

Bishop Ullathorne Catholic School



Leasowes Avenue, Coventry, CV3 6BH
www.bishopullathorne.co.uk
024 7641 4515



Safeguarding Matters



Welcome to our second safeguarding newsletter of the school year. We hope that the termly newsletter will give our students and their families useful information which will help in keeping them safe in and outside of school.

A reminder that our school website has a dedicated safeguarding page which has many links and information for parents and students. The page can be accessed by clicking on the link.

bishopullathorne.co.uk/safeguarding

Please feel free to contact the Safeguarding team if you have any concerns or wish to discuss any safeguarding matters in more detail. Details of how to do this can be found on the website link above.

Prayer

Our Mission is to be an active Christian community of love and service,

where all feel they belong and are valued.

we will help each other to recognise the gifts of God within us,

to search for excellence and to foster the development

of our true self.

Bishop Ullathorne

Pray for us.

Amen



Parental Support



Snap Chat: New Controls

What is Snap Chat?

Snapchat is a social media app used for messaging and sharing photos and videos. You must be 13+ to sign up. Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours. You can find out more about Snapchat here: <https://parents.snapchat.com/en-GB>

Family Centre: new features

Snapchat are expanding the features available to you in their Family Center, allowing parents to view:

- story settings: you will be able to see who your child is sharing their story with e.g. all their friends or a smaller group.
- contact settings: see who your child can be contacted by (by people they have added as a friend or their phone contacts).
- if your child is sharing their location with friends on the Snap Map.

In addition, you will be able to restrict the use of Snapchat's 'My AI.' You can find out more here: <https://values.snap.com/en-GB/news/expanding-our-in-app-parentaltools-2024>

More information

The NSPCC provide further information about Snapchat, the risks involved with using Snapchat and tips to help keep your child safe if they are using Snapchat.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-snapchat-safe-for-my-child/>

Tips to help keep your child safe on Snapchat

1. Make sure they sign up with the correct age

Set up your child's Snapchat account together to make sure they sign up with correct age. This will automatically enable settings that help to limit unwanted contact from adults and access to certain features.

2. Talk to them about how to feel good on social media

Children and young people can face lots of different pressures online. Use Childline's advice about how to feel good on social media to help give them the tools to manage their wellbeing online.

3. Set rules around friends

Before your child starts using the app, talk to them about who they can be friends with on the app. Tell them to come to you if they receive a friend request from someone they don't know.

Parental Support

4. Know where to report

There is a chance that your child could come across inappropriate or upsetting content on Snapchat. If this happens, you should report it to the platform. To report a Snap or a story, press and hold on it, then select 'Report Snap'.

5. Talk about what is ok / not ok to share

Ensure that your child knows what personal and private information is, and what is, and is not, appropriate to share online.

6. Explore the safety features

Read about the 10 safety features that are available, like privacy settings and 'Snapchat Family Centre'.



Steam

Steam is an online platform where users can play, discuss and create games. Steam state in their terms and conditions that "*you may not become a subscriber if you are under the age of 13*". Steam do include 'Family View' so you can apply appropriate settings for your child. Find out more here:

<https://help.steampowered.com/en/faqs/view/6B1A-66BE-E911-3D98>

EE Learn

EE Learn includes an array of information and guidance on how to keep your child safe online, for example tips on how to help your child when they are online. Find out more here:

<https://ee.co.uk/do-more-withee/learn>



Mental health: Self Harm

What is self-harm

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to:

- express something that is hard to put into words
- turn invisible thoughts or feelings into something visible
- change emotional pain into physical pain
- reduce overwhelming emotional feelings or thoughts
- have a sense of being in control
- escape traumatic memories
- have something in life that they can rely on
- punish themselves for their feelings and experiences
- stop feeling numb, disconnected or dissociated (see dissociation and dissociative disorders)
- create a reason to physically care for themselves
- express suicidal feelings and thoughts without taking their own life

After self-harming you may feel a short-term sense of release, but the cause of your distress is unlikely to have gone away. Self-harm can also bring up very difficult emotions and could make you feel worse.

Even though there are always reasons underneath someone hurting themselves, it is important to know that self-harm does carry risks. Once you have started to depend on self-harm, it can take a long time to stop.

Why do people harm themselves

Any difficult experience can cause someone to self-harm. Common reasons include:

- pressures at school or work
- bullying
- money worries
- sexual, physical or emotional abuse
- bereavement
- homophobia, biphobia and transphobia (see LGBTQIA+ mental health)
- breakdown of a relationship
- loss of a job
- an illness or health problem
- low self-esteem
- an increase in stress
- difficult feelings, such as depression, anxiety, anger or numbness.

