

Glebe Academy

Safeguarding Policy

Family Version



What is a Safeguarding Policy for?

Our school has a Safeguarding Policy for staff, families and governors. This 'family friendly' policy is designed for parents, carers and young people and this should be read as a guide to the main policy.

Our Safeguarding policy (family friendly version) will help you decide what could be a 'problem' and where to get help and support.

Deciding what could be a problem and where to get help from

Is someone bullying you?

- You must tell someone at school so we can help you.



Always remember **BUDDY**

Being kind

Understanding other people's feelings

Doing the best you can

Don't keep sad feelings to yourself

You have the right to be safe and happy

Is someone touching you?

Has someone made you feel uncomfortable about how or where they have touched you?

- You must tell someone at school so we can help you.

Is someone sending you unkind messages of threatening you?

Has anyone sent you unkind messages or threatened you?
Have you seen anything that has upset or worried you?
Have someone off the Internet asked you to do anything that made you feel uncomfortable?

- You must tell someone at school so we can help you.

TALK TO SOMEONE!

You must tell someone at school, so we can help you.

Childline telephone number for children to ring: **0800 1111**

Help for adults concerned about a child telephone number: **0808 800 5000**

Is someone trying to give you tablets, cigarettes, drugs or alcohol?

Has someone asked you if you want a tablet or to smoke a cigarette, or have a drink of something and you do not know what it is? Do not eat, drink or smoke what they are giving you.

- You must tell someone at school so we can help you.

Is someone hitting, punching or smacking you?

Has someone hit, punched or smacked you or hurt you in anyway?

- You must tell someone at school so we can help you.

REMEMBER – TALK TO SOMEONE!

You must tell someone at school, so we can help you

Parental Controls

As well as parental controls, you also get:

Advanced spam filtering – with image blocking to protect children from offensive content

BT Cleanfeed – blocks sites classified as illegal by the Internet Watch Foundation

Talk Talk's Internet security service is called HomeSafe. Built into the broadband network itself, HomeSafe is designed to help you block every device in your home from websites you've defined as unsuitable for your home. Parents also have the option to control the after-school homework routine specifically. It's been developed in partnership with their panel of parents and online safety experts.

Virgin Media Parental Controls is part of Virgin Media Security and is available for free to all Virgin Media broadband customers. With Virgin Media Security's Parental Control you can:

- Screen out offensive material
- Filter sites by pre-defined age categories
- Add exceptions or block specific sites
- Control access to specific content types like chat or social networking
- Set an access-schedule for individual users
- See a history of sites viewed, including those that were blocked

Plusnet offer Plusnet Protect Internet security. With this service, either offered free or for a small charge dependent on your Broadband package, parents and carers are able to set safe boundaries for children with parental controls.

Using Mobile Phones

Discuss what they can share – teach your child to think before they share online and the consequence of doing this over the mobile phone, such as sharing their location.



Discuss and monitor costs – phones can be expensive. As well as bills, costs can be run up through downloading apps, music or leaving data-roaming on abroad. Your child should be made aware of the financial responsibility that comes with owning a phone. There are different ways to manage costs, such as having a contract or pay-as-you-go deals; make sure you discuss this in the shop.

Keep their mobile number private – young people need to understand that their phone number should only be given to people they know and trust, make sure that if they are concerned, they ask you first.

Be prepared in case the phone is lost or stolen – know who to contact to get the SIM card blocked. Every phone has a unique 'IMEI' number; make sure you write this down so if the phone is stolen, the police can identify the phone if they find it. You can get this by dialling *#06#.



Gaming

It's never a good idea to share personal information such as their name, address, email address, passwords, telephone numbers or the name of their school with people they don't know and trust in the real world. Talk to your child about how people can sometimes lie online or pretend to be someone else.

Encourage your child to keep gaming friends 'in the game' and not to invite them to be friends on their social networks.

Set Boundaries - Some online games are virtual worlds which never end, where missions can take hours to complete. It's important to set limits on the amount of time your child spends playing online. Be aware of how long they spend gaming and set rules, as you would for TV. Also, ensure that they take regular screen breaks – at least five minutes every 45- 60 minutes.

Know what to do if something goes wrong Things can go wrong when gaming, whether that's someone being mean, inappropriate or asking you to do something that you're not comfortable with. It's important that you and your child know what steps you can take in the game to block and report people and how to seek support from other services.

