

Spring 2024

LONGDON PARK SCHOOL



Welcome back and Happy New Year!

We are looking forward to the Spring term ahead, there's lots to do and share with you this term and we can't wait!

Online safety is something that we take very seriously at Longdon Park. Children are spending more and more time online and it is important that we take them the skills and knowledge to navigate the online world safely. Last term students accessed the safe skills questionnaires in order for us to assess student understanding of online safety and highlight areas each student may need support in; these areas will be addressed this term.

Within every safeguarding newsletter there will be a section on online safety with some online safety posters also included to support you support your children online at home. If you would like any further information about any specific apps please get in touch with a member of the pastoral team and we will be able to provide this for you.

We also advise that you report any malicious or inappropriate content your child comes across online to CEOP, the police and/or on the platform it was viewed on.

In Spring terms issue:

- ◆ Welcome back!
- ◆ Safeguarding Team Update
- ◆ Safeguarding Parent Survey
- ◆ Safeguarding Spotlight
- ◆ Online Safety
- ◆ Upcoming events
- ◆ Useful websites
- ◆ Coffee Morning Poster
- ◆ Worry check in
- ◆ National Online Safety Posters

Something bothering you?

Speak to your Safeguarding Team



Lotty Storer - DSL



Kayleigh Sanders
DDSL



Katy Gopsill
DDSL



Rebekah Marsland
DDSL

Safeguarding Team Update

Unfortunately, over the Christmas break Beth Waldron left us and has started a new job helping children with Autism across Derbyshire; we wish her the best of luck!

However, Lotty, Kayleigh, Katy and Rebekah are all still here to help and support you and your students throughout the academic year with lots of exciting things happening.

Safeguarding Parent Survey

We would love to hear your views about safeguarding at the school. Please complete this short survey to help us understand how we can improve safeguarding at Longdon Park School.

<https://forms.office.com/e/UJhgAYKUj9>

Safeguarding at Longdon Park
School





Spring Safeguarding Spotlight— Prevent



Extremism is...

“the vocal or active opposition to our fundamental values, including democracy, the rule of law, individual liberty, and respect and tolerance for different faiths and beliefs”.

Terrorism is...

“an action of threat designed to influence the government or intimidate the public. Its purpose is to advance a political, religious or ideological cause”.

Radicalisation is...

“the term commonly used to describe the processes by which a person adopts extremist views or practices to the point of legitimising the use of violence”.

Fundamental British Values include...

- Democracy
- The Rule of Law
- Individual Liberty
- Respect and Tolerance for Different Faiths and Beliefs

Students can be awarded sleuth points for acknowledging and following these British Values.



Scan here for more information on Prevent and its relevance to you as a parent or carer

Prevent is part of the governments counter-terrorism strategy, CONTEST. The purpose of Prevent is at its heart to safeguard and support vulnerable people to stop them from becoming terrorists or supporting terrorism.

Prevent has three specific objectives;

1. Tackle the cause of radicalisation and respond to the ideological challenge of terrorism
2. Safeguard and support those most at risk from radicalisation through early intervention, identifying them and offering support.
3. Enable those who have already engaged in terrorism to disengage and rehabilitate.

Online Safety

Childnet have created the below interactive game to support students and young people in identifying risks with information shared on online platforms.

[ReelLife — Spot the risk \(childnet.com\)](https://www.childnet.com/reellife)

The NSPCC found that 56% of 11-16 year olds had seen explicit material online, 23% have been exposed to hate speech online and a third of children had encountered racist, sexist or discriminatory content online. CEOP is a platform for parents/carers and children to report any content that is discriminatory or inappropriate and also provides support surrounding this.

[Parents and carers | CEOP Education \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk/parents/)

Useful Links:

[Little Digital Helps Toolkit | Internet Matters x Tesco Mobile](#)

[Child online safety: Top parental concerns | Internet Matters](#)

[Parent Zone | At the heart of digital family life](#)

[Home \(askaboutgames.com\)](#)

selfharm.co.uk

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

What is happening this term?

- Lessons in hate workshop—18th January
- Radicalisation webinar for parents/carers of children with Autism provided by Derbyshire Prevent Team
18th January 9:30-10:30am—link will be sent out to all parents nearer the time
22nd January 9:30-10:30am—link will be sent out to all parents nearer the time
- Parent Coffee Morning with the pastoral and therapy team at Longdon Park School—24th January 9:30-10:30am
- Parent Coffee Morning surrounding KS3 transitioning to KS4 at Longdon Park School - March 6th 9:30-10:30am
- Parent Coffee Morning surrounding KS4 transitioning out/into KS5 at Longdon Park School—13th March 9:30-10:30am
- Spring reports sent home

**Are you worried about something
but aren't sure who to talk to or
how to talk about it?**

**Let us know using the below QR
Code or link to let us know what
you are worried about.**



<https://forms.office.com/e/9WKDq9ArE6>



Longdon Park School Coffee Morning

Focus—

- What is the clinical offer at Longdon Park School?
- Who are the pastoral team?
- Online Safety



Who will be there?

- Lotty Storer—Designated Safeguarding Lead
- Amanda Greene—Wellbeing Coordinator
 - Members of the pastoral team
 - Members of the clinical team

January 24th 2024

9:30-10:30

In person at Longdon Park
School or via Teams.

Teams link will be sent to all
parents 1 week before coffee
morning.





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about TIKTOK



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as Parental guidance recommended. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light hearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing other users' videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor Musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called TikTok coins. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media stardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



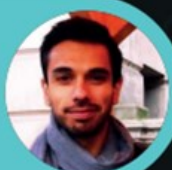
MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



NEW FOR 2020 FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

What Parents & Carers Need to Know about

WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once. If they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



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