



HOLYHEAD SAFEGUARDING BULLETIN

May 2024

- Our Designated Safeguarding Leads
- Keep your child safe on YouTube
- Knife crime intensification week 13-19th May
- International Day against Homophobia, Transphobia and Biphobia 17th May 2024
- Home or Out Alone - NSPCC guide to staying safe
- Your child's screen time
- 10 Tips to help your child stay safe online
- Mental Health Awareness Week 13th - 19th May 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 **Keeping your child safe online and a guide to helping your child stay safe when on their own and some tips on positive parenting**. 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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Your child's screen time

Know the risks, and what you can do to keep your child safe

What's the problem?

Spending time online and on devices can be a positive thing. But, high levels of screen time can put your child more at risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise



4 steps you can take to protect your child

1) Set parental controls on devices

- Use parental controls to restrict access to in-app purchases and explicit or age-rated content, and, on some devices, how long they can spend on the device.
- You'll likely need to set a password. Make sure it's different from the password used to access the device, and that your child doesn't know it.
- Parental controls are usually located under 'Settings'. See below for more detailed instructions for different devices.

2) Agree rules on screen time

There are mixed views on 'safe' screen time, but you could agree some limits to stop screen time interfering with your child's sleep or family activities:

- Make a plan together, and stick to it. You could set media-free times and zones, like during meals or in bedrooms
- Try to avoid screens an hour before bedtime



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- Model the behaviour you want to see – which may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example
- Try to minimise snacking during screen time
- Turn not using screens into a game, using apps like [Forest](#), where not using devices is rewarded

3) Talk to your child about staying safe online

Tell them:

- To be aware that anyone can pretend to be a child online
- If they talk to people they don't know, not to give away personal information – like what street they live on or where they go to school, or to share their location with them. To say no to any requests they get for images or videos, and stop talking to the other person if they are asked for these things
- To set their profiles to private, to limit what others can see
- To be 'share aware' – think carefully about what they share and with whom. Once it's out there, they've got no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop
- If they see something that upsets them, or someone bullies them, to tell an adult they trust

Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

4) Encourage off-screen activities

- Help your child get active for the recommended 60 minutes a day:
- See www.nhs.uk/change4life/activities for free ideas for activities and games
- Try an app that's designed to get children active – see the examples at www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/



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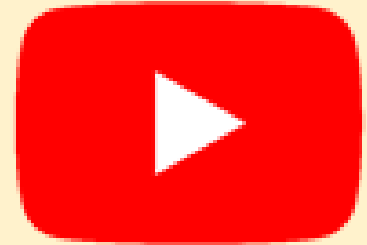


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Keep your child safe on YouTube

What's the problem?

- Videos that look like they're child-friendly can include violent or disturbing content, and it's difficult for YouTube to catch all of these videos before children see them
- Inappropriate videos may be suggested videos, or appear in search results
- Adults may use YouTube to contact children and 'groom' them into sharing explicit pictures or videos of themselves
- Children might see videos with extremist content
- Children can share personal information, e.g. the street they live on or their school, which could put them in danger



5 steps to take

1. Turn on 'restricted mode' to help hide videos that may have inappropriate content

On the **website**:

- Click on the icon in the top-right corner that represents your YouTube account
- At the bottom, click 'Restricted Mode'
- In the top-right box that appears, click 'Activate restricted mode' to turn on

In the **iPhone** and **iPad app**:

- In the top right, tap your profile picture
- Tap 'Settings' > 'General'
- Turn 'Restricted Mode' on or off

In the **Android app**:

- In the top right, tap your profile picture
- Tap 'Settings' > 'General'



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- Turn 'Restricted mode' on or off

2. Keep autoplay turned off and manage recommendations

- Autoplay is turned off by default for users aged 13 to 17.
- To check autoplay is off, check the 'Autoplay' toggle in a video page and make sure it's toggled to off. Depending on your device, this may show in the top right of the screen, or below the video.
- You can also use the 'Don't recommend channel' option to remove channels from your recommendations. To do this:
 - Click the 3 dots next to a video's title
 - Select 'Don't recommend channel'

3. Tell your child not to share any personal information in videos or comments

- This is anything that could identify them or give away their location, like the name of the street they live on, their school name or their school uniform.

4. Check for comments on videos your child uploads

- YouTube disables comments on videos of children, but videos can be missed – so do still regularly check for comments made on any videos your child shares.
- Look out for comments asking for more specific videos or personal information.

