# PSA SAFEGUARDING BULLETIN

Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.
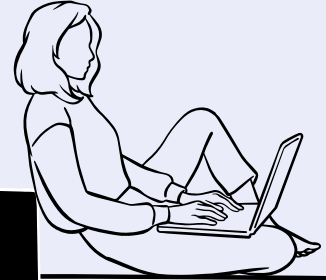
TIPS FOR HELPING CHILDREN STAY SAFE ONLINE

PIER recently conducted research for the IWF on sexting, nudes, and 'self-generated' child sexual abuse material. These are images and videos taken by children and shared either willingly (usually with a boyfriend/girlfriend), unwillingly (through coercion), or by a third party without their consent. Some of these images end up being distributed or sold on the open and dark web. Last year alone, the IWF assessed over 250,000 webpages containing 'self-generated' child sexual abuse material. This is a serious safeguarding issue with wide-reaching consequences. Here's how parents can help keep children safe online:

1. T.A.L.K to your children:
   - **T**alk: Start conversations about online sexual abuse. Listen to their concerns and ensure they are not blamed or shamed.
   - **A**gree: Set ground rules for family technology use.
   - **L**earn: Understand the platforms and apps your child uses.
   - **K**now: Use tools, apps, and settings to keep your child safe online.
2. Sex and relationship education: Be aware that children are learning about sex from the internet and online pornography. Discuss healthy relationships to challenge these behaviors and content.
3. Know available resources: Many internet safety organisations offer guidance for both children and parents, including CEOP, the UK Council for Internet Safety, NSPCC, and the UK Safer Internet Centre.
4. Responding to shared images: Report any sexual content of children online to the police (101), CEOP, and the IWF. The 'Report Remove' tool allows children and young people under 18 in the UK to report and request the removal of sexual images of themselves from the internet. Images can often be removed from UK websites within hours.
5. Understanding online perpetrators: Children should know that offenders often pretend to be peers with similar interests. Continuous conversations about these issues are crucial.

By staying informed and actively engaging with your children about their online activities, you can play a crucial role in protecting them from online dangers. Remember, open communication and education are key to safeguarding your child's digital life.

SELF-IMAGE, BODY IMAGE, AND IDENTITY

Young people see a lot of content online, but not everything is what it seems, and it can be hard for young people to understand what's real and what's not real. As a result of this, they may try to live up to unrealistic and edited standards, making it hard to maintain a positive body image. This can have negative impacts on their overall well-being. In fact, 1 in 10 girls aged 9-10 say that being online makes them worried about their body shape or size while 13% say it makes them jealous of other people.

What parents can do to help

- **Talk to your children**: Explain that social media is often staged and that people aren't perfect. Discuss who takes all those perfect pictures and how many tries it takes to get the perfect shot.
- **Discuss the 'cult of perfection'**: Encourage children to see real life beyond the filtered images on social media. Emphasise the importance of being authentic and not getting caught up in constructing perfect online identities.
- **Review their social media**: Monitor who they follow and what they post. Discuss the impact their images can have on themselves and others.
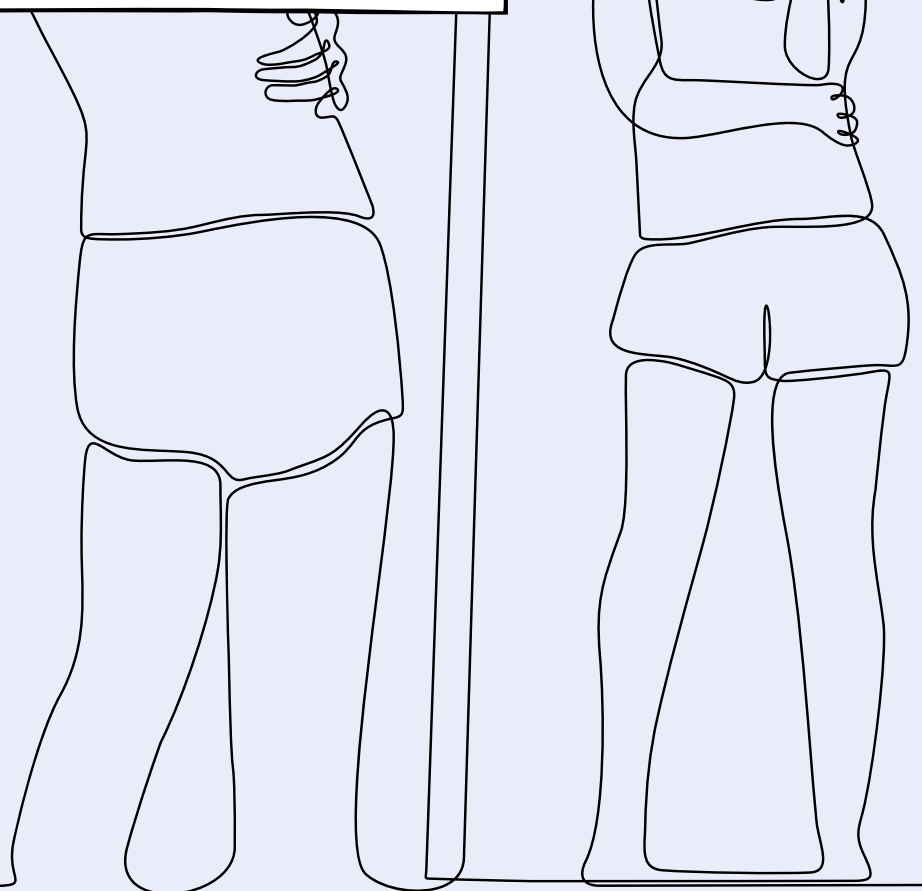
HELP CHILDREN STAY SAFE ON CHAT APPS

Messaging and chat apps help children stay in touch with friends and family, but it's important to be aware of who they're talking to. Discuss who they're chatting with and remind them not to share personal information with strangers, such as their name, location, email, phone number, and school name.

