



# Bishop Ullathorne Catholic School



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## Meet our Safeguarding Team

**Safeguarding: need to talk?**

**Safeguarding is everyone's responsibility**

**SLT**

**Mr Billings, Headteacher**

**Mrs Boyle, Deputy Headteacher**

**Year 7**

**Ms Maxwell, Key Stage Leader**

**Years 8 and 9**

**Mrs Jeremiah, Key Stage Leader**

**Years 10 and 11**

**Ms Durkan, Key Stage Leader**

**Years 12 and 13**

**Mrs Casey, Head of Sixth Form**

**Education Welfare Officer (EWO)**

**Ms Moore, EWO**

**Ms Greenway, Pupil Support Manager**

**Miss Howe, Pupil Support Manager Year 8**

**Ms Rosner, Pupil Support Manager Year 9**

**Mrs Marston, Pupil Support Manager**

**Mrs Gearson, Sixth Form Student Liaison Officer**

**Mrs Brazil, Sixth Form Student Liaison Officer**

## Prayer

Lord Jesus, May we welcome the kingdom of God anew into our hearts and lives, embracing discipleship and openness to others.

You call us to walk with integrity in the service of others. May our service be filled with kindness, and respect for all God's people, giving special protection to children and the vulnerable. May we seek the truth, Listen to those wounded by abuse, and choose to act with compassion and justice.

Give us the strength, to serve humbly and faithfully, and to love one another as we are so loved by You.

Amen.

Welcome to our first safeguarding newsletter. 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.

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](http://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.

# Parental support

## Social media checklists

Does your child use any of the social media platforms below? Do they have the correct settings on each of them. Are you able to support them with this?



In order to support your child while they are using social media, please click on the link <https://swgfl.org.uk/resources/checklists/> to access the checklists, which will ensure you have done everything you can to support your child.

Please take time to talk to your child about why safety settings are needed and why they should not remove them.

## Fake news and disinformation

Fake news is false or misleading information presented as genuine news. Fake news and disinformation have been linked to radicalisation by extremists and attempts to skew people's world views. Reading fake news information can upset or worry your child unnecessarily. Fake news also helps create a culture of fear and uncertainty, with children trusting reputable news outlets less as a result of fake news.



## How can I help my child spot fake news online?

**What's the source?** Is it a reputable news source, and are mainstream news outlets reporting it too?

When was it published? Check the date an article was published, as sometimes old stories are shared on social media. This could be an accident, or it might be to make it look like something happened recently

Have you seen anything similar elsewhere? What happens if you search for it on Google or check it using a fact-checking website like Full Fact?

Do the pictures look real? Images might have been edited. They might also be unrelated images that have been used with the story

Why might this have been created? Could someone be trying to provoke a specific reaction, change your beliefs, or get you to click a link?

# 10 INTERNET SAFETY TIPS FOR PARENTS

**1** Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.

**2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.

**3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.

**4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.

**5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).

**6** Help your child learn to **filter** information online and navigate fact from fiction.

**7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.

**8** **Balance** green time and screen time at home. Focus on basic developmental needs.

**9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.

**10** **Learn more:** Explore reliable resources for parents so you can educate yourself.





Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "Talk to strangers!" There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to [Omegle.com](http://Omegle.com) and then choose "Text" or "Video" chat and the page states how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.



# What parents need to know about OMEGLE



### NO AGE VERIFICATION MEASURES

Omegle is completely free to use and allows users to communicate with others without the need to register, supply an email address or create a profile. This means users can remain anonymous and it's hard to find out who your children are talking to. Furthermore, there are no age verification measures and other than agreeing to the terms and conditions, your child can easily start online engagement with strangers and potentially expose more adult themed content.

### RISK OF CYBERBULLYING

The anonymity of Omegle can increase the risk of cyberbullying on the site. Engaging in chat with strangers means that topics of conversation can lead almost anywhere including discussions about looks, body image or the sharing of other personal information. With the availability of video chat as well, this could lead to children being coerced or forced into carrying out activities online which could then be used against them.