Some of the main risks with this type of image being in the hands of someone else include:

- **Bullying** – young people can be bullied by others about the content of pictures
- **Distress** – knowing that other people they do not know are looking at personal pictures can be very upsetting
- **Blackmail** – if the images end up in the hands of someone with bad intentions, they may be used to attempt to manipulate the child
- **Reputation** – once something is online it is very difficult to remove. Images can become part of a young person's 'digital footprint' and potentially affect them in the long-term, such as if someone searches their name as part of a job interview.



Online reputation Young people are growing up online and may be posting information which in the past would have been written in their secret diary. These thoughts, opinions and activities provide a window to their lives at a time where jobs and responsibility might be far from their minds.

The internet provides permanent records of these high and lows which, if not controlled carefully, may be accessible to future employers, universities or friends.

Young people should think about what they share, where they share it and who they share it with what seems funny now, may not do in the future. Overuse/ addiction with limitless information, endless games and the ability to escape from the real world, young people's relationship with the internet can become unhealthy.

This can be a problem when a young person's online behaviour diverts and distracts them from other activities – this might be school work, seeing their friends or even sleeping and eating.

The amount of time young people spend playing games can become unhealthy. If they are gaming against people around the world, they may want to be involved in activities that take place at unsociable hours and may find it difficult to stop. The fact that other players are real people can put pressure on young people to take part as they don't want to let their gaming friends down.

Young people can be someone else online. Therefore, if they are unhappy in the real world, they may want to spend more time online.

What is Random Chat?

These sites connect individuals at random with strangers to enable them to chat, either by text or webcam. The random element of connecting you with someone anywhere in the world is the main appeal of these sites. This type of site is often unmoderated and frequently used for chat and actions of a highly and inappropriate nature which can be harmful to young people.



These sites connect individuals at random with strangers to enable them to chat, either by text or webcam. The random element of connecting you with someone anywhere in the world is the main appeal of these sites. This type of site is often unmoderated and frequently used for chat and actions of a highly and inappropriate nature which can be harmful to young people.

The amount of time young people spend playing games can become unhealthy. If they are gaming against people around the world, they may want to be involved in activities that take place at unsociable hours and may find it difficult to stop. The fact that other players are real people can put pressure on young people to take part as they don't want to let their gaming friends down.

Young people can be someone else online. Therefore, if they are unhappy in the real world, they may want to spend more time online.

As a parent or carer, you should be alert to the amount of time they are spending online and aware of the issues that might be causing a dependency

Your child will be using services online to create a network of 'friends'. Social networking sites, like Facebook, encourage and enable your child to link with their friends so they can chat, keep up to date, share photos and videos... and their opinions of them!

Almost every site online now has a social element. Whether it is finding out what music your friends are buying, to reading their reviews of the latest films or games, increasingly we see the internet through the eyes of our friends.

To young people, their idea of an online 'friend' may be different to an offline 'friend'. Friends online might be your best mate, your entire school, friends of friends, people you meet gaming, or even just someone with a funny profile. Therefore, online 'friends' are likely to be a much larger group than friends in the real world.

Making someone your 'friend' gives them access to things you share – that could be; what you like, who you like and even where you live. Therefore, the larger the group of friends, the more people can see things about you. As you might expect, this can be risky!

Useful websites

There are a range of useful websites that provide information for parents and children:

www.thinkuknow.co.uk

www.digizen.org

www.childnet.com

www.ceop.gov.uk

www.getsafeonline.org

www.dcsf.gov.uk/ukccis



Top 4 Social Media Tips!

- 1. Know who your friends are.** Because 'friends' have access to their personal information and can chat to them, your children should only be friends with people that they trust. Talk to your child about who their 'friends' are, encourage them to think about where and when they 'met' people and whether it is appropriate to share information with them
- 2. Manage the information you share with them.** On most sites, children can control the amount of information they share with different groups of friends
- 3. Never meet up with someone you only know online.** People might not always be who they say they are. Make sure your child understands that they should never meet up with anyone they only know online without taking a trusted adult with them.
- 4. Know what to do if someone upsets you.** Sometimes 'friends' can do things that are upsetting, it's important that you and your child are aware of what you can do to block or report this.