

FAMILY WELLBEING & SAFEGUARDING



NEWSLETTER



FEBRUARY 2023

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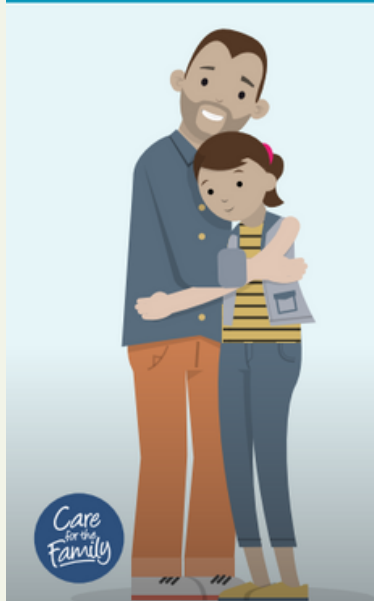
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Keeping children safe is everyone's responsibility



Top Tips For Parents

Family Wellbeing



TOP TIPS FOR PARENTS - FAMILY WELLBEING

CHILDREN ARE GROWING UP IN A WORRIED WORLD. THE GOOD NEWS IS THAT THE PEOPLE BEST PLACED TO HELP THEM ARE PARENTS.

THIS LEAFLET CONTAINS SOME HELPFUL THINGS YOU CAN DO NOW, IN THE MIDST OF THE UPS AND DOWNS OF FAMILY LIFE TO HELP YOUR CHILDREN GROW INTO EMOTIONALLY HEALTHY, STRONG, RESILIENT ADULTS.

THE LEAFLET IS ATTACHED AT THE END OF THIS NEWSLETTER AND CAN BE FOUND AT [HTTPS://WWW.CAREFORTHEFAMILY.ORG.UK/](https://www.careforthefamily.org.uk/)

**BIG
ENERGY
SAVING
WEEK...**

20 Ways to Save

Easy, expert-approved, energy-saving actions

Save in the kitchen

- 1 Use a bowl to wash-up rather than running a tap, reduce your washing machine use by one cycle a week, and only fill the kettle with the water you need and you could save around £36 a year in the kitchen.
- 2 A dripping tap can waste more than 5,300 litres of water a year, so make sure your taps are properly turned off and change washers promptly when taps start to drip.

Save in the bathroom

- 3 Spend one minute less in the shower each day and a family of four could save £75 a year on energy and water bills.
- 4 A running tap wastes more than 6 litres of water every minute, so turn off the tap while brushing your teeth, shaving, or washing your face.
- 5 Replacing an inefficient shower head with a water efficient one could save a household of four people around £70 a year off gas bills and around £115 a year off water bills.

Save on lighting

- 6 Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again. This will save you around £14 a year on your annual energy bills.
- 7 Replace your bulbs as and when you can with energy efficient LEDs – on average it could save about £35 a year on bills.

Save on appliances

- 8 Turning your appliances off standby mode can save you £30 a year and remember not to leave laptops and mobile phones on charge unnecessarily.

Save on heating

- 9 If you have a timer on your central heating system, set the heating and hot water to come on only when required.
- 10 If you turn down your main thermostat by 1 degree, you can around 10% on your energy bill. But make sure your home is warm enough during cold weather. Cold homes can damage your health.



Use your power to make a **BIG** difference!

#BESW20

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20 Ways to Save

Easy, expert-approved, energy-saving actions

- 11 Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could save you around £75 a year.
- 12 Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.
- 13 Draught-proofing of window and doors and blocking cracks in floors and skirting boards can save around £20 a year on energy bills.

Save by switching

- 14 Use the Citizens Advice energy price comparison tool to see if you can save money by switching energy tariff or supplier.

Save by getting extra support

- 15 Do a home energy check to find out about savings of up to £130 a year on household energy bills. Visit the Simple Energy Advice website and get personalised energy savings advice.
- 16 Visit your local Citizens Advice office to get advice in person about how to reduce your energy bills.
- 17 If anyone in your household is receiving benefits, contact your energy supplier and see what support they can provide. They should be able to tell you what help is available through the Energy Company Obligation.
- 18 If you need a little extra help from your energy company - including large print bills or more support during a power cut - you can apply to be added to your electricity network priority services register.
- 19 Check if you are eligible for the Warm Home Discount. Energy suppliers can provide rebates to households on certain benefits. The rebate is £140 for 2019/20 and you should contact your electricity supplier directly to see if you qualify.
- 20 If you live in Wales, contact the Welsh Government's Nest scheme on 0808 808 2244 to see if you are eligible for a package of free home energy efficiency improvements such as a new boiler, central heating or insulation.



