

# FAMILY WELLBEING & SAFEGUARDING NEWSLETTER

MARCH 2023





# **FAMILY WELLBEING & SAFEGUARDING NEWSLETTER**

MARCH 2023



## **In this issue:**

- **Tips for encouraging open discussions about digital lives**
- **Helpful Contacts**
- **Lincolnshire Family Services Directory**
- **Safeguarding Team**

**Keeping  
children safe  
is everyone's  
responsibility**





# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'





At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Tips for Encouraging Open Discussions about DIGITAL LIVES

questions – just find out for yourself and go back to them once you have the facts.

## REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



**National  
Online  
Safety®**

**#WakeUpWednesday**



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



[@natonlinesafety](https://twitter.com/natonlinesafety)



[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)



[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.02.2023



# Helpful Contacts

As we approach the end of term and a well-earned rest, we would like to take the opportunity to let you know about the support you and your child can access during the school holidays as staff will not be accessing their emails over the Easter break.

## **To report safeguarding concerns:**

Lincolnshire Children's Services - 01522 782 111 -

<https://www.lincolnshire.gov.uk/safeguarding/report-concern>

## **Lifelines**

The **NSPCC** are here to help 24/7 and children can call their Childline number on 0800 1111

Help for adults concerned about a child can call 0808 800 5000

**Shout** is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you are struggling to cope and you need immediate help. Text 85258



**KOOTH** Online counselling - <https://www.kooth.com/>



## **Emotional wellbeing**

Healthy Minds (Lincolnshire

Calmharm (self-harm support)

ThinkNinja (Health and wellbeing)

Young Minds (includes a parents' helpline)

Here4You (parents' helpline)

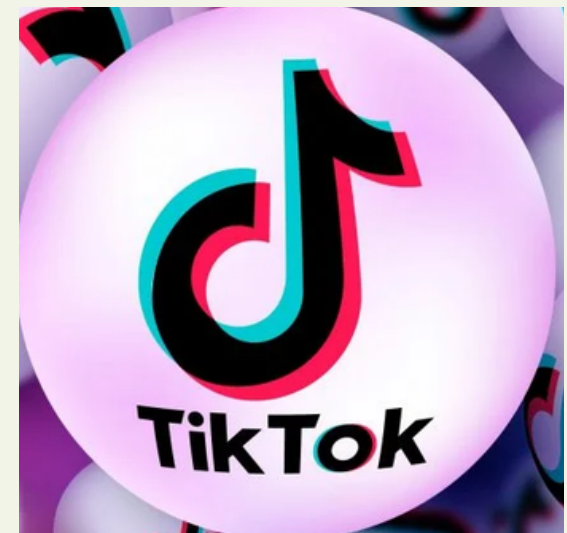
**To report a crime, call 101. In an emergency, always call 999**

**Have you heard about TikTok Family Pairing?**

**<https://newsroom.tiktok.com/en-us/tiktok-introduces-familypairing>**

Family pairing allows adults to link their accounts to their teenagers account so you can customise their safety settings such as content, privacy and wellbeing settings.

It is important to remember that no filters or controls are 100% effective so make sure your child knows that they can, and should, talk to someone if they see or hear anything upsetting online





# CONTACTING LINCS POLICE

#GettingInTouch

1



**999**

IN AN  
EMERGENCY

2



**101**

WHEN IT'S LESS  
URGENT THAN 999

3



NON-URGENT  
INCIDENTS,  
REPORT ONLINE

**mhm**  
mentalhealthmatters

**NHS**

Talking can help.  
Call us today.

**0800  
001  
4331**

If you are over 18 and need support,  
call the mental health helpline on  
0800 001 4331.

If you think immediate medical attention  
is needed or you are at immediate  
risk of hurting yourself or others,  
call 999.



**when it's less  
urgent than 999**



# Family Services Directory & Local Offer



SpeakIT Accessibility Help

[Home](#) [Categories](#) [SEND Local Offer](#) [What's On](#) [Contact Us](#) [Log in](#) [Register](#)

Keyword(s)



Place name or postcode

Categories



My shortlist 0

Lincolnshire's Local Offer - find everything you need to know about SEND in one place. The Local Offer brings together information for children and young people with special educational needs and disabilities and their families.



Careers, Training and Learning

Childcare

Education

Health

Local Offer for SEN and Disability

Parenting and Caring

Play and Leisure

Emotional Wellbeing and Mental Health

Lincolnshire's Leaving Care Offer

Life Skills

Staying Safe

Holidays and Food

**[HTTPS://LINCOLNSHIREFSD.ORG.UK/KB5/LINCS/FSD/  
HOMEPAGE](https://lincolnshirefsd.org.uk/kb5/lincs/fsd/homepage)**



# Our Safeguarding Team

## Designated Safeguarding Lead:

Catherine Stratton



## Deputy Safeguarding Leads:

Alice Cowles



## Designated Wider safeguarding Team:

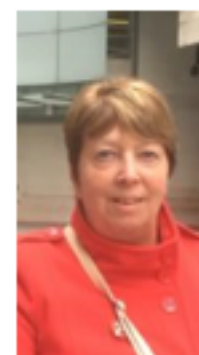
Family Support worker:

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](#),



**Please keep us updated of any changes to your contact details**