Signs of self-harm in children and teenagers

It can be hard to recognise the signs of self-harm in children and teenagers, but as a parent/carer it is important to trust your instincts if you're worried something's wrong. Signs to look out for can include:

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs.

Self-harm is not a mental disorder. It is a behaviour - an unhealthy way to cope with strong feelings. However, some of the people who harm themselves do have a mental disorder. People who harm themselves are usually not trying to attempt suicide. But they are at higher risk of attempting suicide if they do not get help.

ANCHOR

YOU ARE NOT ALONE: THERE IS HOPE

A local support group for parents, carers, and family members of children and young adults who self harm.

Working together to calm the storm

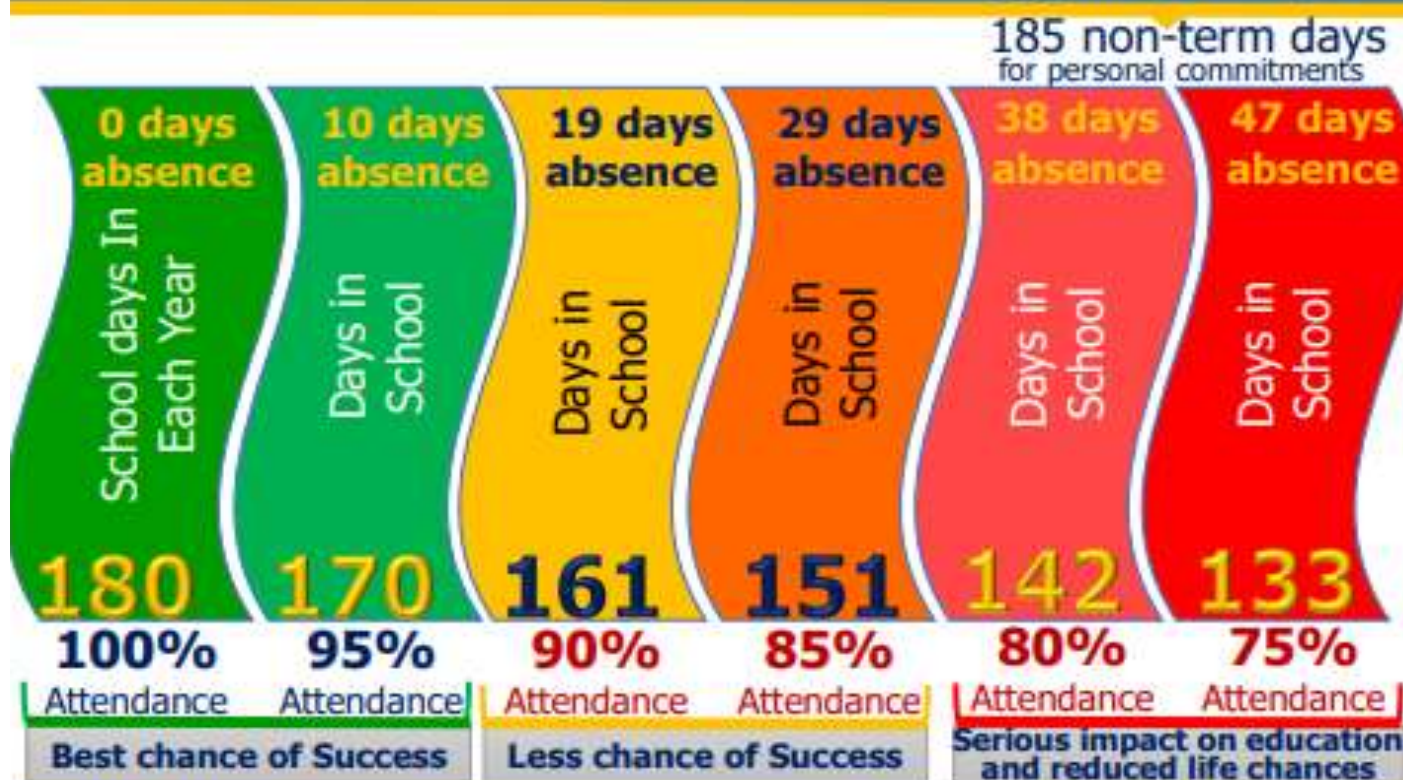


St Laurence's
Church

For more info, call
07340531684

Instagram: [anchor_coventry](#)

Attendance and Punctuality Counts



95% attendance means 10 days absence and 50 lessons lost where there are 5 lessons a day

90% attendance or less can reduce your chances of good outcomes by half

Medical Appointments When possible book them outside of School hours.