### UNMODERATED CHAT

Omegle encourages video chat as much as it can, prompting users sharing their text chat to activate their web cam. Whilst text chat has a degree of moderation, the content in Omegle's video chat means it is not moderated by administrators and, at any time of the day, there can be thousands of users online. This means that your child could easily come across illegal, unacceptable or inappropriate images or media. Omegle currently offers no function for reporting online abuse or inappropriate behaviour on its site and instead only offers advice for users to be careful. It also advises to "Use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable."

### PRIVACY RISK VIA FACEBOOK

Omegle can be linked to a user's Facebook account to match their interests and likes with other users. This means that Omegle can access your child's basic Facebook information, and Facebook friends may potentially view Omegle activity. In addition, users can save the chat log and share the link without the other user's knowledge. It is not uncommon then for users to request being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.

### RISK OF EXPLOITATION

Omegle chat picks another user at random and there is very little way of verifying who your child may be chatting to. This can lead to a number of risks including catfishing users pretending to be of another age, identity theft (users sharing information to commit fraud) and sexual/psychological grooming (users coaxing others to act in a way or do something they wouldn't normally do).

### ADULT THEMED CONTENT

Unfortunately, Omegle is a known for its pornographic content and it is not uncommon for users to request (through chat or engage in sexual acts) if a user selects video chat, then the other user's webcam will automatically be switched on before the action to text chat can be selected. There is also no 'parental' or 'smaller than adult' website. As video chat is so easy to access, it means that unintentionally viewing more content, inappropriate or even illegal images can't always be avoided.



## Safety Tips For Parents

### DISCUSS RISKS WITH YOUR CHILD

It is important to speak to your child about the dangers of Omegle. Guiding and educating young children is far more useful than ignoring the possibility of Omegle being accessed. Explain to your child that Omegle is not completely anonymous and that other users will and do use Omegle to exploit others. Try to emphasize the risk of speaking to strangers and that engaging online is no different to engaging offline.

### PROTECT PERSONAL INFORMATION

Omegle does not provide advice about how to protect your personal information so it's important that children are aware of what they should and shouldn't share online and with whom. If they use Omegle, always advise against sharing any personal information such as their real name, age, phone number, address or any other personal identifiable information. This also includes details of their social media accounts or gaming IDs. You should also adjust your child's Facebook settings to control what information is shared with Omegle.

### REPORT CONCERNS

If your child comes across any inappropriate content or something which upsets them on Omegle, then it's important that they are able to discuss it with you and that you provide them with the support they need. If you think the content is illegal, then it must be reported to the police.

### DISCOURAGE VIDEO CHAT

Try to discourage your child from using video chat on Omegle. Not only is there no filter or moderation in place, but children may be coerced into sharing intimate images or videos of themselves, which is illegal if they are under 18 and may be used against them. Omegle text chat has a degree of moderation controlled by Omegle through software and several actual moderators. The software moderates, identifies and prevents certain words and sequences of words to try and prevent bullying and grooming however it is still not a 100% failure.

### TRY OMEGLE YOURSELF

It's always an excellent idea to get a feel for the website or app your child is using so that you can see and understand the risks and what you can do for yourself. Move importantly, it will also provide you with first hand experience of the risks and dangers. When you decide to speak to your child about Omegle and what they need to be aware of.

### USE PARENTAL CONTROLS

Omegle is a website chat service. Children can only access the text chat on their phone and would need access to a PC or laptop to engage in video chat. If you have genuine concerns over Omegle and don't wish your child to access the site, you can visit [www.omegle.com](http://www.omegle.com) in the list of banned websites and URLs. However, it's important to remember that Omegle can still be used via a web browser on an iPad, tablet, smart TV or gaming device and similar controls would need to be implemented on each of these devices separately.

### 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.



©2018 CC BY <http://www.omegle.com>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2020

# Student support

## How to keep yourself safe online!

The internet is an amazing place to be creative, research, catch up with friends. It is important that when we are using the internet that we keep ourselves safe and happy. Here are some top tips from Childline that should help:

Think before you post. **Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing.** Once you post something, you lose control of it, especially if someone else screenshots or shares it.

