

**Safeguarding Spotlight**

**for parents**

Welcome to our second edition of our safeguarding newsletter for parents. Through our monthly newsletters we aim to share resources, guidance and support to families around key themes, as well as signposting you to any additional external support.

**Who do I contact if I need support or have questions relating to safeguarding?**

We have a large safeguarding team in school who are available and trained to support with any concerns or worries you may have. These members of staff are often on duty on our school gates at the beginning and end of the school day. You can also contact them via the [admin@coupalsacademy.co.uk](mailto:admin@coupalsacademy.co.uk) email address. We also have safeguarding representatives on our Governing Body, and also within our Trust. They can be seen on our school website: <https://www.coupalsacademy.co.uk/wp-content/uploads/sites/12/2020/12/Coupals-Child-Protection-Procedures-September-2024-final.pdf>

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

DDSL: Deputy Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CIN: Child in Need

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government’s Counter – Terrorism Strategy to stop people drawn into extremism

MARF: Multi-Agency Referral Form

Spotlight on Staying Safe Online with Devices and E-Safety:

It is fantastic that so many children have mobile phones, tablets and games consoles across the school. Our children – in Years Four, Five and Six are also lucky enough to have their own 1:1 I Pad device. For the older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be wary of.

The National Online Safety Team have put together some sensational tips so that you can guide your child to enjoying their digital devices safely and responsibly. It is also imperative, that we as professionals and parents are frequently checking on what the children are looking at on their devices and monitoring their chats and communication with friends in chat groups such as: What’s App.

Please see below five ‘top tips’ and website links to further resources and advice…

**1.**

**Tablets, gaming consoles or smartphone** can all be used to go online so it is important to think ahead about what safety features are available and set them up in advance. The UK Internet Safety Centre have some useful checklists with things to consider when choosing difference devices.

Advice: **The Safer Internet Centre** has some excellent advice in their Parents’ guide to Technology and includes specific settings for different models:

[Parents' Guide to Technology - UK Safer Internet Centre](https://saferinternet.org.uk/guide-and-resource/parents-guide-to-technology)

**2.**

**Setting up Parental Controls** on the home internet connection may seem a little daunting but the highly regarded Internet Matters website has some useful guidance from major broadband providers about setting up online filters.

Advice: Use the Interactive Guide on the website:

[Parental controls and privacy settings guides | Internet Matters](https://www.internetmatters.org/parental-controls/)

**3.**

It is important to agree some **behaviours and expectations** before your child receives and uses a device and it can prevent some difficult conversations later. Additionally, Childnet have a hand **Family Agreement** which can be useful, especially for younger children – see the website to see this: [Family agreement | Childnet](https://www.childnet.com/blog/family-agreement/)

Advice: Good agreements work both ways so if family time involves no technology, this applies to adults too!

**4.**

If you are unsure about Snaps, Streaks or Insta. The variety of **Apps and Social Media tools** can seem bewildering at first but the highly recommended **NetAware** resource from O2 and the NSPCC is an excellent way to find out more about the different apps and games that your child may use – see: [Net Aware update from the NSPCC - UK Safer Internet Centre](https://saferinternet.org.uk/blog/net-aware-update-from-the-nspcc)

Advice: NetAware also has an app for your Smartphone to stay in touch with the latest updates.

**5.**

**Games** can be over-looked but remember most modern consoles and phones connect online and often have in-built web browsers. Ensuring appropriate gaming content is important so check the rating for different games, including the descriptions such as: Sex, violence or bad language- see the following website for more information: [| Pegi Public Site](https://pegi.info/)

Advice: Some games offer in game purchase for additional content. If so, use vouchers rather than credit/debit cards to help save you from unexpected bills later.

Further Advice for staying safe online….

**Always set a password**

If your child’s device has a password protection, feature, use it! It will help to keep their private information safe and deny others access to their devices!

**Encourage your child to keep numbers and devices private**

Make sure your child understands that they should never share their phone number with someone they don’t know or accept a friend request from them. This includes joining What’s App groups with children in that they do not know!

**Pay attention to age ratings**

Children are often excited to play games and explore different apps. Before they download or install apps, check its rating. Popular games have apps with content that is not suitable for younger ages.

**Limit screen time**

Using a device for too long, especially just before bed, can interfere with a child’s sleep quality and reduce their concentration and engagement in lessons at school. It might be helpful to agree on certain times of day when they don’t use their device. Most device settings let you specify a screen-time limit, helping your child to stay healthy and to stay alert and focussed at school.

**Stay aware of the surroundings**

It is common to see adults not looking where they are going whilst engrossed in their mobile phone. Children are even more easily distracted. Please remind your child to not use their device when they are walking to and from school and also remind them of the importance of staying safe when crossing roads. If your child needs to use a phone when walking, cycling or running, please encourage them to stop in a safe place to use their device.

**Be there if your child needs to talk**

Even when you have made a device as secure as possible, there is always a possibility of your child seeing something that bothers or upsets them or someone they don’t know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they have explained what happened, you can decide if you should take further action like blocking or reporting another user.

**Apps and their age ratings….**



