

RIVERMEAD INCLUSIVE TRUST

PARENTS AND CARERS SAFEGUARDING NEWSLETTER

DECEMBER 2021



inspiring the journey for
independence together

Welcome from the Team

The Rivermead Inclusive Trust Team are committed to safeguarding and promoting the welfare of children and young people in our community. keeping our young people safe. We work with pupils, parents, carers and community partners to support them with the ever-increasing range of new and unique challenges that we all face in today's world.



Check out our safeguarding pages on the school websites.

Rivermead : [Safeguarding | Rivermead School](#)

Hoo St Werburgh and Marlborough Centre [Safeguarding - Hoo St Werburgh Primary School & Marlborough Centre \(hoo-st-werburgh.medway.sch.uk\)](#)

Walderslade [Walderslade Primary School - Safeguarding \(walderslade-pri.medway.sch.uk\)](#)

SAFEGUARDING IN THE NEWS

We have all been saddened and shocked by the news of Arthur Labinjo-Hughes. Safeguarding children and young people is **everyone's responsibility** and it is essential that we all remain vigilant. If you have any concerns please talk to someone.

TikTok enhances safety policies around young people and online challenges

TikTok is a free social media app that lets you create, share, and watch short clips. The app is popular for viral dances and celeb cameos and is a creative and fun platform for all ages to enjoy. Unfortunately, there has been a rise of a number of dangerous and potentially illegal TikTok trends. Recent videos shared on the platform have encouraged children to vandalise school bathrooms and attack teachers on camera.

The video sharing platform has made changes following the publication of major research into young people and their interactions with some content. TikTok has unveiled a series of updates to its safety measures designed to better protect young people on the platform following a major report into how users interact with potentially harmful content.

The firm's research had looked at how young people engaged with online challenges and hoaxes, including harmful ones which attempt to coax viewers into self-harm or suicide. The video-sharing giant has said it will now start removing "alarmist warnings" about potentially harmful online challenges and hoaxes because its research found these warnings can exacerbate the problem by treating the hoax as real.

Please check what your child is watching online.

[TikTok app safety - What parents need to know | Internet Matters](#)



New Play Safe Campaign unveiled across English Football

The footballing community has joined together to promote the importance of safeguarding in football. Play Safe is officially supported by the NSPCC and will run on a designated weekend every season from now on.

At the heart of the campaign are three short films to emphasise the importance of safeguarding for key groups of people, crucially children themselves. As you'll see, England men's and women's players are right behind Play Safe too.

<https://www.thefa.com/PlaySafe>



THE CONVENTION ON THE RIGHTS OF THE CHILD

The United Nations Convention on the Rights of the Child is an agreement by countries to protect children's rights. The Convention has 54 articles that cover all aspects of a child's life and set out the civil, political, economic, social and cultural rights that all children everywhere are entitled to. It also explains how adults and governments must work together to make sure all children can enjoy all their rights.

Every child has rights, whatever their ethnicity, gender, religion, language, abilities or any other status.



ONLINE SAFETY

The online world offers amazing opportunities but also brings elements of potential risk. It's important we all consider how we can help keep young people safer online. Helping young people to stay safe is everyone's responsibility.



For resources, videos and articles visit
[Home Learning Hub - Safer Schools \(oursaferschools.co.uk\)](https://oursaferschools.co.uk)

ONLINE GAMING

Online games are social activities, and most have features that allow young people to chat with others whilst they play. For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

[In Game Chat- video guide for parents](#)

SCREEN TIME

Screen time can offer children opportunities to learn and develop new skills at a touch of a button but like anything, too much of it can have a negative effect on their wellbeing. As children get older and more independent online, finding the right balance for your family can be challenging but the key is to think about it early on and set some clear boundaries around their online use. For more info visit:

<https://www.internetmatters.org/issues/screen-time/>

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. Supporting your child with reporting unwanted content online <https://www.internetmatters.org/report-issue/>

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.



