



# LONGDON PARK SCHOOL

## Welcome to our first safeguarding newsletter!

At Longdon Park School, safeguarding is our top priority as promoting the welfare of children is everyone's responsibility.

Everything we do at Longdon Park School has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make.

When safeguarding is mentioned we often think about child protection—when a child is suffering harm, or is in danger of suffering harm and yet safeguarding is much more complex than this encompassing a wide range of areas.

At Longdon Park we ensure that all of our staff are trained in all aspects of safeguarding and that this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.

With this in mind, we will be sending out a termly newsletter informing you of any recent safeguarding updates as well as providing you with key information around a range of safeguarding issues.

### In Autumn terms issue:

- ◆ Welcome to our first newsletter
- ◆ Who is the DSL and what is their role?
- ◆ Safeguarding Spotlight
- ◆ Online Safety
- ◆ Upcoming events
- ◆ Useful websites
- ◆ National online safety posters
- ◆ Talking to your children about war and conflict

## Who are your safeguarding team and what are their roles?



Lotty Storer - DSL



Beth Waldron - DDSL



Kayleigh Sanders  
DDSL



Katy Gopsill  
DDSL



Rebekah Marsland  
DDSL

Each school must have an appropriate senior member of staff to take lead responsibility for child protection. Key aspects of the 'Designated Safeguarding Lead' role include;

- Making sure all staff are aware how to raise safeguarding concerns
- Ensuring all staff understand the signs of child abuse and neglect
  - Making referrals to outside agencies
  - Monitoring children who are subject to child protection plans
  - Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, ensuring they are implemented and reviewed regularly.



# Autumn Safeguarding Spotlight—

## Child on Child Abuse



Children can abuse other children. This is referred to as child on child abuse, but can take many forms in or out of school/college and on and/or offline.

- Harmful sexual behaviour
- Physical abuse
- Child sexual exploitation
- Domestic abuse/teenage relationship abuse
- Gang activities
- Serious Youth Violence
- Bullying; (cyberbullying, homophobic, sexist, transphobic, disablist)
- County lines and criminal exploitation

What makes it child on child **abuse**?

Normal	Problematic	Abusive
Developmentally appropriate	Developmentally unusual / socially unexpected	Victimising intent or outcome – including misuse of power
Socially acceptable	Consent not clear – may include levels of compulsion	Lack of informed consent - may include threat of violence
Consensual, mutual, reciprocal	May lack reciprocity or equal power	Coercion and force to ensure compliance from victim
Shared decision making		

The NSPCC have introduced a helpline for children, parents and professionals to get in touch if they are concerned about abuse taking place please click the following link to access — [Dedicated helpline for victims of abuse in schools | NSPCC](#)

### Online Safety

KS3 and KS4 students have been busy completing the safe skills questionnaires to test knowledge on various online safety topics such as online relationships and security.

Well done to Martin, Jemma and Heather’s classes for being the quickest to complete these.

I hope you all enjoyed your prizes!

There is still time for everyone else to complete these and earn 60 sleuth points per questionnaire!



<p><b>Useful Links:</b></p> <p><a href="#">Parents and Carers - UK Safer Internet Centre</a></p> <p><a href="#">Parents and carers   CEOP Education (thinkuknow.co.uk)</a></p> <p><a href="#">Support parents' understanding of online safety   Internet Matters</a></p> <p><a href="#">Parents Protect - Internet Safety</a></p> <p><a href="#">Common Sense Media: Age-Based Media Reviews for Families   Common Sense Media</a></p> <p><a href="#">Play Interland - Be Internet Awesome</a></p> <p><a href="#">Band Runner for 8-10 year olds (thinkuknow.co.uk)</a></p>	<p><b>What is happening this term?</b></p> <ul style="list-style-type: none"> <li>• The Sex, Love and Lies project 22/11/2023 for KS4 students.</li> <li>• Positive social media online session for parents 27/11/2023</li> <li>• Reject racism workshop for KS2 students in December</li> <li>• Appropriate Use Policies shared with students, parents and staff</li> <li>• Anti-bullying charter to parents</li> <li>• Autumn reports sent home in December</li> </ul>
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# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



Smart devices promise to make our lives easier. In many cases - they do, however these new technologies present risks too. Whether you're using a digital assistant to record your shopping list or you're controlling your lights through a smart system, many smart functions can be 'hacked' and controlled by someone outside your home. This guide will help you identify some of the ways you can stay alert and protect yourself.

