



HOLYHEAD SAFEGUARDING BULLETIN

February 2024

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OUR SAFEGUARDING TEAM

As always, the safety and wellbeing of our students is the most important aspect of our work as a school. This month's bulletin focuses on **online safety and eating disorders**. If you have any urgent safeguarding issues or concerns about any child at our school, please contact the school on 0121 523 1960 or via email and ask to speak to one of the Designated Safeguarding Team



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Summary of the changes in Keeping Children Safe in Education 2023 (KCSIE)

- New responsibilities on filtering and monitoring - As part of safeguarding and online safety training, school staff need to understand the expectations, and their roles and responsibilities around filtering and monitoring systems
- 'Children absent from education' are clarified as being different from 'children missing education'
- As part of safer recruitment, a school should inform any shortlisted candidate that it might conduct an online search as part of due diligence
- Attendance has been added to the list of things that can be impacted by mental health
- There are tweaks to the sections on radicalisation, the Prevent duty and Channel

What is online safety?

Online safety means protecting children from 4 main areas of risk:

- 1. Content:** being exposed to illegal, inappropriate or harmful material online (e.g. pornography, fake news, racism, misogyny, self-harm, suicide, antisemitism, radicalisation and extremism)
- 2. Contact:** being the victim of harmful interactions online, whether between children or by adults (e.g. bullying, grooming, online radicalisation, aggressive advertising, pressure to spend money)
- 3. Conduct:** behaving in a way online that causes harm or increases the likelihood of it (e.g. online bullying, making, sending or receiving explicit images, sexually harassing others)
- 4. Commerce:** risks such as online gambling, inappropriate advertising, phishing or financial scams

Online safety: Sharing nudes and semi-nudes: dos and don'ts

Sharing nudes and semi-nudes is the taking and/or sharing of **sexual photos, videos or live streams online** of and by children (anyone under 18). This includes incidents where a child takes or shares an unsolicited photo (cyber-flashing). It doesn't include the sharing of sexual imagery of children with or by adults – this is child sexual abuse.



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Do:

- Talk to our DSL (or deputy) as soon as possible
- Explain to the child that you need to report it to our DSL (or deputy)
- Reassure the child that they will receive support and help

Don't:

- View, share, download or print the imagery - if you view the imagery by accident (e.g. if a child shows it to you before you can ask them not to), report this to our DSL or deputy
- Promise confidentiality
- Say or do anything to blame or shame any of the children involved
- Delete the image or ask the young person to delete it

TikTok Update Parental Controls with Family Pairing Feature (SWGfl)

TikTok is used by many teenagers and sometimes children younger than that 13 despite its terms and conditions. Using the new Family Pairing feature can allow parents to guide their child's TikTok experience in a safer way. Features include:

- **Search:** Decide what can be searched for. This includes content, users, hashtags, or sounds
- **Screen Time Management:** Sets how long your teen can spend on TikTok each day
- **Discoverability:** Decide on the account being private (you decide who can see their content) or public (anyone can search and view content)

To find out more information about TikTok's Family Pairing feature and to download a helpful poster go to:

<https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

How should you respond to a disclosure?

Scenario

You find Layo, a year 8 pupil, on her own during morning break. This seems odd, as she's normally with her small group of friends.

You ask Layo if she's OK. She says her friends all had a sleepover at the weekend without her, and there are pictures of them having fun on Snapchat. She's checked this morning, and her friends have now added horrible filters to a photo of her that make her look ugly.



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What should you do now?

Making fun of a child in apps like Snapchat can be a form of cyberbullying, so:

- Try to find out a little more – ask who's involved, and what Layo knows about what happened
- Follow school anti-bullying procedures and speak to the DSL (or deputy) about the safeguarding
- Keep a record of the incident and any actions you've taken

Note that the minimum age to use Snapchat is 13, so as year 8 pupils it's unlikely they're breaking any rules. But, if anyone isn't 13 yet, you could tell Layo and the others involved, and their parents, about the age restriction. (This may depend on your role in the school and your relationship with Layo.)

Continued ...

A few days later, you see Layo sitting on her own at lunchtime. She looks upset, so you ask her what's wrong. She tells you that the others have been laughing at her today, but they won't tell her why.

What should you do now?

- Reassure Layo that you're going to help her, and thank her for telling you.
- Ask who in particular has been laughing.
- Follow school anti-bullying procedures, and raise the safeguarding concern with the DSL (or deputy)
- Keep a record of what Layo said and any actions you've taken and log the information onto CPOMs

Safer internet day 6th February 2024

As part of this annual celebration, we encourage everyone - including children and young people, parents and caregivers, teachers and educators, policymakers, industry and others - to join "Together for a better internet". Save the date for Safer Internet Day 2024 which will take place on Tuesday, 6 February 2024.



SAVE the DATE

Safer Internet Day

2024 | Tuesday
6 February

www.saferinternetday.org



European
Commission



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Children's Mental Health Week 5th - 11th February 2024



Children's Mental Health Awareness Week will take place from 5 to 11 February 2024, with the theme of My Voice Matters. It was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe - “My Voice Matters.”

International day of zero tolerance for FGM 6th February

What do I need to know about FGM?

