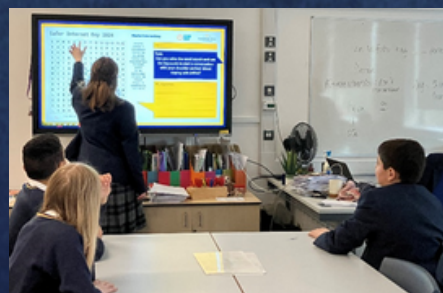
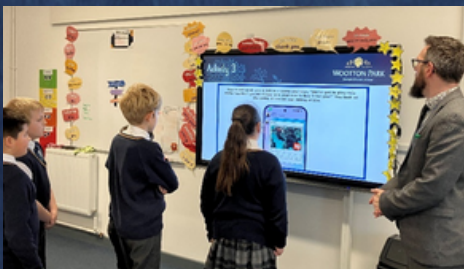


February 2024

WPS Parents' Safeguarding Newsletter

Safer Internet Day 6th February 2024

How to use the internet safely is built in to our school curriculum throughout all key stages. Additional to this we also celebrate Internet Safety Day. This year's theme was on 'Inspiring change? Making a difference, managing influence and navigating change online'. A huge thank you goes to Miss Blood and Mr Robinson for organising such a great event. Here are some photographs of learners engaging with this topic.



Conversation Starter Ideas



A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use, parents can help children access the amazing resources the internet has to offer whilst keeping them safe online. Click on the link below for ideas on how to start a conversation.

[Conversation Starter Ideas](#)

Simon Aston (Online Safety & Wellbeing Officer - West Northamptonshire Council)



Simon Aston is an online safety and wellbeing officer who works with schools, social workers, parents, various Police forces and young people across Northamptonshire and different parts of the country. He has over 15 years of experience working with children and young people from youth work to various DSL roles in schools and colleges.

Some parents and carers may remember that we ran a session for our Primary learners with Simon in May 2022, where he spoke to the learners about e-safety and how to keep themselves safe online.

Members of the WPS Safeguarding team recently attended the Safer Internet Day webinar featuring Simon. He posts lots of very helpful content on his Twitter page, you can access these links from his page: @NCCcybersafe



Online Vulnerability Awareness Resources



The internet is a wonderful facet of modern life. Humans have never had as much access to information than they have today, at the touch of a keyboard all knowledge can be acquired largely for free. But it has also made us contactable at all times, in a manner that goes far beyond the voicemails that used to typify telephonic communications. Now photographs, voice notes, and videos can be exchanged to any device at will.

This has made young people more vulnerable than ever to unwanted messages and images. Research done by the Internet Watch Foundation, shows that 1 in every 4 teens has received unwanted sexual messages online. Awareness of how to mitigate this issue is vital to securing the young people of tomorrow, and to help in that endeavour the Internet Watch Foundation has created a resource pack. If you are interested in finding out more, please follow this [link](#).

New NSPCC Videos



The NSPCC have been uploading some new videos onto their YouTube channel recently. Videos include topics such as dealing with bullying, understanding healthy relationships and consent amongst others. To see their latest videos you can follow [THIS](#) link.

What is Doxing? A Guide for Parents and Carers



For many of us when we go online, our privacy is something that we prioritise. Although we may like to share our holiday pictures and birthday celebrations on social media, there are some things which are just off limits. Specific details such as our home address, or our contact number may be publicly available somewhere, but that doesn't mean we necessarily want everybody to know about it. Because of this, the act or threat of our personal details being shared online can carry considerable harm and upset to targeted individuals. This is where the term 'Doxing' came about.

