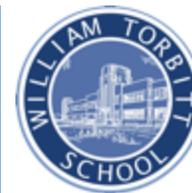


# Stay Safe, Stay Well

Article 19 of the United Nations Convention on the Rights of the Child:  
Children have the right to be protected from being hurt or mistreated, in body or mind.



Autumn  
2020

## Our Safeguarding Team



**Sarah Fordham**  
Designated  
Safeguarding Lead



**Ian Jeffery**  
Deputy Designated  
Safeguarding Lead



**Julie Chapman**  
Safeguarding  
Officer



**Paven Kettory**  
Acting  
Headteacher

## STAY SAFE ONLINE

### Age Ratings

All online games/apps should have an age rating. The rating means that the game shouldn't be played by a young person under that age. **Why?**

Because there may be content within the game which could potentially be harmful, frightening or worrying to developing children.

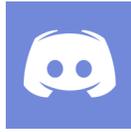
Please make sure that you know what games/apps your children are using and make sure that you are monitoring them.

### In-Game Chat

Many games have functions allowing users to chat with one another, which can be risky. Children will be able to chat to strangers who may be adults. In some games swearing and insults are common, especially when a player hasn't performed very well. Most games allow you to turn off chat or limit it to 'friends-only'.

Please bear in mind that your child might have added strangers as their 'friends', so they will still be able to chat to them even if you change the setting to 'friends-only'.

**It is considered a safeguarding concern if children are in contact with people they don't know online or are using apps that are causing them distress. If children continue to access inappropriate games/apps and these are still causing concern, we have a duty to seek advice from Children's Services.**



## Chatroom Alert! Discord App

We have been made aware that some of our children are using Discord. Discord is a communication tool for gamers and it has a **13+ age restriction**. Please make sure that your child is not using the Discord App. Children have reported strangers joining their chats and being rude to them. Please read what a parent said about it below.

### Dangerous for younger kids

My 10 year old asked for Discord and I should have looked a lot closer into the app and checked reviews. He said he wanted to connect with his friends because he was lonely during the pandemic. My husband and I both work (and I have always been an essential worker, outside the home). He was struggling not being able to see friends and at first discord was great. He played with just cousins and a couple friends from school. I checked in with him regarding who he was chatting with frequently. He really started getting obsessive about gaming and so I looked a little closer into his discord chat. I was shocked to see he was in a group with 16 and 17 year olds. The language and some sexual explicit talk that he experienced cannot be unread. Thank goodness it was only a short period of time that he experienced this verbal pollution. I DO NOT recommend discord for children under age 16. 13 is too young!!

From <https://www.common sense media.org/app-reviews>

## *Parental Controls*

Parental controls can be used in a number of ways, e.g. to help ensure that your children access only age-appropriate content online; to set time limits on how long children are online; and to monitor activity.

Many parents are put off using controls and settings as they think they will be difficult to set up, or complicated to use. This is why internetmatters.org have created simple and straightforward step-by-step guides for different devices.

**Go to [internetmatters.org/parental-controls/](https://internetmatters.org/parental-controls/) to view the step-by-step guides.**



## Meet Ollee

Ollee is a powerful new tool to help parents manage their **child's emotional wellbeing**. Ollee is a virtual friend developed by Parent Zone and funded by BBC Children in Need's A Million & Me initiative.

Aimed at **8-11 year-olds and their parents**, the Ollee app helps families talk about difficult topics by offering advice about a range of subjects including school, family, friends and the world.

Try it out by going to: [app.ollee.org.uk](http://app.ollee.org.uk)

## Talking to Children about their Emotions

Children's social and emotional skills begin to develop from a very young age. Building a good understanding of emotions when you're young helps you relate to others and manage your own mental health later on. Talking openly with children about how they feel and why, enables them to start recognising and understanding different emotions.

### 1. Start talking

Try asking your child to describe how they are feeling, and follow up with open questions about what's happened to make them feel this way. For example; 'Tell me about how you are feeling?' or 'What has happened to make you feel like this?' Talking will help your child process their feelings and make sense of them, as well as calming them down.

### 2. Put a label on it

Once your child has described how they are feeling help them put a label on it. Are they feeling angry? Worried? Scared? Frustrated? Happy? Doing this will help increase their vocabulary, and make it easier to recognise the emotion the next time they experience it.

### 3. It's okay to feel this way

It's important that your child knows that it's okay to feel different emotions, even if it's not a nice feeling. Experiencing emotions like jealousy, envy or even feeling selfish can help us learn about ourselves and other people. Reinforce to your child that we all experience challenging feelings.