Chat apps allow users to send messages, photos, videos, and documents, and create group chats. Some apps let users message strangers, but most have settings to restrict this. Ensure these settings are enabled and show your child how to reject messages from unknown people.

Even with friends, children might see upsetting content. Check each app for reporting and blocking features, and teach your child how to use them.

For more information, visit NSPCC Online Safety.
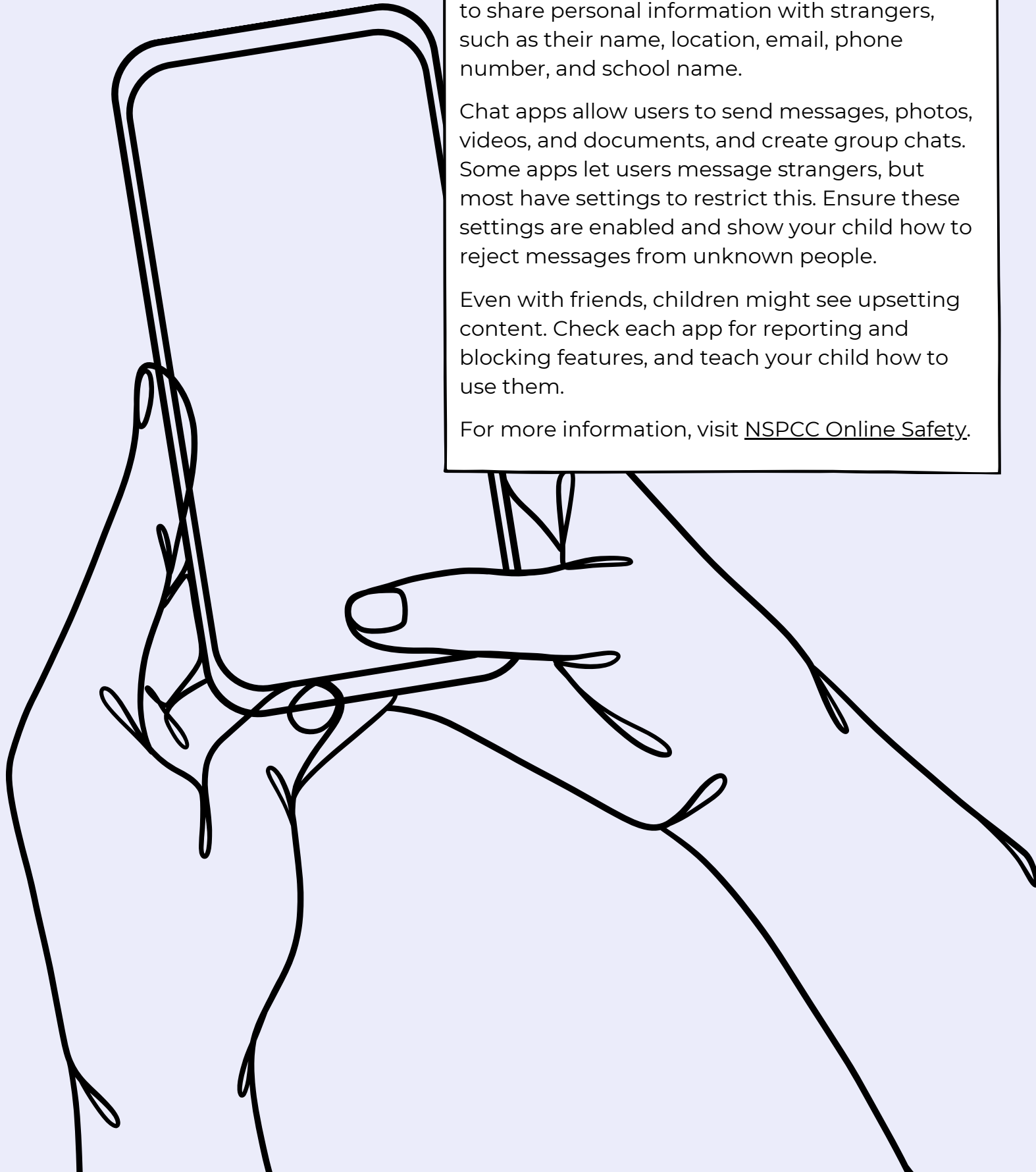
PSA SAFEGUARDING TEAM

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school.

If you have any concerns please email: safeguarding@psa-bucks.com

SAFEGUARDING LEADS

Miss Stone [DSL]

Mrs Summerell [Head of Student Services/DDSL]

EXTENDED SAFEGUARDING TEAM

Mr Field [Yr7]   Ms Harb [Yr8]   Mr Bullen [Yr9]   Mrs Toor [Yr10]   Mr Wilson [Yr11]   Mrs Kaur [Head of Sikh Ministry]

kooth
Kooth is a free online service offering emotional and mental health support for children and young people
www.kooth.com

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0808 800 5000
help@nspcc.org.uk

kidscape
preventing bullying
protecting children

ChildLine
0800 1111

Sikh Helpline
0845 644 0704
07999 00 4363

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