NATIONAL ONLINE SAFETY

Sign up free for parent guides to staying safe online:

[E-safety Guides for Schools](#) | [National Online Safety](#)

At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Bullying Series

NOS
Online Bullying

Brought to you by
NOS National Online Safety
www.nationalonlinesafety.com

What you need to know about... TROLLING & ONLINE ABUSE

What is it?

'Trolling & Online Abuse'

Trolling is a form of cyberaggression. It involves the sending of malicious, abusive or derogatory messages by one user (a 'troll') to another user online with the intention of upsetting or harassing them or damaging their reputation. It is often anonymous and does not meet the definition of bullying yet might develop into online bullying. Trolls will often goad others until they react. They enjoy putting people down and causing discord, starting arguments or being inflammatory – stirring things up for their own entertainment. Trolling may take the form of a one-off offensive comment, hate speech or even threats made online.

Know the Risks

- May cause distress**
Children can be particularly vulnerable to online trolling and online abuse. Receiving offensive comments for no reason can cause young people distress and increase feelings of anxiety and worry.
- Impact on wellbeing**
Trolling which is targeted and persistent can have a huge impact on children's mental health and wellbeing. It can lead to low self-esteem and create feelings of worthlessness and dissatisfaction, potentially affecting how children see and feel about themselves.
- Could damage reputation**
Online trolling can be humiliating for the victim and can negatively impact on how they are perceived online or on social media. Trolls might goad children into reacting or saying something they might regret and then sharing those comments widely to purposely paint them in a negative light.
- May affect home and school life**
Children who constantly receive hateful and spiteful messages online can become isolated and withdraw from daily life. They may become depressed, angry or unable to sleep at night. Their school performance may suffer and it may impact on their behaviour at home.

Safety Tips

- Have open dialogue**
It is vital to have conversations with young people about the hate speech, anger and prejudice that are all around them and explore what resilience they may have. Keep the dialogue always open so that young people have trusted adults to turn to.
- Discuss online behaviour**
Discuss what is acceptable behaviour online and what is inappropriate, unacceptable or against the law. Warn against reacting even more aggressively towards online trolls, reminding them that their digital footprint will outlast the current problem.
- Implement privacy settings**
Make sure that children are only using age-appropriate apps. Make their profiles private so that only friends and family can interact with them online and turn off comments if you're concerned about what other people might say.
- Teach critical thinking**
Help young people to spot trolls or when people are 'stirring it' on social media. Talk to them about people who might dare them to do risky things or encourage them to post negative comments online so that they recognise them and don't become an online troll themselves.

Further Support

- Report to platform**
Understand the tools available on the platform where trolling is taking place and whether or not it is moderated. Check out the community guidelines to see if the behaviour contravenes them and then if so, report it, block, unfriend or unfollow the sender where possible.
- Collect evidence**
Always try to screenshot or take a photo of the negative posts or comments made online. Report the incident to your child's school, police or local authority who will be able to investigate further.
- Seek professional advice**
If your child has experienced negative effects on their mental health and wellbeing due to trolling online, ask for additional support from your school's local safeguarding officer or seek professional help from charities who will be able to offer further advice and guidance.
- Seek support from friends**
Friends can be supportive to one another and can be encouraged to flock to post positive messages when someone is targeted. Ask your child's friends for support – like-minded people can act together positively and they may help to build their confidence and self-esteem.

Our Expert

Adrienne Katz

Adrienne Katz is an award-winning cyberbullying expert with extensive experience of working with schools and education providers to deliver training in online safety. She is the founder and leader of the annual national Cybersurvey, providing one of the richest databases of young people's views on digital life in the UK and has previously worked on government level projects funded by the Home Office and The Princess Diana Memorial Fund.

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.09.2020

SAFEGUARDING SUPPORT SERVICES

CHILDLINE

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111

Info and advice Get support Toolbox Get involved

A free, private and confidential service where you can talk about anything. Advice available online, on the phone anytime.