Use your power to make a **BIG** difference!

#BESW20

**Help for
Households**

<https://helpforhouseholds.campaign.gov.uk/?gclid=cec247386a3e1e645eff241c559ef731&gclsrc=3p.ds&>

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

**citizens
advice**



Wellbeing Lincs

Better wellbeing across Lincolnshire

<https://www.wellbeinglincs.org/>

What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



<https://hipal.app/about/privacy.html>



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.12.2022

What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/RatingBoard/games.

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'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like systemrequirementslab.com can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register; entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



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Preventing Extremism

CONTEST is the UK's strategy for countering terrorism. It involves many partners working together, including schools.

It has four elements:

Pursue - to stop terrorist attacks through disruption, investigation and detection

Prepare - where an attack cannot be stopped, to mitigate its impact

Protect - to strengthen against terrorist attack, including borders and utilities

Prevent - to stop people becoming terrorists or being drawn towards terrorism

What is PREVENT?

Prevent aims to stop people becoming terrorists or being drawn towards terrorism.

It aims to:

- tackle the causes of radicalisation
- respond to the ideological challenge of terrorism
- safeguard and support those most at risk of radicalisation
- enable people already engaged in terrorism to disengage and rehabilitate
- safeguard vulnerable people

For more information about Prevent, visit the Lincolnshire Police website.

What we do

With the support of other organisations, schools help to

- identify and challenge extremism in an appropriate way
- ensure staff are trained to spot others who may be at risk of supporting terrorism or extremism.
- get support if needed for school and for individuals

Report a concern

If you have a concern that someone you know is drawn to extremism, report it to ctp-em-prevent-referral@lincs.police.uk for both referrals and enquires or call 101 and ask for the Prevent Team.

You can also use the Prevent referral form on Lincolnshire Police website.

For advice, call 101 and ask for the Prevent team.

For immediate threats, such as a suspicious package or vehicle, always call 999.

<https://educateagainsthate.com/parents/>

Our Safeguarding Team

Designated Safeguarding Lead:

Catherine Stratton



Deputy Safeguarding Leads:

Alice Cowles



Designated Wider safeguarding Team:

Family Support worker:

Theresa Miller



Safeguarding Governor:

Linda Hawbrook



Contact Number for the Safeguarding Team in school

(01522) 702669

The Importance of Attendance for Safeguarding

Attendance monitoring is a key part of our safeguarding processes in school. We take non-attendance and lateness seriously. School will maintain records of where children are and reasons for non-attendance or late arrival. We are a duty to investigate non-attendance - see [section 175 Education Act 2002](#),

[Click here to find our latest safeguarding and child protection policy](#)



Please keep us updated of any changes to your contact details

Top Tips For Parents

Family Wellbeing

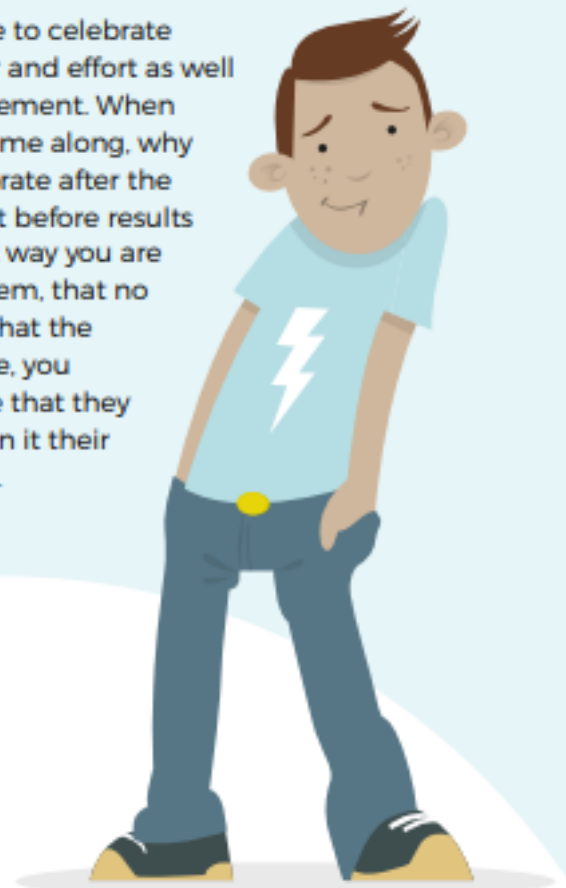
Children are growing up in a worried world. The good news is that the people best placed to help them are their parents.