1

### KNOW THE RISKS

The success of any smart device relies on it communicating with other devices using the Internet. It's an unavoidable part of using smart devices, but it does expose you to numerous risks. Attackers could use the Internet connection to steal your data for identity fraud or to make unauthorised purchases through your devices. There is even potential for more sinister exploitation, such as child grooming or cyber-bullying.

2



### WHAT IS THE INTERNET OF THINGS?

This is the term given to all the devices connected to the Internet in your home. It includes a new digital doorbell connected to your smartphone, your kettle that boils when you tell it to on your tablet or your heating that comes on when you swipe on your smart watch. The Internet of Things (IoT) is designed to make life easier, but it also opens up your home network to potential cyber-attacks. It doesn't mean you can't enjoy the benefits, but it does mean being aware of the potential negatives.

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### KEEP YOUR SOFTWARE UP TO DATE

Manufacturers constantly update and improve software used in smart devices. Some will automatically alert you to an update, but not all do. To be on the safe side, it's a good idea to set reminders in your calendar. Check the manufacturer's website for any updates and run them if necessary.



3

### CHECK ENCRYPTION SETTINGS

Whenever data is sent over the Internet, it is 'encrypted'. This makes it harder to read if it's intercepted. You should look to use a strong encryption setting, such as WPA2, rather than WPA or WEP. You can check your router manual on how to do this.

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### RENAME THE 'GATEWAY' TO YOUR HOME

Your Internet router is the virtual gateway to your home network. It needs protecting. To do this, you should change the default name (the SSID) and password. You can usually find steps to do this in the instruction manual. Don't use your family name. Choose something more obscure. Make the password complicated too, using upper and lower-case letters, numbers and symbols. Do this for your router and any other smart devices connected to the Internet.



# 12 Top Tips To Get Smart About The DEVICES In Your Home



National Online Safety®



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### USE A SEPARATE NETWORK FOR GUESTS

If your router has a feature that allows you to set up a separate network for guests, you should use it. That way, when guests use your Wi-Fi, they won't have access to your devices.

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### TRUST YOUR INSTINCTS

If you ever feel something is wrong or your network is being exploited, visit the manufacturer's website or ring their technical support department. It's better to be safe than sorry.



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### SAY GOODBYE TO SIRI AND ALEXA

It's a good idea to change the activation words on your smart devices so they are unique to you and your family. This makes it that much harder for people to break into your smart devices.



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### DEACTIVATE ANY UNNECESSARY FEATURES

Though it's a fun idea, you probably don't need to control your kettle from outside the house. In fact, there are often many unnecessary features included on smart devices. Where possible, you should look to disable these. Doing so reduces the ability for people to hack your devices. When someone sees you've actively taken steps to increase security, they're less inclined to try to compromise them.



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### BUILD A WALL

You could also purchase a dedicated 'firewall' device. This is something that plugs into your network and stops cyber threats reaching your router. Some routers do have a firewall element included, but they are no replacement for the real thing. A firewall device thoroughly analyses information coming in and out of your network and helps stop malicious attacks. A security device is strongly recommended to anyone who works from home or deals with sensitive information.



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### SECURE YOUR SMARTPHONE

If you do use apps on your smartphone to control devices in your home, make sure your smartphone is secure. At the very least makes sure the pin function is enabled, as well as any biometric authentication you have. Where possible, it's also a good idea to download some anti-virus software for your smartphone too.