5. Flag inappropriate videos and comments to YouTube

Use the 'flagging feature' to prompt YouTube staff to check content and decide whether to block or restrict it in line with its community guidelines:

- On the page with the video, tap the 3 dots ('more') icon next to a video or comment
- Select 'Report' (this is a flag icon in Android and iPhone and iPad apps)
- Select the reason for flagging, and provide any extra details you think will help YouTube staff



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10 Tips to help your child stay safe online

1. Be careful about talking to people you don't know and trust in real life – anyone can pretend to be a child online. If you do talk to people you don't know, don't give away personal information – such as what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them
2. Set your profiles to private, to limit what others can see
3. Think carefully about what you share and with who. Once you've shared an image, you've no control over what the other person does with it. Remember, it's **illegal** to take, share or view sexual images of under-18s, full stop
4. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university
5. If you see something upsetting, or someone bullies you, tell an adult you trust. Report it too
6. When reading news online, ask yourself what the source is, when it was published, and whether it could be a hoax or made up. Read beyond the headline too
7. Remember, people try to make their lives look more exciting and interesting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true-to-life representation
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
9. Take any content that seems to glamourise gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity



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10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them

Knife Crime Intensification week 13th - 19th May 2024

This is a message from West Midlands Police. We have launched a new video as part of our **#LifeOrKnife** campaign. Let Me Tell You About Ronan is a video capturing Nikita's story about losing her brother to knife crime. The video retells the story of Ronan's death and the importance of reporting those carrying knives.

Ronan's Story:

Ronan was 16 when he was stabbed, seconds from home, by teenagers who thought he was someone else. He suffered devastating injuries and died on the street where he lived. Ronan lost his life and his teenage killers were jailed for life for his murder. Ronan's family are bravely helping us to raise awareness of the dangers of carrying a knife. They firmly believe if someone had reported the boys who stabbed Ronan, he would still be alive today. You can watch the video here:

<https://youtu.be/hr64u8mgu1c>

THE POLICE RESPONSE TO WEAPONS POSSESSION

Where young people are involved in low level crime, police will try to avoid criminalising them; however, carrying a knife or other weapon is very serious and the most likely result will be a charge and court appearance or a caution delivered by the Youth Offending Service. A number of initiatives are underway in your community to tackle knife and weapon related crime.

Some examples are:

- Police and community led weapons sweeps in parks and open spaces. This aims to recover weapons hidden for use in offences.
- Test purchase operations and responsible retailer visits to ensure retailers are complying with the law on the sale of knives.
- A strong focus on the identification, arrest and management of offenders who use knives.
- Proactive police operations within key locations in the community to identify and tackle weapon related crime.
- School and college engagement to ensure students are informed of the law, risks and consequences of carrying knives. This is being supported within secondary schools and colleges with the delivery of random knife bar searches.



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For more advice please visit <https://lifeorknife.west-midlands.police.uk/>

Mental Health Awareness Week 13th May - 19th May 2024



Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of "Movement: Moving more for our mental health".

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts! For more information please follow the link below:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

International Day against Homophobia, Transphobia and Biphobia 17th May 2024

Hard-won advances for lesbian, gay, bisexual, transgender, queer and intersex communities are increasingly under threat. Discriminatory laws, norms and practices are denying LGBTQIA+ people their autonomy, their access to health care, their reproductive rights and choices. An equal world depends on recognizing and respecting diverse identities. With that in mind, the theme for the International Day Against Homophobia, Transphobia and Biphobia this year is "Together always: United in diversity." For more information please follow the link below:

<https://www.unfpa.org/events/international-day-against-homophobia-transphobia-and-biphobia>

Birmingham MAD team



The Making A Difference (MAD) team has joined us at Holyhead school. The aim of the M.A.D mentoring programme is to work with young people who face personal and social disadvantage or circumstances that make it difficult for them to cope within formal structures. The referred pupils engage in a 6-week personal development programme that encourages them to reflect on their current and



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previous behaviours, equip them with life skills to assist their development both within and outside of the school setting and help them to transfer their learning into real life situations. The programme comprises classroom, scenario-based delivery which is then incorporated within a practical setting using sport and physical activities. Importantly, M.A.D is young person-lead, meaning that activities are informed by the young people and based on their needs and interests.

If you would like more information on the MAD programme at Holyhead please contact your child's Head of Year.

