

Bishop Ullathorne Catholic School



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Safeguarding Matters



Welcome to our second 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.

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

Heavenly Father,

Thank you for the unique gifts and talents that overflow from our school community.

We pray that we can do wonderful things with the power **and knowledge of God's love.**

Help us to grow in compassion that we may become examples of understanding and love.

Help us to grow in eloquence so that our words can make a positive impact.

Help us to grow in attentiveness so that we can assist the needs of others.

Help us grow in wisdom and curiosity to reach our full potential.

Help us to grow in faith actively following You.

You have united us as one family and as one family we will grow.

Bishop Ullathorne pray for us.

Amen

Parental Support

TikTok update

The NSPCC have created a news article discussing if TikTok is safe for children and provides an overview of how to keep your child safe on TikTok using their safety settings.

Read the article here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/child-safe-settings-tiktok>

TikTok have also created a Guardian's Guide designed to provide an overview of TikTok and the tools and controls available:

<https://www.tiktok.com/safety/en/guardians-guide/>



Social Media and harmful content

Report Harmful Content provides links to the advice sections from several social media platforms

<https://reportharmfulcontent.com/advice/other/further-advice/advice-for-parents/>



Smartwatches / Fitness trackers

Check what the smartwatch allows your child to do and if available, set appropriate restrictions. Talk to your child about the different settings and if you have, why you have set up the restrictions.

What are the risks?

- Some smartwatches allow you to take photos. It is important to talk to your child about appropriate behaviour when taking and sharing photos. Once a photo is shared, they lose control of it.
- Some smartwatches have internet access with the ability to download apps. You need to be aware of the potential of in app purchases and viewing upsetting content.
- Depending on the brand of smartwatch, you may be able to set up parental controls for example to restrict content and prevent purchases.
- More information about Apple Watch parental controls can be found here:

<https://support.apple.com/en-gb/guide/watch/apd54d0a51fb/watchos>

As always, ensure your child knows to talk to you or another trusted adult should they see anything inappropriate or that worries them whilst using their device. Further information here

- <https://parentzone.org.uk/article/digital-family-basics-smartwatches-fitness-trackers>
- <https://www.internetmatters.org/resources/techguide/smart-toys-and-wearable-gadgets/#smart>

Parental Support

Supporting young people with SEND online

The internet can be a great place, but we need to be aware of the risks involved with being online. For children with SEND, they may encounter further challenges and therefore additional support may be required. There is a lot of tailored information available to parents and carers and the following links are a great starting point:

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/>
- <https://www.internetmatters.org/inclusive-digital-safety/advice-for-parents-and-carers/supporting-children-with-send/>
- <https://www.childnet.com/help-and-advice/supporting-young-people-with-send-online/>

The above sites cover topics such as helping your child browse safely online, setting appropriate parental controls, activities to help talk about being online and the steps you can take to help protect your child online.

Apps for learning and having fun!



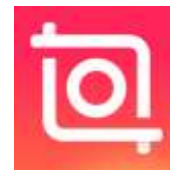
Ninja Jamm - DJ and Remix App

Ninja Jamm is a music making app from UK dance act Coldcut. It is free but does have in-app purchases available



Swift Playgrounds

App for iPad and Mac to learn and experiment with Swift (programming language created by Apple) and used to build apps. Swift Playgrounds requires no coding knowledge as you solve puzzles to learn the basics.



InShot - Video Editor

Great for creating your own movies!

Free but does have in-app purchases available



osu!stream

Test your ability to tap, slide, hold and spin to the beat in this rhythm game

With all apps, check their suitability for your child before they use it. Think about if it is appropriately aged for your child, how does the app use your data and does it have any communication channels within it for example?



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 lighthearted 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 others user's 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 superstardom, 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.



SOURCES:



SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ans.gov.uk/people/officials/anna-bateman>, [https://www.npsf.org.uk/uploads/assets/uploads/03bc570a-a55f-4719-ad66-2ec7a74c2a.pdf](https://www.nationalonlinesafety.com/2019-10-30-https://www.npsf.org.uk/uploads/assets/uploads/03bc570a-a55f-4719-ad66-2ec7a74c2a.pdf), <https://www.psychologytoday.com/us/blog/sitting-edge-leadership/201505/5-warning-signs-mental-health-risk>

Student Support

Supporting your Mental Health

Coventry Mind have gathered a collection of websites, support services and apps that have been recommended to them from young people in Coventry and Warwickshire.

Their website has a Mental Health and Wellbeing survival kit that is free to use and gives support, advice, activities and links to support services.

Please click on the link to access the survival kit.

<https://www.canva.com/design/DAD4sPRfOyY/jW5vrV8G4ugXfSEMYTn92A/view>

If you are extremely worried about your health and well being, contact your GP, call 999 for emergency services, or call the Samaritans on 116 123.

National support/ crisis organisations



What is Mental health?

- ◇ Mental Health includes our emotional, psychological, and social well-being
- ◇ It affects how we think, feel and act
- ◇ It also helps determine how we handle stress, relate to others and make choices
- ◇ Mental Health is important at every stage of life, from childhood and adolescence through adulthood.

Eating disorders. Know the first signs?



Eating disorders

It can be very difficult to tell if someone close to you has developed an eating disorder. Therefore it's important to highlight some of the key warning signs and ultimately how someone might be able to overcome this complex side of mental health.

SYMPTOMS:

No matter who the individual is it can be very difficult to recognise the signs. Healthline states that "On average, a person with an eating disorder has an IQ between 125 and 135 — so they're pretty smart. And they'll go to extreme means to not be found out." Be prepared for denial. However, some obvious warning signs include calorie counting obsession, excessive exercising, dramatic weight loss or a sudden desire to wear baggy clothes that will hide their change in appearance.

Sexual Harassment and Abuse

The NSPCC has launched a dedicated helpline for children and young people who have experienced sexual harassment or abuse at school, and for worried adults and professionals that need support and guidance.

The helpline also provides support to parents. More information is available at

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>



On-Line Grooming

IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

KNOW how to use tools, apps and settings that can help to keep your child safe online.

For further details go to <https://talk.iwf.org.uk/>

Parent and Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

This online child and exploitation awareness programme is for parents, carers and professionals, and aims to:

- ◆ Provide the information you need about child sexual abuse and sexual exploitation
- ◆ Show you how to create a family safety plan
- ◆ Tell you who you can talk to if you are worried

<https://www.parentsprotect.co.uk/sexual-abuse-learning-programme.htm>