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### REGULARLY AUDIT YOUR DEVICES AND CONSOLES

Every now and then you should check through all of your smart devices (including games consoles connected to the Internet). Turn them off at the mains and disconnect them from the Internet. In fact, it's good practice to disconnect any devices that aren't in use. It's a small thing but really does help. Even when you think a device might be in sleep mode, if it's connected to the Internet it could still be listening or streaming data.



## Meet our expert

Emma was a secondary school Computer Science teacher for more than a decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old and has vast experience of controlling and managing how children access online services and use apps.





# Talking to your Child about War and Conflict

## Helping Children and Young People Make Sense of Distressing News

We live in a time of constant news streams and updates. It's hard not to be filled with uncertainty and heartache every time you switch on the television or look at your phone. It can be difficult to process news about wars or conflict in the world. However, it is especially concerning for children and young people.

To help you guide those in your care through this uncertain time, our online safety experts have created this support for parents, carers, teachers, and safeguarding professionals.



### How children react to distressing world events

While news can be upsetting and worrying for everyone, it is not the first disruptive event to affect the children and young people in your care. In their lifetime, they have already spent over two years adapting to a pandemic, endured lockdowns and being isolated from their friends and family. They may even have lost loved ones during this time. If someone in your care is struggling, they might be:

- **Fixated**, spending more time on phones or tablets to stay 'up to date'.
- **Anxious**, especially about future plans or dreams.
- **Irritable**, over-reacting to minor inconveniences or issues.
- **Withdrawn**, not engaging with their friends, school, or extracurriculars.
- **Distracted**, with disruptions to regular eating, sleeping, or personal hygiene habits.
- **Obsessive**, thinking over every circumstance and talking about possible outcomes.

### Why is it important to talk about what's happening?

Children and young people are naturally curious. They want to know about what is going on in the world as much as they want to know the latest TikTok trend. Even if you try to limit the content they consume, they will inevitably hear about big world events from various outlets, such as television, social media, friends, family,

and school environments. They might even overhear something from one of your conversations! If it's what everyone is talking about, their interest in the topic increases.

It's difficult to know what content the young person in your care is viewing. If you don't acknowledge

questions or concerns they may have, they could 'fill in the gaps' with the wrong information. This might cause further anxiety, ignorance, or worrisome behaviour. Educating those in your care *yourself* assures they know how to process news reports on their own with critical thinking and media literacy skills.

### Top Tips for how to talk to children and young people about war and conflict

**Acknowledgement** - Don't deny what is happening or negate their worries by telling them it will 'all blow over soon'. Instead, tell them their concern is completely understandable and that you want to discuss it with them.

**Honesty** - It's important that you refrain from lying in your responses or ignoring any questions or thoughts your child has. It's okay if you don't know the answer. This allows you to open up a discussion with your child. You could even suggest seeking the answer together!

**Sources** - Discuss trustworthy news sources and how difficult it is to confirm things during times of conflict.

**Validation** - It is likely these emotions are complex and confusing for them. Remind them that, in this situation, feelings like this are normal.

**Listen** - No matter how worried or anxious you are, they will look to you for reassurance.

Set your feelings aside and give the young person in your care the attention and space they need to feel heard.

**Limits** - If they feel they are unable to look away from the news, suggest they switch it off.

If this isn't realistic, advise them to only check news sources 1-2 times per day.

**Gratitude** - Discuss gratitude around the dinner table or during morning drives to school. If a young person in your care seems to struggle with guilt, remind them that they have nothing to feel guilty about - just things to be thankful for! Suggest researching places that are taking in donations to bring to refugees or other ways to help the crisis in a local capacity.

**Support** - Your reactions to their reactions are key to helping those in your care feel protected and loved.

Tell your child you love them. Give them hugs or hold their hand. Allow them space when they need it, but remind them that you are here for them.



### Every child is different.

*Their ability to process information will depend on their age, character, and resilience. As their guardian, you will know them best, but assessing their abilities can help you choose the level of information you share with them.*