SANDBACH SCHOOL
OPPORTUNITY, ACHIEVEMENT, EXCELLENCE

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Sandbach School Safeguarding Newsletter

Safeguarding at Sandbach School

At Sandbach School we take the safety and welfare of our students very seriously. We are committed to safeguarding and promoting the welfare, both physical and emotional, of every student both inside and outside the school premises.

We aim to provide a caring, positive, safe and stimulating environment which promotes the social, physical and moral development of that individual child and strive to make sure that every student feels secure and well cared for.

All members of Sandbach School understand and are committed to the vital contribution that all staff, parents and students can make to safeguarding children. Every member of staff has a collective recognition of the importance of providing an environment that helps children feel safe and respected and promotes a culture that encourages children to talk openly and have the confidence they will be listened to.

At Sandbach School, our Safeguarding Team is committed to providing the best possible care and support for all students but if you have any concerns about the safety or welfare of a child please make contact the school immediately and clearly state that your call relates to a potential safeguarding issue.

If your concerns are outside of School hours or during the school holidays, please contact the police. If a child is in imminent danger then please dial 999 for the Police.

You can access the Child Exploitation & Online Protection Centre directly by clicking on the CEOP website.

Our Safeguarding Team

Named Trustee for Safeguarding:
Ms J Cowell

Mrs S Burns
Designated Safeguarding Lead
Headteacher
Lead on:
PREVENT, Safer Recruitment,
Operation Encompass

Mr M Hodby
Deputy Designated Safeguarding Lead
Deputy Headteacher
Lead on:
Safer Recruitment, Attendance,
Online Safety

Mrs N Johnson
Assistant Headteacher/ Director of Sixth Form
Lead on: Suicide Prevention,
Mental Health, Harmful Sexual Behaviours

Mr M Sanders
Deputy Designated Safeguarding Lead
Assistant Headteacher
Lead on: SEND, Safer Recruitment,
Child on Child Abuse

Safeguarding at Sandbach School

Safeguarding is everyone's responsibility

Mrs H Cooper
SEND Manager
Lead on:
Cared for Children,
Trauma, FGM

Mr O Yates
Year 9 LIM
Lead on:
Multiagency Liaison, Domestic Abuse

Mr S Evans
Year 7 LIM
Lead on:
Multiagency Liaison, Bereavement, CPOMS,
County Line/ Exploitation

Please speak to a member of the team if you have any Safeguarding concerns or email: allsafeguarding@sandbachschool.org
For other help and support, you can also contact: **Childline 0800 1111** www.childline.org.uk or www.kooth.com

YOUNGMINDS
fighting for young people's mental health

Sandbach School, Crewe Road Sandbach, CW11 3NS Tel

In this safeguarding newsletter we are focusing on Social Media, online bullying and explicit content

Social Media

[Young](#) Minds offer some practical advice for parents regarding social media

Talking to your child about social media

- The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health.

- That's why it's good to have regular conversations about the internet and social media from a young age – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

- You don't need to pry or quiz your child about every website they've seen, but checking in with them for a minute or two can make a huge difference.

- Take a look at our tips below for having positive conversations with your child about social media.

Lead by example

- Talk to your child about your own experience of the online world. Show them sites and apps that you like, and explain why you like them. Show them how to use the internet in a positive way – to research things, to do homework, to talk to family, and to find out about the world. This helps them to have a critical eye.

- You can also talk about your own less positive experiences online. If you feel pressured by the 'perfect' photos people share on social media, then being open with your child about this can be a good thing. It might help them understand that the 'perfect' pictures people share on social media don't always show reality. Encourage them to talk to you if they're struggling with this.

Remember, children look to their parents as role models. For example, if you check your phone constantly at mealtimes, or play violent games in front of your children, then it's likely your child might do the same.

Ask your child about the apps and websites they use

- It can be easy to feel that you don't understand the latest technology, apps or social media that your child is using. But don't use this as an excuse not to get involved.

- Ask your child to teach you and show you there about their favourite apps, games or websites. This will help you understand how they work so that you can talk about the positives and whether you have any concerns. A quick Google search can also tell you a lot.

If you think anything your child is accessing is not appropriate for their age, be ready to explain why you think this. Wherever possible, make it a joint decision with your child, so they understand the reasons not to use something and will stick to it

Talk about personal information

Help your child to understand what's meant by personal information, so they can develop an awareness of why it's significant and why they should be cautious about sharing pictures of themselves or information online.

