

Safeguarding Newsletter - Autumn 2022 (Issue 1)

Latest advice for parents & carers

Welcome to the first edition of the Newsletter from the Brymore Academy safeguarding Team. We aim to provide the latest and most relevant advice, guidance and support on issues we feel will be important to you.

With winter just around the corner, this first edition gives safety tips for the darker evenings, together with support and advice for online safety;. Winter months are more likely to equal more screen time, so it is important we are able to keep up to date with the latest trends and issues.

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you have a concern about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads at Brymore:

- Miss Chloe Doble (DSL)
- Mrs Debbie Roberts
- Mrs Harriett Featherstone

They can be contacted through the school office on 01278 652369

Dark Evening Safety Tips

As the clocks go back and the nights draw in, it is an overnight adjustment for all of us keeping children safe in the dark. The darker evenings can have a big impact on our usual routines of picking children up from friends, after-school clubs, or cycling home from school. They can be very different experiences in the dark!

The following simple steps can be taken to help avoid additional risks of accidents that the dark evenings can bring.

VISIBILITY IS KEY

- Children need to be seen, not just by other motorists and cyclists but by other pedestrians. Ensure your son has working lights on the front/back of his bike, and helmet where possible.
- Think about what your child is wearing. The Brymore school uniform is dark. Boys are safer if they are visible - you can easily add high-visibility strips to clothing, school bags or bike helmets.
- Ensure you are speaking to your son about safety on the roads- especially the risks considered with dark mornings/nights & please take extra care when driving your car up the drive and through the school site.

BE AWARE As any parent knows it can be very difficult to get a teenager to part from their mobile phone. Whether they are talking to friends or listening to music on their mobile, they can be distracted. As a result, they are less aware of dangers in their surroundings such as other people or traffic. If your teenager insists on wearing their headphones, encourage them to use ear bud types and ideally only use one side.



With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help keep young people safer online during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Online gaming

Online games are social activities, and most have features which allow young people to chat with others while they play.

For information about the positives of gaming, the risks of 'in-game chat' and the measures you can take to help protect your son, take a look here:

[In-game chat- what parents need to know](#)

Sharing images and videos

Young people often share images or selfies, and there is potential for some of these to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared, and how best to respond, take a look at:

[Nude selfies: a parent/carer guide](#)

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games, and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble and that you are there to help. For a breakdown of report services, visit [supporting your child with reporting unwanted content online](#).

Worrying rise in teenage vaping

Vaping among secondary-school children has seen a sharp increase with nearly one in five 15-year-olds using e-cigarettes in a 2021, a survey by NHS Digital suggests. Among 11–15-year-olds, 9% say they are vapers – up from 6% in 2018. Children are being targeted by e-cigarette companies with bright packaging, exotic flavours, and attractive sounding names. We strongly urge you to read the article, to have conversations with your children, be vigilant to the signs and remember there is help out there! To find out more about the dangers and risks of vaping, please see full article in link: [Risk in teenage vaping \(BBC article\)](#)

Useful contacts for guidance & support



Kooth is a free, online counselling and emotional wellbeing support service providing young people in Somerset aged 11-25 years with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

On Kooth you can



The young minds website contains lots of support and advice for both young people & parents.



0808 802 5544 (Free)

9:30am - 4pm, Monday - Friday

The Parent Helpline provides detailed advice, emotional support and signposting about a child or young person up to the age of 25.



<https://www.childnet.com/young-people>

This website provides guidance, tips and advice to help young people to use the internet safely, responsibly and positively.

NSPCC provides advice and guidance around parenting issues— from Mental Health issues to Drug and Alcohol misuse. Supporting parents to have difficult conversations with young people. Their helpline is open 24/7.

NSPCC 
HELPLINE
0808 800 5000
help@nspcc.org.uk



 **Call 0300 123 6600**

Call FRANK 24 hours a day, 7 days a week.

 **Text 82111**

Text a question and FRANK will text you back.



Live chat (online)

Our live chat service operates from 2pm - 6pm, 7 days a week.

PROBLEM?

NOT SURE WHO TO TURN TO?

WHY NOT **WHISPER** IT?

Whisper is our school's confidential system for reporting problems at school or at home

WHO IS IT FOR?

You, your friends or family



Click where you see this button



LINK

Click on where you see the link:

[Brymore](#)
[Whisper](#)

BUTTON

Click on the button on your school website:



TEXT

Send an anonymous text to:

BRY1 + your message to

07860

021 584