Here are some helpful things you can do now, in the midst of the ups-and-downs of family life to help your children grow into emotionally healthy, strong, resilient adults.

Give effective praise

When it feels like the world is against them, remind them they are valued, and that you see the good in them and that you have their back.

Take time to celebrate character and effort as well as achievement. When exams come along, why not celebrate after the exam, but before results day? That way you are telling them, that no matter what the results are, you recognise that they have given it their best shot.



[https://www.careforthefamily.org.uk/
support-for-you/family-life/parent-
support/](https://www.careforthefamily.org.uk/support-for-you/family-life/parent-support/)

Help them discover a realistic view of themselves

TV talent shows and social media platforms give children the message they can all achieve extraordinary things. This belief can be a major driver of anxiety, and one of the main factors affecting children's wellbeing. It puts huge pressure on them to be 'the best.' You can help your child recognise that life is not a competition. We can encourage them to develop a realistic view of themselves by celebrating their strengths, knowing and managing their weaknesses, embracing reality, making the most of every opportunity and fulfilling their potential.

When children find something challenging, they sometimes give up and say 'I can't do it.' You can recognise their potential and encourage them not to give up, but to press through. One of the greatest ways of building emotional resilience is to add one little word: 'You can't do it ... yet.' This helps to develop a growth mindset – a belief that a person's basic abilities are not fixed, and can be developed over time. When parents use this approach, children begin to realise that with effort and determination, they *can* grow.

Managing thinking

Research has found that our brains find it easier to focus on negative thoughts rather than on positive ones. The good news is that our brains aren't fixed; they can change. Scientists call this brain plasticity, and it's possible to train the brain to think more positively.

A simple way of doing this is to use a technique called 'blue to true thinking.' This involves helping your child to recognise any blue thoughts – for example, thinking negatively about themselves or catastrophising. Ask them to replace these thoughts with true thoughts about themselves or the situation. Encourage them to remember these true thoughts by keeping a list of them to look at when the blue thoughts return.

Make a family worry box

Encourage your child to write or draw the things that worry them. Talk about it together and then pop it in a box – perhaps a decorated shoebox. At the end of each month open and re-read them together. It may be reassuring to know just how many of those worries took care of themselves.



[https://www.careforthefamily.org.uk/
support-for-you/family-life/parent-
support/](https://www.careforthefamily.org.uk/support-for-you/family-life/parent-support/)

Manage your own feelings

If you naturally struggle as a parent to manage your own anxiety, the questions below may be a helpful tool for you, and they may also help you to model a healthy attitude to your child.

1. **What can I control?** There are many things in life we have no control over, but there are some things we can influence. Focusing on things like tidying the house, eating well or taking exercise can help us feel more in control and less fearful of the things we can't control.
2. **What is real?** Your imagination can conjure up all sorts of scenarios that may never happen. Sometimes it helps to stop and ask yourself which concerns are real and which are imagined. Use the 'blue to true' thinking technique to help with this.
3. **What am I really worried about?** Ask yourself this question if you find yourself overreacting in some situations. For example, you may have reacted very emotionally about a minor incident, but what you're really worried about is your finances. Identifying this can help you focus on finding a solution to the main problem.
4. **Who can I ask for help?** If you have worries and anxieties, it's good to ask for help from someone who is a calming influence. Talking through your anxieties can help you feel calmer and stop them from escalating.



Be a role model

One way to prepare your child to cope with life's emotional challenges is to communicate to them about difficulties that might be happening in your own life. Of course, there are details that a child does not need to know, but being honest and sharing a level of detail that they can handle shows them how to respond to challenging life circumstances.

Try this strategy called Name, Explain, Frame.

- 1) **Name** your feelings: 'I feel sad today.'
- 2) **Explain** why you feel like that: 'Because I didn't get the job I applied for.'
- 3) **Frame** a plan of action for what you'll do: 'I'm going to chat to Uncle Richard tonight.'

Look after yourself

By looking after yourself, you show your children how to look after themselves. What are the things you look forward to the most? A long walk, a candlelit bubble bath, a game of football, a special meal? Don't feel guilty about doing things for yourself.

For more great resources go to:
cff.org.uk/parenting

 cff.org.uk
 029 2081 0800
 mail@cff.org.uk



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Care for the Family is a Christian initiative to strengthen family life.
A registered charity (England and Wales: 1066905; Scotland: SC038497).
Registered office: Tovey House, Cleppa Park, Newport, NP10 8BA.

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support/](https://www.careforthefamily.org.uk/support-for-you/family-life/parent-support/)