Illness Unless it's serious, come into Sixth Form, it's best to come in and try then decide you need to go home.

Family Holidays You have 175 days a year where you're not in School. A one-week holiday in term time means that the highest attendance you can get is 97%

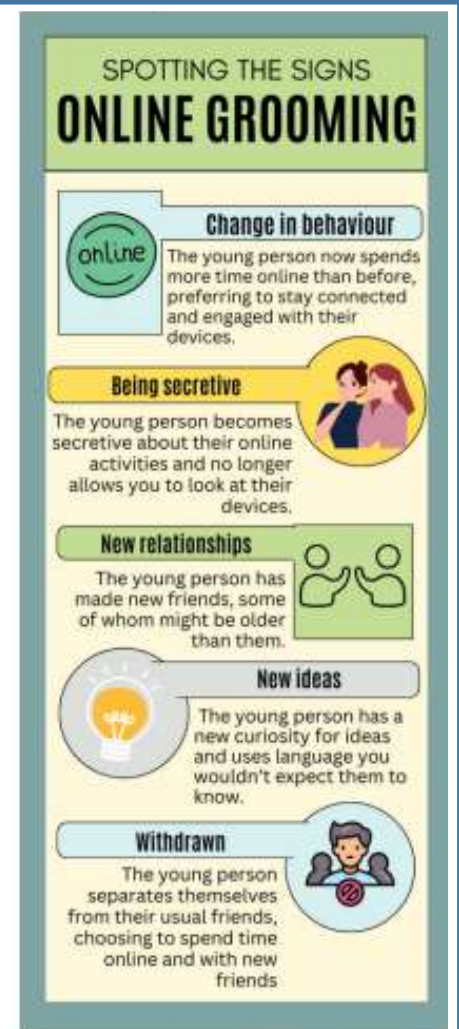


Average learning hours per day is **5 hours**.

If you are 15 minutes late each day you will have missed **2 full weeks** of School in one year!

The Dangers of Online Grooming and Radicalisation

Online grooming, with the intention of radicalising children and young people, is more common than many people assume. Social media and gaming platforms have made it easier for children to access extremist material, which can be used to promote hateful views towards others. This can be especially dangerous as algorithms can suggest more and more similar content to young people who engage with this type of material. Even if you believe your child is too young and not susceptible to online grooming, they may have 'friends' who are vulnerable. Children and young people may be unaware that they are being groomed as they believe they have made friends online rather than being recruited. Therefore, it is essential for parents and caregivers to understand the warning signs of online groomers. How to Keep Your Child Safe Online As a parent, the best way to protect your child online is through open communication. Discussing the dangers of online grooming and extremist content with your child is a good way to raise awareness. It is also crucial to emphasise that not everything they read online is true.

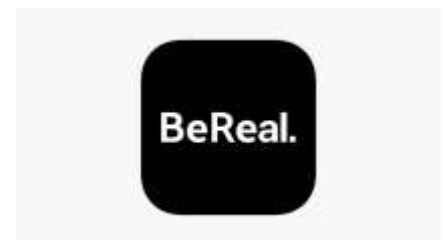


Introducing BeReal

The Authentic Photo-Sharing App BeReal is a unique photo-sharing app that enables users to share one unfiltered photo daily, showcasing their current activity to their followers. Once a notification is sent, users have just two minutes to post their photo. Furthermore, the app captures both a selfie of the user and the view they are seeing by using both front and back cameras.

What Parents Should Know About BeReal

- The more often someone uses the app, the more features they unlock, including the ability to post their BeReal on other social media sites, as well as seeing posts from unknown users.
- BeReal does not permit photo filtering, which distinguishes it from other apps that encourage flawless images. This can expose children to online bullying from their peers.
- Failing to post within the two-minute time limit can cause anxiety and stress for young users.





Online Grooming is when someone befriends and builds an emotional relationship with a child and communicates with them through the internet with the intent to commit a sexual offence. This type of victimisation can take place across any platform; from social media and messaging apps to online gaming and live streaming. Often it involves young people being tricked, forced or pressured into doing something they wouldn't normally do (coercion) and often the groomer's goal is to meet the victim in a controlled setting to sexually or physically abuse them. In some cases children may be abducted or have long-lasting psychological damage.



What parents need to know about

ONLINE GROOMING



CHILDREN ARE MOST VULNERABLE

Unsurprisingly children are often most at risk as they are easy to target and unlikely to question the person who is engaging in conversation with them. Groomers will use psychological tricks and methods to try and isolate them from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. Predators will stalk apps and websites that are popular with young people and will use a 'scattergun' approach to find victims, contacting hundreds online to increase their chances of success.



LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Livestream, BIGO Live, Youtify and many more.



ANYONE CAN BE A PREDATOR

The internet has made the ability to interact with strangers online easy. Many sites and apps are reliant on individual users entering their own information when signing up. However individuals can remain anonymous if they choose to enter inaccurate information and many online predator cases are due to groomers using impersonation techniques. However, often the greater threat comes from adults who 'hide in plain sight', choosing to befriend young children without hiding their real identity.



CAN BE DIFFICULT TO DETECT

Unfortunately, most children find the 'grooming' process (before any meeting) an enjoyable one as the predator will compliment, encourage, and flatter them to gain their trust, friendship and curiosity - 'a wolf in sheep's clothing' scenario. This often means children fail to disclose or report what is happening. If the groomer is also previously known to the child, their family and their friends, then this can make detection even harder.



FROM OPEN TO CLOSED MESSAGING

Online predators may contact their victims using any number of ways including social media, forums, chat rooms, gaming communities or live streaming apps. Sometimes there is little need to develop a 'friendship' as the victim has already shared personal information online and is communicating openly with others. Children may also be prepared to add other online users they don't know so well to gain 'online credibility' through increasing their friends list. Predators will often seize this opportunity to slowly build a relationship and then move their conversation with the child to a more secure and private area, such as through direct messaging.

EMOTIONAL ATTACHMENTS

Online predators will use emotive language and aim to form close, trusted bonds with their victims through showering them with compliments and making them feel good about themselves. Often victims will refer to them as their 'boyfriends' or 'girlfriends' and it can be difficult to convince some young people that they have been groomed, often leading to lasting psychological effects.



Safety Tips for Parents & Carers



IT'S GOOD TO TALK

It's unlikely that you can stop your child using the internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



CHECK PRIVACY SETTINGS

In order to give your child a safer online experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they use. Disable location sharing if you can. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.



MONITOR SOCIAL MEDIA & LIVE-STREAMING USE

It's important to be aware of what your child is sharing on social media and with whom. Create your own profile and become 'friends' with them or follow them so that you can monitor their activity. Similarly, always check on them if they are live streaming and implement privacy controls. Choose a generic screen name and profile picture that hides their identity. You may also feel more comfortable being present each time they live stream.



STICK TO 'TRUE FRIENDS'

Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. Encourage them to only interact and engage with 'true friends' i.e. those friends who don't ask personal questions such as close family and friends. Remind them to never agree to chat privately with a stranger or someone they don't really know and to never divulge personal information, such as mobile phone numbers, addresses, passwords or the name of their school.



DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.



Meet our expert

Jonathan Taylor is an online safety expert and former Covert Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive online behaviour.
- Late night internet or smartphone usage.
- Meeting new friends in unusual places.
- Becoming clingy, develop sleeping or eating problems or even bedwetting.
- Lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, unexplainably.
- Seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.





INTERNET SAFETY WORKSHOPS FOR PARENTS & CARERS

FREE ONLINE workshop for parents and carers to help keep their [children safe online](#).
Hosted by West Midlands Police in partnership with Coventry City Council's Prevent Team.

We will share [guidance and strategies](#) on how to make the internet a safer experience for children.

The following topics will be explored:

- Apps and appropriate ages
- Safety settings
- Grooming, sexting, bullying, radicalisation and extremism
- Gaming
- Introducing house rules
- How to approach conversations and what to do if your child is a victim

To view dates and times and to book a place, please [click here](#) or scan the QR code above



Safeguarding: need to talk?



Mr Collins
Headteacher



Mrs Boyle
Deputy Headteacher

Safeguarding is
everyone's
responsibility

Year 7



Mrs Marshall
Key Stage Leader

Years 8 and 9



Mrs Jennings
Key Stage Leader



Mr Andrew
Deputy Key Stage Leader

Years 10 and 11



Mrs Dutton
Key Stage Leader



Mr Murphy
Deputy Key Stage Leader

Years 12 and 13



Mrs Calvey
Head of Sixth Form



Mrs Greenway
Pupil Support Manager
Year 7



Mrs Haines
Pupil Support Manager
Year 8



Mrs Hines
Pupil Support Manager
Year 9



Mrs Manton
Pupil Support Manager
Years 10 & 11



Mrs Richardson
Pupil Support Manager
Years 10 & 11



Mrs Gower
Sixth Form Student Liaison
Officer



Mrs Grant
Sixth Form Student Liaison
Officer

Education Welfare Officer (EWO)



Mr Moore
EWO