**Don't share personal details.** Keep things like your address, telephone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

Watch out for phishing and scams. Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can **make you famous or that they're from a talent agency.** Never click links from emails or messages that ask you to log in or share your details, even if you think they might be **genuine.** If you're asked to log into a website, go to the app or website directly instead.

**Think about who you're talking to.** There are lots of ways that people try to trick you into trusting them online. Even if you like and trust **someone you've met online, never share personal information with them like your address, full name, or where you go to school.** Find out more about grooming.

Keep your device secure. Make sure that **you're keeping your information and device secure.**

Never give out your password. You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.

Cover your webcam. Some viruses will let someone access your webcam without you knowing, so make sure you cover your **webcam whenever you're not using it.**

It may be that you come across something upsetting or concerning online. It is important that you feel confident about what to do if you do see something inappropriate online.

If you're worried about something you can talk to a member of the safeguarding team, your parents or you can contact the NSPCC helpline for free support and advice. Call them on 0808 800 5000 or contact them online.

On the school website there are links to lots of agencies that can support you.



Please make sure that you have your privacy settings set to the highest level when you are using social media platforms.

Age restrictions are there to protect you from harm.



## Fake news and disinformation

### Top tips for students

Read beyond the headline. When scrolling or searching online, remember that you won't always get the full story from a headline, title or photo.

Look for the original source. Whatever content you are looking at, try to work out who created it or where it came from originally.

Question the things you see. Think about its purpose, whether it matches what you already know or if there are any clues it might be suspicious.

Do further research. It is always best to check multiple sources, like several websites, different videos or even offline in a book.

Take action against fake news. Use the report tool or speak up about fake or misleading content and never share it on, without checking it's true.

Speak to an adult you know and trust for further help and support. This could be a parent, carer or whoever looks after you at home, a teacher or staff member at school, or somebody else.

### Robot becomes headteacher of a school in Wales



Students at a primary in Cardiff have welcomed 'Robohead' as leader of their school.

### What forms does fake news take?

Often fake news is shared as a social media post (like a tweet, post or comment) or in the style of a traditional news article. However, it can take many forms, including images and videos. Fake news is mostly understood to consist of hoaxes or deliberately false information. However it may also be used to describe satirical (a type of joke) content, clickbait, rumours, false content shared by accident or even adverts.

Some fake news is easy to spot – it might include spelling mistakes, be hosted on a suspicious site or have been shared by only a few people with no supporting evidence. Sometimes fake news can look very realistic and may have been spread widely or picked up by lots of different sites. If this is the case, the best way to spot it is look for the original source of the news, check for the story on reliable news services or use a fact checker.

### Can I report fake news?

Many social media services are now taking more responsibility for fake news that is shared by their users and are working hard to remove it where they can. If you see fake or inaccurate information being shared on social media, it's worth reporting as it may be taken down.



# Kooth



## What's on Kooth in January



January 5	January 7	January 10	January 14
<b>Discussion Board:</b> Back to the Swing of Things	<b>Live Forum:</b> Goal Setting - How to go about it? 7:30 to 9pm	<b>Live Forum:</b> Houseplant Week Growth through Growing 7:30 to 9pm	<b>Discussion Board:</b> World Religion Day- Friends from Different Faiths
January 14	January 19	January 20	January 24
<b>Kooth Podcast:</b> What to do when things feel a little unsafe	<b>Live Forum:</b> Celebrating our Civil Right 7:30 to 9pm	<b>Discussion Board:</b> Have a Hug on Us!	<b>Live Forum:</b> Brew Monday- Tips for Feeling Down 7:30 to 9pm

Find all of this & much more on [Kooth.com](https://www.kooth.com)



1 Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the **location** you are in  
 3 Click on the **gender** you identify with  
 4 Choose from the drop down box the **ethnicity** that best fits you  
 5 Add your **age** and the **month you were born**  
 6 Click **'continue'**



7 Create an **anonymous username** (not your real name) and **secure password**  
 8 Choose from the drop down box to explain where you found out about **Kooth**



9 Click on the **'create account'** button to complete your registration

## How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**

[www.kooth.com](https://www.kooth.com)

You don't need to deal with your mental wellbeing alone.

Visit [kooth.com](https://www.kooth.com) for free, safe and anonymous mental wellbeing support.