MEDWAY CHILDRENS SAFEGUARDING PARTNERSHIP



Medway Safeguarding Children Partnership
Safeguarding Medway's children together

Report a Concern Menu

Search this site

Report a concern about a child >

View our safeguarding procedures >

Local Authority Designated Officer >

Welcome to the Medway Safeguarding Children Partnership (MSCP) website.

MSCP is made up of the three main agencies that collectively hold statutory responsibilities for keeping children and young people in Medway safe. They are Medway Council, Kent Police and the Kent and Medway Clinical Commissioning Group.

This collective resource provides information, advice and guidance for children and young people, as well as parents and carers, practitioners, and volunteers.

Parents and carers

Book an e-learning course >
Child protection conferences >
Domestic abuse >
Online safety >
Safe sleeping for babies >
Sexual exploitation >
More advice for parents and carers >



Professionals

Medway Threshold Criteria for Children in Need >
Child sexual exploitation >
Domestic abuse >
Education safeguarding >
Neglect >
Radicalisation >
More advice for professionals >



<https://www.medwayscp.org.uk/mscb/>

If you have concerns that a child or young person living in Medway is suffering from harm please phone 01634 334 466

BEREAVEMENT: CHUMS

CHUMS offer specialist bereavement support to children and young people from 3½ up until their 26th birthday in Kent and Medway.

Specialist support is needed when a child or young person is experiencing complex grief or traumatic bereavement. This might mean that it is extra hard for them to manage the death and so it is having an enduring negative impact on everyday life. This might be because of the way the person died or because various other factors are disrupting their ability to grieve. Children and young people who need specialist support are likely to be experiencing difficulties with anxiety, low mood, overwhelming emotions or post traumatic symptoms related to their bereavement.



<http://chums.uk.com/kent-bereavement-service/>

MENTAL HEALTH SERVICES

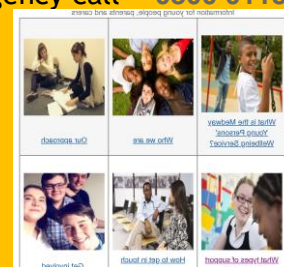
<https://www.camhs-resources.co.uk/>



The Medway Young Persons' Wellbeing Service provides emotional wellbeing and mental health advice and support for young people and their families across Medway.

<https://www.nelft.nhs.uk/services-medway-young-persons-wellbeing/>

In an emergency call 0800 0113474



AND FINALLY

Be Aware this Christmas <https://www.actionfraud.police.uk/>

11 The 12 Frauds of Christmas
Charity fraud #12Frauds

- Are you donating to a charity this Christmas? Make sure the charity is genuine before giving any personal or financial information.
- Always check the charity name and registration number at: gov.uk/checkcharity
- Check if a charity is committed to good fundraising practice by looking out for the Fundraising Badge and checking: fundraisingregulator.org.uk/directory

Logos: FR FUNDRAISING REGULATOR, ActionFraud, CHARITY COMMISSION FOR ENGLAND AND WALES



ELF AND SAFETY

With Christmas almost upon us, it's worth taking stock of 'elf and safety' messages as the festive season is also known as the accident season. Here are some top tips that will help you put safety at the top of your Christmas list:

STAY SAFE THIS CHRISTMAS

- Keep lights on and lock your windows and doors – not in? try a timer switch for your lights
- Make sure your sheds and garages are secure
- Make sure windows are kept locked
- Always lock ladders and tools away to stop burglars using them
- Secure doors. Check the condition of the frames and glass panels to make sure they are secure
- Make sure your wheelie bins can't be used as a 'step-up' onto a flat roof or over a fence
- Add a timer switch to your radio, as well as your lights
- Getting some winter sun? Don't advertise on social media that you are not home
- Use your burglar alarm if you have one
- Don't place presents under your tree if it is visible from the outside of your house
- Never leave a spare key in a hiding place, such as under the doormat or in a flower pot
- Don't throw empty boxes of valuable items straight into your rubbish – either take to the 'tip' or cut them up first

The Safeguarding Teams from across the Rivermead Inclusive Trust Academies would like to wish you all a very Happy Christmas. **STAY SAFE**

