

# FAMILY WELLBEING & SAFEGUARDING



## NEWSLETTER



JANUARY 2023

### In this issue:

- Vaping amongst children
- What is mental health?
- Operation Encompass
- EDAN Lincs contact details
- What Parents need to know about ... how to combat online bullying
- What Parents need to know about ... live streaming
- School Safeguarding Team



The supply of disposable vapes has exploded in the last 18 months which includes noncompliant versions being sold. The child appealing design of the packaging and the fruity flavours have made vaping more appealing to children and we are hearing more and more of primary age children using these outside of school. What is more, the knock on effect of the popularity of vaping amongst children is that perpetrators of Child Sexual Exploitation and Abuse are giving vapes to individuals as part of their grooming tactics. If you know of any local businesses selling vapes to underage children, please report this to the police.

### VAPING AMONGST CHILDREN



MORE INFO CAN BE FOUND AT: [HTTPS://KIDSHEALTH.ORG/EN/PARENTS/E-CIGARETTES.HTML](https://kidshealth.org/en/parents/e-cigarettes.html)

## What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have a 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

### How can help my child's mental health?

1. **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
4. **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
6. **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
8. **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
9. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
10. **Some ways to start a conversation about feelings might be:** "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."



### Contact

EDAN Lincs Domestic Abuse Service

PO Box 125, Lincoln, LN1 1HA

Tel: 01522 510041

General Enquiry: [info@edanlincs.org.uk](mailto:info@edanlincs.org.uk)

Secure Email: [info.secure@edanlincs.cjsm.net](mailto:info.secure@edanlincs.cjsm.net)

Contact us in confidence for a non-judgemental, friendly service.

We support any women, men or children who are, or have experienced Domestic Abuse, whether physical, sexual, emotional or financial abuse, including coercive and controlling behaviour, forced marriage and so called honor based violence, who are living either permanently or temporarily in the Lincolnshire area.

### Our Opening Hours are:

Outreach Hours: Monday – Friday 9am – 5pm

Refuge Hours: Monday – Friday: 8.30am – 8.30pm





# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

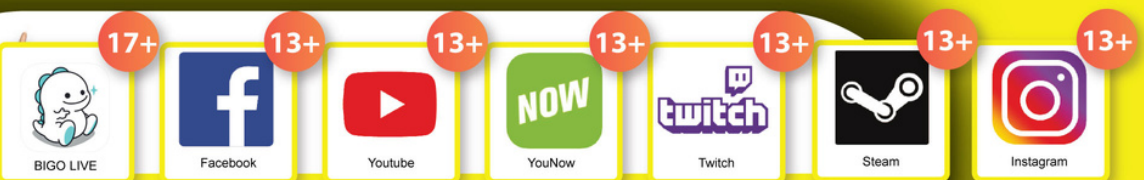
## Meet Our Expert

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.



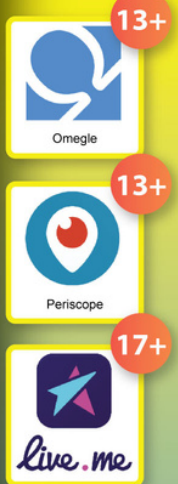
**NOS** National Online Safety®  
#WakeUpWednesday





Live streaming is the term used to describe the broadcast of a real time video from a mobile device, tablet or games console. Many live streaming apps have functionality for interactions from viewers, such as commenting, live chats and sending reactions during the broadcast. Live streaming opens up a world of excitement for children, where they can watch live concerts, their favourite celebrities and bloggers/vloggers, connect with their friends, watch live gaming and much, much more. Whilst there are many positives with live streaming, it creates a worldwide platform for unsuitable content to be streamed and creates a host of dangers for children.

**98%**  
of child sex abuse  
live streaming victims  
are 13 or under



# What parents need to know about **LIVE STREAMING**

## SIGN UP PROCESS & AGE RESTRICTIONS

Most live streaming apps have an age restriction of 13 and above. It is important to note that some platforms do not require proof of age when signing up to the app, meaning that anyone can register for an account. This also opens up the opportunity for people to lie about their age to seem older or younger.

## WHO IS WATCHING YOUR CHILD?

If your child's privacy settings are not set up effectively, anybody can be watching their live streams. One of the main characteristics of live streaming is its ability for videos to be instantly shared all over the world, but this creates the opportunity for more people to watch anybody regardless of whether they know them.