Full details regarding Doxing are available [here](#)

Instagram Checklist



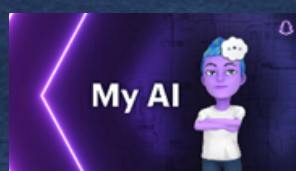
Instagram is one of the most used platforms among young people and adults alike. Over the past decade, the platform has become ubiquitous and is an excellent source of entertainment and information for people globally. The global reach of the platform though, can be a cause for concern for those who have children or work with under-18s. The programme is principally a digestion source focused on images and videos, with a private chat function which for many is the sole reason for its use. In today's image focused society, it can be an outlet for how people wish to be perceived physically or in regards to their personality. As a result, it actively encourages people to post about their personal life, in a way that would be detrimental should everyone have access to it. Privacy is optional on Instagram, and there is a wide spectrum of privacy options. To understand these options better the Southwest Grid for Learning has published resources aimed at achieving this goal. Please click on the link below to find out more.

<https://swgfl.org.uk/resources/checklists/instagram/>

Snapchat - New Parental Controls

In April 2023 Snapchat introduced My AI, essentially a chatbot. There was no choice, it was an embedded feature, and whilst many users are reporting a positive or mixed experience there have been some significant concerns over the advice being given to younger users (see [HERE](#) and [HERE](#) for examples).

Recently Snapchat expanded their Family Centre tools which, amongst other features, allows parents to restrict the ability for My AI to respond to chats. Further details of these new features can be found [HERE](#) and the full list of teen protection features can be found [HERE](#).



Assessing Smartphone Readiness



Is my child old enough to have a phone?" It's a common, understandable question asked by many parents, but it's also one that is very difficult to answer as there are so many factors involved. For younger children it's often peer pressure, with older children social isolation is very common. Often, advice has to be given particular to that child/family, rather than a one-size-fits-all solution.

The Institute for Digital Media and Child Development have put together some tip sheets for parents which are really useful. There are 3 parts:

- Assessing readiness.
- Preparing for healthy use.
- What now?

You can view all the tip sheets [HERE](#).

Social Media Influencers



The things social media influencers do and say online can be quite impactful. Around a third of children and young people think that, because the influencer is a 'celebrity', what they share is always good. But that isn't always the case, sometimes it can be advice based on pseudo-science, selling something because they've been paid to and much more.

Internet Matters have a great article where various specialists offer advice and guidance to parents/carers to help their children think critically about social media influencers. You can find the article [HERE](#).

Digital Activity and Mental Health



The effect on mental health and wellbeing from digital activities such as social media use, screen time etc. is a hugely debated one as there are so many different nuances.

LSE have the DIORA project, Dynamic Interplay of Online Risk and Resilience, which is a carefully designed questionnaire to understand and measure the online activities and experiences of adolescents. The project is ongoing with some good results already coming out in relation to screen time, feelings of depression and anxiety, positive and negative feelings and more.

LSE have put together a really handy PDF which goes into a little more depth, this can be used by parents and carers as conversation starters with their children.

You can download the PDF [HERE](#)



Drug alert: Vapes containing synthetic cannabinoids (SCRA- Spice)

Vape pens containing a synthetic cannabinoid often known as Spice have led to people being taken to hospital in London recently.

In one incident, five people became seriously ill after vaping from a “Vapresso” branded pen containing blue liquid in a silver and black cartridge. In a separate incident, people became ill after using a vape labelled “Lemonade Vape Cookies” (which may have been sold as THC).

Both vapes contained Spice, which can cause serious side effects like breathing problems, heart attacks and seizures. Other symptoms include feeling dizzy, vomiting, heart racing, sweating, anxiety and paranoid.

If you're buying either illegal vapes or ones you think have Cannabis/ THC in them, follow our steps below to stay safe.

Staying safe and helping others

If possible, avoid using the vapes we have identified above – the only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- **Go low and slow** - Be extra cautious about where you get your vapes from, and about the drugs you are taking. Start with a little bit, wait an hour and see how you feel.

- **Do not use alone**; make sure that someone you trust is with you and knows what you're doing in case you need help.

- **If doing it with others**, it's best if only one person vapes first instead of you all doing it at once.

- **Don't mix drugs**: Using more than one drug increases your risks of overdose, including mixing with alcohol.

