



Safeguarding Briefing - for Parents/Carers 30/03/17



Both The Excel Academy and The Discovery Academy are officially committed to safety online! The next steps involve getting the accreditation and developing our provision further. To do this, there are a few things you can do to support:

- Make sure you read these bulletins on our website as soon as they come out and apply the advice to your children.
- If your child does have social media and apps, befriend your child on them, follow them (on the Apps), and remove your child's phone at bedtime. This will help keep your child safe and keep you up to date on their online behaviours.

In the reception areas in the Academies you will soon find a magazine on e-safety which will give you further advice and guidance to support you at home – please take one – they are free.

Young Carers

Young carers are young people under 18 who help to look after someone in their family who may be poorly or need support.

There are an estimated 700,000 young carers in the UK. The average age of a carer is 12 years old, 8% of secondary students are carers, and a third of young carers are giving 11 to 20 hours of care each week. Young carers are performing all sorts of tasks around the home, and particularly, offering their parents emotional support.

It is important that all our Young Carers are supported within the Academies. This means giving your child advice and guidance and emotional support if they need it.

Young Carers can access something called babble.carers.org – an online community for young carers and I have put a link to this on to the website of your child's Academy under the button: 'Safeguarding, Wellbeing & Me'. There, you will find a button called: 'Young Carers'.

I have put our Academies on the carers trust map now to show we are working on providing our young carers with the help and support they need!



COLLEGE ACADEMIES TRUST

Are you a Young Carer?

'Young carers' are young people under 18 who help to look after someone in their family or a friend who's ill, disabled, or misuses drugs or alcohol. There are an estimated 700,000 young carers in the UK. The average age of a carer is just 12 years old.

It is important that you let us know if you are a young carer so we can give you some support. You may not want it and that's ok, but we'd like to offer you some.

Please fill this form in and hand it to your form teacher. They will pass it on to Miss ~~Spence~~ Smith or Mrs Watwright so we can come and offer some support.

You do a great job! Let us help you...

Your name	Date of birth	Age	Male/Female

The person you look after: _____

These forms are self-referral forms that we will put everywhere for students to self-refer to us. Please ask your child to fill one in if they are a Young Carer.

The Dangers of Social Media

If you are looking for a great video to show your child with regards to the dangers of social media then here it is! Please watch it before you show your child as it can be a little frightening for some age groups. I think that although they are told about these kind of things happening they don't always take it seriously...

<https://www.youtube.com/watch?v=6jMhMVEjEQg>

Talking Pants

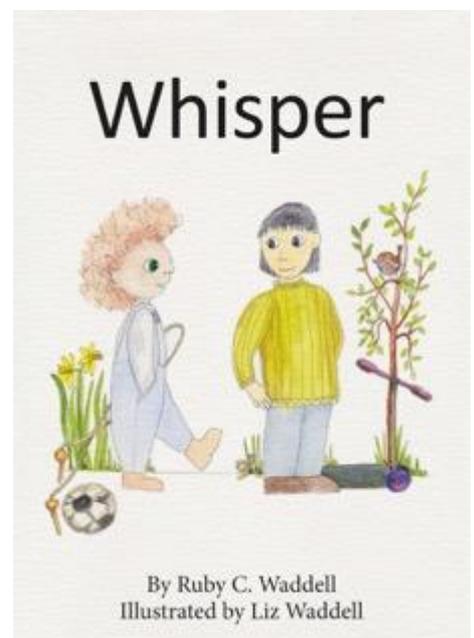
The message "keep your pants private" may be something that sounds familiar to parents of primary school-age children. The NSPCC's **Talk Pants** campaign uses the message:



- **P - Privates are private**
- **A - Always remember that your body belongs to you**
- **N - No means no**
- **T - Talk about secrets that upset you**
- **S - Speak up, someone can help**

"It doesn't mention sex or abuse, it's fairly fun," the NSPCC's Jon Brown says. "This makes a scary message easier to speak about." The NSPCC recommends parents access the campaign online or use bed-time stories to tackle the issue.

Gemini, a primary school-age child in the book *Whisper*, is one character designed to help with this. Gemini finds a monster in the garden but "feels like the monster had to be hidden or people might be angry". Like Pants, it doesn't mention abuse or sex, but by concealing a secret it touches on the feelings a child victim might have.



Sex abuse in figures

- More than 90% of abuse cases involve someone the child already knows, such as a family member or close friend
- Police recorded 47,008 sexual offences against children in the year to April 2015
- This is a 29% rise on the previous year and the highest rate recorded in a decade
- More than 11% of young adults aged 18 to 24 have experienced contact sexual abuse during childhood

How to talk to older children

The language of pants and monsters may not be relevant to children as they become more sexually aware and get freedoms online but experts say the conversations should not stop. **"Parents should keep talking about sex abuse right through to university-age," Jon Brown says. "Issues like sexual consent and harassment are only recently being recognised as a problem by universities."**

Tom Squire, **from the campaign Stop it Now!**, says parents should talk about the dangers posed by smartphone and internet use. "Another school pupil could be a potential abuser, especially if a child has been persuaded to share naked pictures or is sexting." Talk to teenage children about it by referencing a celebrity who has recently shared naked photos, he suggests. Or, use an embarrassing story from your childhood as a cautionary tale.

"We've all done reckless things as children," he says. "But explain that online behaviour can be shared and saved permanently." But he adds it is important not to "shame" a child's behaviour if they do something wrong online. "If they feel they're likely to be punished or ashamed, they're less likely to come and talk about it."

90%
**OF SEXUALLY
ABUSED CHILDREN
WERE ABUSED BY
SOMEONE THEY
KNEW***

Helplines for children and parents

- Childline - **0800 1111** - for children to access advice or talk to a counsellor
- Stop it Now! - **0808 1000 900** - for parents to ask questions or raise concerns

Regards, Paula

Paula Ripplingham-Smith (Assistant Principal, College Academies Trust)

Resources: #DITTO; Andrew Hall Safeguarding Consultant; PSmith; Google