## LIVE CONTENT

As the streams are live, children can instantly be exposed to anything inappropriate. Most live streaming apps will have filters, rules and guidelines in place to ensure their services are monitored. They will also have report buttons where inappropriate content will be sent for review. Bear in mind that a report may not be dealt with instantly, which means your child may be further exposed to inappropriate content during a live stream.

## RECORDINGS OF YOUR CHILD

Each streaming app and website that allows live streaming has different rules about how they store their live videos once completed. For example, a live stream on Periscope will be automatically deleted after 24 hours, but apps such as Facebook and YouTube allow the video to be posted on the app and will only be deleted once the creator decides. It is important to realise that deleting a video will not stop it from being shared. A live stream can be recorded (or screenshots can be taken) by other viewers using certain software and then shared on other platforms. Research conducted by the Internet Watch Foundation (IWF) discovered that apparently recorded illegal videos of live streams were redistributed on other sites.

## WHAT IS YOUR CHILD WATCHING?

Live streaming apps don't just allow children to stream their own videos, they can also watch other people's streams. Anything can be streamed at any time and any place, including violence, graphic imagery, nudity, illegal behavior, drug use, profanities etc. Most live streaming apps claim to monitor live streams and will take action to stop any that do not adhere to their guidelines. However, with millions of live streams each day, it is extremely difficult to monitor them all.

## GROOMING

There have been recent reports of paedophiles coercing children as young as three on live streaming apps. Due to the anonymous nature and lack of identification needed to sign up to some apps, almost anyone is able to sign up and use the service. Users can use fake identities to sign up to the apps and watch/stream videos. Recent research by the IWF revealed that children may be asked to do things and perform 'suggestive acts' during their live stream by strangers.

# Top Tips for Parents

## BE PRESENT

In a recent three month study by the Internet Watch Foundation (IWF), 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater knowledge of what your child is doing during their live streams and who they are streaming to.

## PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information.

## TALK REGULARLY WITH YOUR CHILD

Ask your child which live streaming apps they are using and how they are using them. Are they watching live streams or making their own? What types of live streams do they like watching? If they are under 13, it is strongly advised that they are not using any live streaming apps due to the dangers involved, but you may feel that they should not be using the apps even if they are over the age limit. With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively.

## PRIVACY SETTINGS

Each live streaming app will have its own privacy settings with options varying from platform to platform. Generally, we advise that your child's account is set to private. This will ensure that only their friends/followers will see their live stream. It is important to check each app to ensure that the privacy settings are in place to protect your child from strangers viewing their streams and engaging in conversation with them. The settings on most apps will allow you to turn off the chat feature during a live stream, restricting conversations, but live chat is part of the 'fun' when it comes to live streaming.

## PROTECTING THEIR ONLINE REPUTATION

What your child does now may affect their future opportunities, and it is important that they have a good understanding of this. As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. This is incorrect. Tell your child that their live streams cannot be undone and this has the potential to affect their online reputation.

## REMOVE LINKS TO OTHER APPS

Some live streaming apps/websites give users the ability to link and share the content through other social media platforms to share their video further. For example, a live stream on Periscope, can be shared on Twitter and Facebook during the stream if the accounts are connected. While it may seem like a good idea to show the video to more people, the privacy settings may differ on each app, opening up the potential for unwanted viewers to join the stream. We suggest checking the privacy settings on each app and where possible, only streaming on one app at a time in order to have greater control over who sees the live stream.

<https://www.iwf.org.uk/> <https://www.pscp.tv/content> <https://www.channel4.com/news/children-bombarded-with-sexually-explicit-chat-on-musical-ly-and-live-ly>



**National  
Online  
Safety**

A whole school community approach to online safety  
**www.nationalonlinesafety.com**

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061

<https://www.independent.co.uk/news/uk/crime/paedophiles-child-sex-abuse-live-stream-direct-webcam-mobile-online-a8351986.html>  
[http://www.bbc.co.uk/news/uk-44233544?utm\\_content=71916416&utm\\_medium=social&utm\\_source=twitter](http://www.bbc.co.uk/news/uk-44233544?utm_content=71916416&utm_medium=social&utm_source=twitter)



## Our Safeguarding Team

### Designated Safeguarding Lead:

Catherine Stratton



### Deputy Safeguarding Leads:

Alice Cowles



### Designated Wider safeguarding Team:

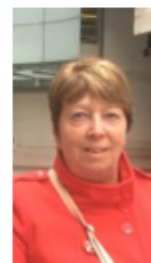
Family Support worker:

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**