- **Look after your friends**: look out for anyone who seems dizzy or confused, is sweating, trembling, vomiting or is very anxious, aggressive, or paranoid. If one of your mates is struggling to breathe or passes out, call 999.

- **Be prepared to call immediately for an ambulance** if someone overdoses or become ill.

- **Test your drugs using the testing service available** at www.wedinos.org

If you have any questions or are worried about anything, you can find your local service and their contact information on our website at www.changegrowlive.org

OPFCC Parent Workshops



The OPFCC Early Intervention Team assist professionals to support children, young people and their family by offering advice and guidance, signposting to services & direct support work in the home, at school/nursery or in the community. Please see the enclosed flyers on the new Parent Workshops that the service is offering this year.

Underneath each flyer are the new referral links, this will take you to the appropriate referral form should you choose to make a referral in the future. Please note the team do not accept cases that are open to (or have previously been open to) Tier 3 or Tier 4 services.

The flyer features a large, stylized red and black graphic of a child's face in profile, looking down. On the left side, there are two smaller images: a young woman in a hoodie and a young man sitting on the floor looking at his phone. Below these images is the OPFCC logo and a red button that says 'NEW FOR 2024'. The text on the flyer includes the title 'CHILD EXPLOITATION WEBINAR', a description of a free parenting workshop, and two columns of bullet points detailing objectives and outcomes.

NEW FOR 2024

FREE Parenting Workshop from the OPFCC.
Click here to make a referral

CHILD EXPLOITATION WEBINAR

OBJECTIVES:

- For parents/carers to gain an understanding of child exploitation and the different kinds of exploitation.
- For parents/carers to gain awareness of the factors that increase the risk of exploitation.
- To show the links between going missing, adverse childhood experiences and child exploitation.

OUTCOMES:

- For parents to be more aware of the signs that their child is at risk or is involved in child exploitation.
- For parents to understand their role and the role of others to keep their child safe and to reduce the risk of harm
- For parents to be aware of local services and who they can contact for support.

[OPFCC Parenting Workshops Referral Form](#)



**NEW FOR
2024**



OBJECTIVES

- For parents to explore how their co-parenting impacts their children and can go on to create adverse childhood experiences.
- For parents to explore their co-parenting style with the aim of improving their communication.
- Help parents to gain an understanding about how they can help their children to navigate parental separation.
- To support parents in achieving a more consistent approach to co-parenting.

THE BENEFITS OF EFFECTIVE CO-PARENTING

OUTCOMES



- For parents to have a better understanding of how positive co-parenting can benefit their children.
- For parents to have the skills and knowledge to co-parent effectively using a child centred approach.

Please click



Click here to make a referral





**NEW FOR
2024**



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[Click here to make a referral](#)



[OPFCC Parenting Workshops Referral Form](#)

[West Northants NCT Newsletter](#)

Please click on the link below to access the West Northants Children's Trust newsletter, which includes information on amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend:

[West Northants Newsletter](#)

Safeguarding during the holidays

We hope you have a lovely half term break, if you have any safeguarding concerns over the holiday please contact a member of our safeguarding team. We do have some drop-in sessions available throughout the week so please contact either Jane Page or Sam MacDonnell using the email addresses below.

DSL - j.page@woottonparkschool.org.uk

Deputy DSL - s.macdonnell@woottonparkschool.org.uk

07857 801573

07857 801568



WOOTTON PARK

Reporting a Safeguarding Concern

If you are concerned about the welfare or safety of a learner please speak to a member of the safeguarding team.



Jane Page

Designated Safeguarding Lead



Sam MacDonnell

Deputy Designated Safeguarding Lead



Claire
Woodbridge



Corinna
Kerrou



Dan
Rosser



Gemma
Kingston-Wade



Carla
Grady



Adam
Cowdell



James
Coe



WOOTTON PARK

'Ipsum quod faciendum est diutius'



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info@woottonparkschool.co.uk



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