Some things for your child to know:

- What you put online stays online. Even things you delete can be saved or screenshotted – including those Snapchats meant for just one friend.
- Online strangers are still strangers. Forums and group chats can be a great way to connect over things you wouldn't say face to face, but don't feel pressured to share more than you feel comfortable with.
- It's easy to over-share on social media, especially if you forget who can see your profile.
- Privacy is possible. You can change your settings to make your account private so that only people you know and trust can see your updates.
- Don't hesitate to block anyone who makes you feel uncomfortable and talk to someone you trust about it if this happens.

InternetMatters.org have some good practical advice for keeping your child safe online – they also have pages aimed at different age groups which may be useful - https://www.internetmatters.org/advice/

Practical tips to help minimise the risks your child might face
- It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

- Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- Ask them to show you which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.

- Explain how you can use privacy settings to make sure only approved friends can see posts & images.

- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally.

- Show them how to report offensive comments or block people who upset them.

- Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.

- Encourage your child to come and talk to you if they see anything that upsets them.

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

https://www.childnet.com/parents-and-carers/

www.nspcc.org.uk/onlinesafety

https://parentzone.org.uk/article/parenting-digital-age

https://www.thinkuknow.co.uk

https://www.askaboutgames.com/

Online Bullying

Online bullying, or cyberbullying, is when someone uses the internet to target and deliberately upset someone.

Cyberbullying often happens on personal devices that young people have continuous access to. This means it can happen anywhere and at any time, so it can feel like it's hard to escape. The bully could be either someone that they know, or a complete stranger.

It can be hard to control the spread of messages, images and videos sent online, which means many people could see them in a short period of time. However, online bullying can leave a trail of evidence which can be helpful when dealing with the incident and reporting it.

Childnet have curated some advice on the possible types of online bullying.

Types of online bullying

- Messages
  Sending messages aiming to upset, abuse or humiliate someone.

- Comments
  Writing remarks under someone else's post, which others can also see.

- Tagging someone
  Linking someone's profile to a status, or embarrassing photo or video.

- Memes
  Identifying someone with a photo and/or with a caption, which is meant humorous but aims to humiliate others.

- Images
  Putting an image online of someone without their consent, or editing an image of someone. This includes nude images.

- In-direct
  Negative comments to a group, where a name isn't mentioned. However it is obvious to all who is being talked about. E.g., 'You know whose dress is disgusting...'

- Exclusion
  Deliberately leaving someone out of an online group, or chat.

- Outing
  Revealing sensitive or personal information about someone online, without their consent.

- Harassment
  Putting aggressive pressure on someone or intimidating them. Take a look at our key topic on online sexual harassment for more information on this particular area of harassment.

- Impersonation
  Pretending to be someone with a view to belittling or humiliating them.

Explicit Content

Protecting your child from explicit content

Tools like parental controls can help to protect your children from accessing inappropriate content, but you can't check everything they see on the internet.

• Many sites have a minimum age limit of 13, explain to your child they the age limits are there to protect them from unsuitable content.

• Agree ground rules with your child. Agree what sites they can use and you can set Google search and YouTube to safe search modes. If you are unsure what sites they should and should not be accessing, speak with other parents what they are doing or school for advice.

• Age verification is now needed for commercial porn sites, this involves providing credit card details to verify they are 18 years or older.

• Be calm and reassuring. If they come across anything that upsets them online, they can talk to a trusted adult.

There are some good tips and a great training video for parents and carers on the following website:

https://www.internetmatters.org/issues/inappropriate-content/protect-your-child/
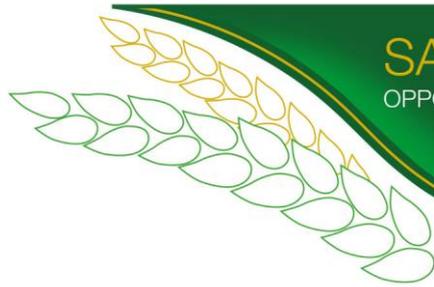
Further support for your child's wellbeing

If you have a child who is struggling with their wellbeing and needs to talk to someone when away from school, please use the contacts below:

Mental Health Helpline - 0300 303 3972 (open to all Cheshire East residents)

Advice for children & their families, from early help support through to safeguarding call Checs: 0300 123 5012 (option 3) Out of hours Emergency Duty Team on 0300 123 5022

You can also access https://www.mymind.org.uk/ - a co-produced website for children and young people's mental health and wellbeing in Cheshire and Wirral.

For mental health support:

Visyon Call 01260 290000, text 07508074748

Samaritans www.samaritans.org

Young Minds www.youngminds.org.uk

For help with any sort of worry, big or small call:
NSPCC www.nspcc.org.uk
Childline www.childline.org.uk