- FGM is deliberate cutting, injury or change to female genitals, with no medical reason
- It's **illegal** in the UK, including if a girl is taken abroad for it, and is a form of child abuse
- It happens for cultural, religious and social reasons
- It's a form of honour-based abuse, where crimes are committed to protect or defend the honour of the family or community
- It usually happens to girls whose father comes from a community where it's carried out
- It can cause **long-term physical problems** (e.g. constant pain, repeated infections which can lead to infertility, and problems with sex, labour and childbirth)
- It can cause **problems with mental health** (e.g. depression, anxiety, nightmares and other sleep problems)
- Children are more at risk in the summer holidays, as this gives them time to “heal” before going back to school
- It most commonly happens between infancy and the age of 15



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Your duty to report FGM

Teachers have a statutory duty to report known cases of FGM on girls under 18 to the police. **It's not enough to tell the designated safeguarding lead (DSL) or deputy DSL – you must report it yourself.** You should make the report by the end of the next working day, and must make it within 1 month.

This duty applies if:

- A girl has told you that FGM has been carried out on her (if someone else tells you about FGM happening to a child, the duty doesn't apply, but you must still report it to your DSL)
- You see visual signs

Eating disorders fact sheet

What are they?

An eating disorder is a mental condition which involves controlling eating – usually to cope with other feelings or troubling situations. The most common eating disorders are:

- Anorexia nervosa (commonly known as 'anorexia') – controlling weight by not eating enough food, doing too much exercise, or both
- Bulimia – losing control of how much you eat and then taking extreme action to avoid gaining weight, sometimes known as 'purging' (e.g. vomiting or extreme exercise)
- Binge eating disorder (BED) – eating too much food, to the point of feeling uncomfortably full

Who's most at risk?

- Teenagers between 13 and 17 years old are most likely to be affected, but anyone can have an eating disorder. People are more likely to get an eating disorder if:
- They, or a family member, have a history of an eating disorder, drug or alcohol misuse, or depression
- They've been criticised or made fun of for their weight, body shape or eating habits
- They have anxiety or low self-esteem
- They're particularly worried about being slim because of a job or hobby (such as ballet dancing, modelling or sport)
- They've been sexually abused
- Some pupils might develop an eating disorder to try to gain more control over their lives

What to look for



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Signs that a pupil has an eating order can include:

- Attendance – not coming into school at all, or frequently being absent from lessons
- Changes in weight – especially when their weight fluctuates rapidly, or when their weight and height is significantly lower or higher than expected for their age
- Lying about how much they've eaten, when they've eaten, or their weight
- Eating lots of food very quickly, eating very slowly, or hoarding food
- Eating alone – for example, finding a secret place in school to eat
- Going to the toilet a lot after eating
- Wearing loose-fitting clothes, or thick coats and jumpers, to hide changes in weight
- Refusing to get changed for lessons like PE and drama, or getting changed in private
- Stealing food from classmates, the school canteen or nearby shops (in cases of bulimia or binge-eating disorder)

What to do if you have a concern

- Tell the designated safeguarding lead (DSL), and make a written record logging all details onto CPOMs.
- Always take action if you're worried
- Be mindful about your language, where possible – choose language that is neutral around body image (e.g. avoid using words like 'fat', 'big' and 'skinny')

Online Safety Act

Online Safety Act receives Royal Assent putting rules to make the UK the safest place in the world to be online into law.

The Online Safety Act has today (Thursday 26 October) received Royal Assent, heralding a new era of internet safety and choice by placing world-first legal duties on social media platforms.

The new laws take a zero-tolerance approach to protecting children from online harm, while empowering adults with more choices over what they see online. This follows rigorous scrutiny and extensive debate within both the House of Commons and the House of Lords

The Act places legal responsibility on tech companies to prevent and rapidly remove illegal content, like terrorism and revenge pornography. They will also have to stop children seeing material that is harmful to them such as bullying, content promoting self-harm and eating disorders, and pornography.

If they fail to comply with the rules, they will face significant fines that could reach billions of pounds, and if they don't take steps required by Ofcom to protect children, their bosses could even face prison.



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Trolls who encourage serious self-harm to face jail

- Offence to apply regardless of whether target goes on to cause serious self-harm
- Move will protect vulnerable while not criminalising those who share their recovery journey

Vile trolls who hide behind the anonymity of the internet to encourage others to cause themselves serious harm will face prosecution as part of an overhaul of online safety laws announced today (18 May 2023).

Additions to the Online Safety Bill will make it a crime to encourage someone to cause serious self-harm, regardless of whether or not victims go on to injure themselves and those convicted face up to 5 years in prison. The new offence will add to existing laws which make it illegal to encourage or assist someone to take their own life.

Police or prosecutors will only have to prove communication was intended to encourage or assist serious self-harm amounting to grievous bodily harm (GBH) – this could include serious injuries such as broken bones or permanent physical scarring.

The offence will apply even where the perpetrator does not know the person they are targeting - putting an end to abhorrent trolling that risks serious self-harm or life-changing injuries.

Encouraging someone to starve themselves or not take prescribed medication will also be covered.

Alert: report of a suspicious item

We have been notified by a Sandwell School that they have found what first appeared to be a Purple Skittles packet. Upon closer inspection they noticed that the packets appear smaller, resealable and have small cannabis leaves across the packets (please see image for reference). The police have been notified.

The purchase of cannabis edibles is illegal in the UK, but we know the products are advertised for sale through social media networks and therefore young people are at risk of seeing them.



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