## **Safeguarding Newsletter**

## Autumn Term - Issue 2 Latest Advice for Parents and Carers

Welcome to the second newsletter from the Torquay Girls' Grammar School's Safeguarding Team. At TGGS, safeguarding and promoting the welfare of children is **everyone's responsibility** and our top priority. Anyone who comes in to contact with children and their families has a role to play. This edition concentrates on online-safety.

The Safeguarding Team at TGGS are:

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National Online Safety have produced a series of posters on what parents need to know. I have included five of these which cover the topics of:

- Making the most of the on-line world this Christmas
- Age inappropriate content
- Tiktok
- Snapchat
- Netflix



## What Parents & Carers Need to Know about AGE-INAPPR®PRIATE C®NTENT

'Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted

F@!#



### SOCIAL MEDIA

PLAY NOW

### **GAMING**



### **ADVERTS**

## Advice for Parents & Carers

### TALK IT THROUGH

### CONNECT, DON'T CORRECT

### **BLOCK, REPORT, CONTROL**

### GET SPECIALIST HELP

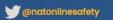
### Meet Our Expert



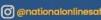












## What Parents & Carers Need to Know about

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips.
Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes),
enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocksted in popularity in 2019 and
has featured near the top of download charts ever since. It now has around a billion users worldwide.

### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since Tikrok Jump's introduction in mid-2021, users can view third-party content outside the app.

### **EXPLICIT SONGS**

TikTok primarily revolves around videos of users lip-syncing and dancing to music, lnevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

### TIKTOK FAME

50 The app has created its own celebrities: Charil D'Amello and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be the next big thing will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

### **ADDICTIVE NATURE**

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

### IN-APP SPENDING

There's an in-app option to purchase TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 9tp to an eye-watering £89 bundle. TikTok is also convected with \$10pp ly, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they ve seen. TikTok allows users to report anyone breaching its guidelines, while you can also

### **ENABLE FAMILY PAIRING**

0 Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### **USE RESTRICTED MODE**

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content reactors or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

### Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is possionate about improving digital if parents and children. She has extensive experience in media arena and is the founder of Kids N Clicks: a web butters this hay digital world



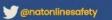


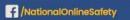


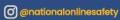


SOURCES TIKTOK.cpm









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### What Parents & Carers Need to Know about

## SNOPCHAT

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio.

Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

### CONNECTING WITH STRANGERS

two if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and hop have increased this possibility. Accepting a request means that children are then disclosing personal information through the story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

### **EXCESSIVE USE**

There are many features that are attractive to users and keep them excited about the app. Snop streaks encourage users to send snaps daily. Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

### CEYTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified it it has been screenshotted first users have found alternative methods to save images, such as taking pletures with a separate device.

GE RESTRICTION

5.00

### DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'.
Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

### **VISIBLE LOCATION**

My Piaces lets users check in and search for popular spots nearby — such as restourants, parks or shopping centres — and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

### Advice for Parents & Carers

#NOFILTER

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child'ts contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHAT ABOUT CONTENT

Meet Our Expert

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vifal that your child understands the potentially harmful consequences of taking part in these challenges.

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they arealy communicate with, to maintain their online safety and privacy.

### **KEEP ACCOUNTS PRIVATE**

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use Snaphdaps, their location is visible unless 'Shost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, buillies and groomers could use this information to engage in conversation and arrange to meet in person.

### TALK ABOUT SEXTING

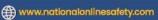
It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### BE READY TO BLOCK AND REPORT

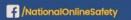
If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images or by sending explicit images or by your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or molicious messages, spam, or masquerading as someone else, for example).

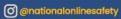


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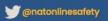




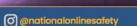


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www.nationalonlinesafety.com







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VakeUpWednesday

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### Advice for parents and carers

Lots of us will continue to rely on technology over the winter break, for entertainment and keeping in touch with friends and family.

- 1. A parent's guide to privacy settings
- 2. Gaming: what parents and carers need to know
- 3. What is the Internet of Things (IoT)?



## Follow the TALK checklist to help keep your child safe online (Internet Watch Foundation)

The Internet Watch Foundation (IWF) tells us that 'since the start of the pandemic, the amount of 'self-generated' child abuse imagery has increased dramatically. In 2020, the IWF confirmed 68,000 cases of such imagery, a rise of 77% on the year before. It accounts for nearly half (44%) the imagery we took action on last year. In 80% of these cases, the victims were 11- to 13-year-old girls.'

The IWF has created a resource to help parents and carers understand the risks of 'self-generated child sexual abuse imagery' using the acronym 'TALK'.

To find out more, go to: https://talk.iwf.org.uk/

## SAMARITANS

They are here to listen and provide support

Call 116 123 or visit their website

### childline

ONLINE, ON THE PHONE, ANYTIME

Childline provide confidential telephone counselling service for any child with a problem.



Beat provide support to help young people who may be struggling with an eating problem or an eating disorder.

## **shout 85258**

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required

Text "SHOUT" to 85258 or visit Shout Crisis Text Line

# Urgent and other support available

## keeth

Kooth is a free, safe and anonymous online mental wellbeing community

### CAMHS

Child and Adolescent Mental Health Services

Information for CAMHS and CAMHS Crisis can be found <a href="https://example.com/here">here</a>



Report Harmful Content is a national reporting centre that has been designed to assist everyone in reporting harmful content online.



Ceop: If you are worried about online sexual abuse or the way someone has been communicating with you online.





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/

## USEFUL ON-LINE SAFETY WEBSITES

National Online Safety – safety guides on ALL aspects of internet use

https://nationalonlinesafety.com/

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

https://www.internetmatters.org/

### **Safeguarding contacts**

During term time, school working hours: If you are worried about a child's safety or suspect a child is being abused or is in danger of being abused please contact a Designated Safeguarding Lead, or any member of staff. sbucklar@tggsacademy.org or dnixon@tggsacadem.org or telephone 01803 613215.

At any time: You can also contact the Multi Agency Safeguarding Hub (MASH) details below:

If a child is in immediate danger, call the Police immediately on 999.

### Torbay residents:

- For Targeted Help, Consultation and Enquiries please contact: Telephone: 01803 208525 (9am-12pm) Email: targetedhelp@torbay.gov.uk
- For MASH please contact: Telephone: 01803 208100 Email: MASH@torbay.gov.uk
- MASH Referral Form available at http://www.torbaysafeguarding.org.uk/workers/hub/
- For the Emergency Duty Team out of working hours please contact: 0300 456 4876
- For all LADO enquiries: Duty LADO 01803 208541 or email cpunit@torbay.gov.uk

### **Devon Residents:**

- For MASH, Early Help, Consultation and Enquiries please contact: Telephone: 0345 155 1071 Email: mashsecure@devon.gov.uk Fax: 01392 448951
- Enquiry Form available at: Appendix 9 Appendix 10 48 https://new.devon.gov.uk/making-a-mash-enquiry Post: Multi-Agency Safeguarding Hub, P.O. Box 723, Exeter EX1 9QS
- Emergency Duty Team out of hours 0845 6000 388
- Locality Early Help Mailbox North: earlyhelpnorthsecuremailbox@devon.gov.uk
- Mid & East: earlyhelpmideastsecuremailbox@devon.gov.uk
- South & West: earlyhelpsouthsecuremailbox@devon.gov.uk
- Exeter: earlyhelpexetersecuremailbox@devon.gov.uk
- For emergencies outside of office hours please call: 0345 600 0388 or 0845 600 0388
- Police non-emergency: 101