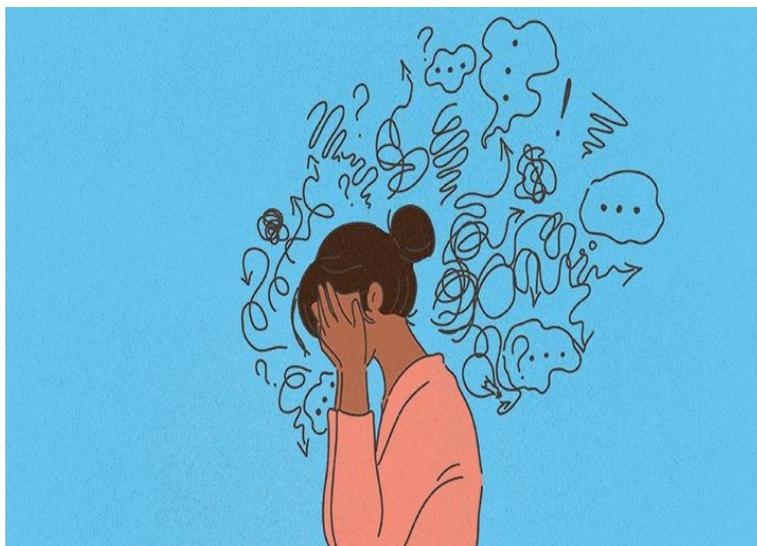
WELLBEING



A FOCUS ON MENTAL HEALTH, DEPRESSION AND LOW MOOD

Going through different emotions is part of life. It is an expectation that our teenagers will at times be moody. It is a natural response to what's happening around them. Giving them space and time and support from people they're close to can help things feel better again.

There are things you can do to help them. This includes providing emotional support, working on practical strategies together and finding the right professional support if they need it.



When a young person is depressed, however, sadness and low feelings become more overwhelming, persisting over a longer period of time and making day-to-day life difficult.

If your child is feeling depressed, it can be incredibly worrying as a parent. When you are going through this with your child, it is tough, but remember that lots of young people go through depression and come out the other side and feel okay again, and that there are things you can do to help them - including providing emotional support, working on practical strategies together and finding the right professional support if they need it.

It is useful to know the difference between having a generally low mood and feeling depressed. This can help you to think through what your child is experiencing and the type of support they need.

Low Mood

If your child is experiencing a low mood, they may feel....

- more sad, tearful, worried, tired or angry than usual, or feel low and less confident about themselves, but then feel better after a few days or weeks.
- They may also start to feel better quite quickly after making small changes in their life or routine - for example after sorting a fallout with a friend, once exams are over at school or starting a more regular sleeping pattern.



WELLBEING

A FOCUS ON MENTAL HEALTH, DEPRESSION AND LOW MOOD

Signs of Depression

Signs to look out for if you are concerned your child could be depressed.

- Withdrawing, or avoiding friends or social situations.
- Finding it hard to concentrate, and / or losing interest in schoolwork.
- Not wanting to do things they previously enjoyed.
- Feeling irritable, angry or frustrated.
- Feeling tearful, miserable, lonely or hopeless.
- Feeling empty or numb.
- Being very self-critical, or feeling less confident.
- Sleeping more or less than normal.
- Eating more or less than normal.
- Feeling tired or not having any energy.
- Showing less or no interest in self-care activities like washing.

Depression

When a young person is depressed, sadness and feeling low do not change or go away after a period of time, without support. These feelings can become overwhelming and stop them from doing or enjoying things they normally would.

When a young person is experiencing this, it is very difficult to shift the situation without extra help and support.



How can you help your child with low mood or depression?

- Try to open up a conversation about what is going on.
- Listen and provide emotional support.
- If they do not feel able to talk to you, encourage them to talk to someone else, reassuring them that you will still be there.
- Try again another day, if they do not want to talk.
- Think together about whether there is anything particular that is making them feel this way.
- Help your child to think about who is in their support circle.
- Encourage them to think about what they enjoy doing.
- Help them to think about what they enjoy doing and make a plan to do some of these things.



In partnership with



Coping with your low mood



9 Common Causes of Low Mood

Bullying



Falling behind with school work

Family problems and arguments



Loneliness



Traumatic events

Physical health problems



Family history of depression

Moving school or home



Friendship and relationship difficulties

Symptoms - Mind and Body

Psychological

Frightened, worried or anxious

Upsetting thoughts



Guilt

Lack of interest and motivation

Isolating yourself

Sad and tearful

Physical

Aches and pains

Self-harm

Disturbed sleep



Changes in appetite

Tired

8 Ways To Help Yourself Feel Better



Spend time with a friend



Keep active



Sleep well every night



Eat healthily and regularly



Avoid drugs and alcohol



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or health worker)



Plan something to do each day

Places where you can get more help



Charities

Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk; 0800 1111
Samaritans.org; 116123



Books

For a list of helpful books:
Reading-well.org.uk



Contact a parent, teacher or:

Produced by the **Bank Workers Charity** in collaboration with Professor Mina Fazel, University of Oxford Department of Psychiatry and Professor Tamsin Ford, University of Exeter Medical School.

www.bwcharity.org.uk