

Growing as One



## Before you read...




The contents of this bulletin are suitable for adults (aged 18 and over only). This is because it may contain words that children and young people may not/should not be exposed to.

## Are you worried about a child?


### Where can I go for help?




**NCA**  
Young people can report concerns about child sexual abuse and exploitation to NCA



**Report Remove**  
A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online



**ChildLine**  
A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone



**NSPCC Report Abuse in Education**  
The Report Abuse in Education helpline offers support and guidance to CYP and who have experienced or witnesses sexual harassment or abuse in schools



Click the button for the CEOP Online Safety Centre

**If a child is at an immediate risk of harm, call 999.**

**Speak to a Designated/Deputy Safeguarding Lead at your child's CMAT school (if the issue impacts your child in school):**

St Nicholas CE First School
Miss J Parker
Mrs S Robb
Mrs S Walton
Mr R Gough

Birches First School
Miss S Varricchione
Miss S Hulme
Mrs E Buckley
Mrs C Banks

Codsall Middle School
Mrs S Deas
Mrs K Reade
Mrs M Davison
Mrs R Connolly



## Discoveries and Disclosures

### Why might a child not disclose something that has happened online?

I don't know the consequences of reporting.

I might be judged or blamed for what has happened.

I am too scared to talk about what I have experienced.

I don't understand or realise what has happened to me.

I am not aware or confident about reporting what has happened.

### How is best to approach a discovery or disclosure?



#### DO

1. Challenge victim blaming attitudes and take them seriously
2. Show empathy and understanding
3. Tell them what will happen next
4. Tell them if you need to pass information on
5. Ensure they have ongoing support



#### DON'T

1. Victim blame or show judgement
2. Take away device, ban or block
3. Withhold information about next steps
4. Make promises
5. Think one-size fits all

No matter what the reporting channel, we make one thing very clear to children... We may have to share what they tell us with other trusted grown-ups. This is always so that we can help them and keep them safe.



## Having Open and Honest Conversations...

### Online Videos

- What videos have you watched online recently? Do you have a favourite? Why is it your favourite?
- Apparently most children and young people watch videos online now, rather than on TV – is this true for your friends?
- Do you have a favourite YouTuber or online creator? What do you like about their videos?

### Sharing Images and Videos

- Ask about the types of things they like to share online. Discuss what they think is OK to share and the things they think are not OK to share.
- Ask what advice they would give a friend if someone share an image of them online, without asking permission.

### Social Media

If they use social media:

- Ask about their favourite app or site. What do they like about it?
- What are the positive and negatives of social media? What advice would they give to one of their friends if they were experiencing something negative on social media?

If they don't use social media:

- Ask what social media sites they have heard of.
- Ask about what it means to be a good friend online. How would they deal with disagreements or what they would do if one of their friends was mean to them.?

### Live Streaming

- Ask your child what they think about video chats and live streaming (if they use video online). What do they like and dislike about it?
- Ask your child if they think there are any differences between a photo or video being shared online and a live stream. Read the article at the if you need help with this one.
- Ask your child for their opinion on likes and views on social media and what it means to them or their friends. For example, how do likes make them feel and do they think the likes they get are all genuine?

### Gaming

- Ask your child what games they know about and/or enjoy playing online. Why do they like them/ think they are popular.
- Ask your child how they would explain their favourite game to another young person, and how they could help play them safely.
- Ask about who they talk to and how in an online game. What would they do if they felt worried about a conversation? Make sure they know they can tell you if anything in the game makes them feel worried or uncomfortable.

### Cyber Security

- Depending on your child's age, ask if they have ever seen a 'pop up box' on screen or been sent an email or text which asked them to click on a link? Discuss if they think it would be safe to click the link.
- Ask why passwords are important and how they would create a password nobody could guess.
- Discuss with your importance the importance about keeping personal information safe by using non-guessable usernames and passwords – i.e. they don't give any clues to someone else online



## Using Scenarios To Have Open and Honest Conversations...

Your friend asks you to join a social media platform that is too old for you (e.g. Facebook).  
What do you do?

You made friends with someone new online. They ask you to send a photo.  
What do you do?

A page on a website pops up to say you have won a prize and asks you to click on it.  
What do you do?

You want to join a website with lots of cool games. They want your name, address and phone number.  
What do you do?

There's an amazing app that is £5. You want it and know where your grown up's bank card is.  
What do you do?

You saw something online that really upset you.  
What do you do?

Someone has sent you a really nasty message online. You know them in real-life.  
What do you do?

An online friend you have been talking to, that you've never meet, asks you to meet.  
What do you do?

An online friend asks you to send a picture, video or turn on your webcam.  
What do you do?



## Social Media Algorithms

### What is an Algorithm?

Algorithms influence what we see on social media platforms and predicts what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you, to then show you this content more, for example, in the explore tab on Instagram.

### What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us. Unfortunately, there are negatives as well. They can lead to increased screentime as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can exacerbate negative body image or heighten access to misogyny content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

The Family Online Safety Institute discuss algorithms in more detail as well as tips for you to help your child, such as how to reset their algorithm: <https://www.fosi.org/good-digital-parenting/how-to-talk-to-your-kids-about-social-media-algorithms>

### Vault (Secret) Apps

Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases.

## Mobile Phones: Do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

### EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing.

In summary, they recommend that:

- Children under 11 should use non-smart devices
- Children aged 11-13, they advise that if smartphone is used, then parental controls should be enabled and access to social media restricted.
- Finally, for 13-16-year-olds, it is recommended that parental controls are implemented and appropriate restrictions set up.

### Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://smartphonefreechildhood.co.uk/>

### What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-firstmobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>