Home or Out Alone - NSPCC Guide

As your child gets older, it's likely they'll want a bit more independence. Staying home or going out without you is a natural step for them to take — when the time is right. It can be hard to decide whether your child is ready. There's a lot to think about. And a lot you might be worried about. This guide is designed to reduce that worry, by helping you make the right decision for you and your child.

Things to know before you decide

There's no legal age limit for a child to stay home or go out alone, but it's against the law to leave a child alone if it puts them at risk.* Every child is different, so it's up to you to decide whether they're ready. But there are a few key things to know that should help you make your decision.

Things to know before they stay or go

- The first thing you might think about is their age and maturity.
- Do you think they're old enough?
- How long could they cope on their own? Remember, for a younger child half an hour can feel like a long time.
- Can they deal with risks?
- Will they behave responsibly?
- Will they be safe?

Perhaps most importantly, how does your child feel about this idea? Some children like to take every opportunity to show they can be grown up, they might be really keen to be left 'in charge'. Others will feel nervous about the responsibility.



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Things to know before they go out alone

- Where do they want to go?
- What do they want to do?
- Who will they be with?
- How far will they travel?

There's a big difference between walking to the corner shop and going into town, for example.

- What time will they be out? Consider if it's safe for them to be out late, or after dark.

Things to know before they stay home alone

- A baby or young child should never be left alone, not even for a few minutes — whether they're asleep or awake
- Most accidents happen at home, and children under five are most at risk of getting hurt.

Is your home safe for them?

- Check that the fire alarms, locks and windows are working, leave a spare set of keys out and make sure they can get food or use the bathroom if they need to.
- Consider if there's anything that could hurt them and how you could reduce that risk, eg by putting sharp objects, alcohol and medicine out of reach or view.
- Can they contact you? Or someone else?
- Make sure they have your number and have access to a phone, so they can call you if they need you.
- Keep your phone on you, on loud if possible.
- Also leave a list of other trusted adults to call: neighbours, relatives or family friends who live nearby.
- And, just in case, remind them to call 999 if there's an emergency



Positive Parenting - NSPCC guide

Positive parenting uses techniques that work well for every child. These techniques will help you build and strengthen your relationship with your child, leading to them being happier, along with less stress for you. All parents can come under pressure or stress from time to time, and it can even lead to them wanting to smack their children – although many parents regret it later. But evidence shows that it is not an effective way to discipline your children.

Understanding your child's needs

Children's needs and behaviours change as they get older, and understanding these needs will help you better understand your child. A lot has been written about the needs of children and advice for parents, and we cover some of the key areas here. If you'd like more detailed advice you can talk to the NSPCC helpline.

As children continue to develop their own identities in their teenage years, they might become more challenging – sometimes seeming 'moody' or withdrawn, or not as talkative and open as their parents would like. They might be more inclined to disagree with their parents, or choose different views. Friends (and celebrities) will become a bigger influence and your child may not always do what you would like.

How can I set boundaries?

All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

Top tips...

- Keep guidance simple and consistent.
- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time for your child, so they will come to you when they feel something is wrong or they are upset.



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- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12-year-old as you would from your four-year-old.
- Get support from friends and try any good ideas they have found helpful.
- If you are struggling and feel things are getting out of hand, get advice from your GP, a health visitor, or your child's teacher. for all ages

For school age – teenagers

- Be willing and give your child opportunities to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments. There are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

Only you will know what works for your child but here are some helpful points to think about.

- Praise children whenever possible for all they do.
- Reward positive behaviour and consider asking what would be a good reward.
- Avoid making rash decisions when you're angry
- Talk to your child about the rewards and consequences of their behaviour, and do it before rather than after.
- Take time to really listen to what your children are saying and explain to them what you are feeling.
- Be a role model and don't do things that you wouldn't want your children to do.

Smacking is never a good idea

Ideas on bringing up children have changed, and we now know a lot more about the effects of smacking. Smacking can hurt children's feelings – making them resentful and angry, and damaging the relationship between parent and child. This makes parenting and discipline harder in the long run, not easier. Smacking can get out of control. This also comes back to being a role model. If you smack your child, they may think this is acceptable behaviour and treat other people in the same way. Finding the



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right balance of rewards and discipline is a key part of positive parenting. Children may avoid being smacked by lying or hiding how they feel. And they may become withdrawn – not developing independence.

Finally!

When stress takes over, it can make you lose your temper and say or do things you later regret. You might find yourself saying something hurtful or smacking your child. Living in a stressful home can also impact on your child's feelings and healthy development. But you can avoid this by managing stress and anger.



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