

Derry Hill C of E Primary School

Safeguarding Update – Spring Term 2023

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

SAY SOMETHING IF YOU SEE SOMETHING

The following members of staff are Designated Safeguarding Leads for Derry Hill Primary School:

- Mrs Roberts (DSL)
- Mrs Davis (DDSL)
- Mr West (DDSL)
- Mrs Misselbrook (DDSL)
- Mrs Asfaw (DDSL)

They can be contacted via the school office

admin@derryhill.wilts.sch.uk or by telephone on 01249 812139.

For a copy of our school's Child Protection and Safeguarding 2022 Policy, please visit our school website

<https://www.derryhillschool.co.uk/>

Dear Parents and Carers,

Welcome to our Spring Term Safeguarding Newsletter. In this Newsletter, you will find information about Roblox, the NSPCC Listen Up, Speak Up programme, an Emoji Dictionary and much more. We have also included information and support on our PSHE discussions in school this term linked to harmful medicines. We hope this newsletter provides some useful information and support.

Kind regards
Hayley Roberts

Roblox

A number of our learners enjoy playing games on Roblox and on the whole this is a safe platform. However, we have been notified that there is a new game called 'The Game'. As part of this game learners are asked to hurt themselves to gain points and move on levels. Please find a link from Internet Matters that provides a parent / carer guide to Roblox and how you can keep your child safe. <https://bit.ly/3ltxsTe>



If you suspect a child is being abused or is in any danger of being abused please contact a Designated Safeguarding Lead or any member of staff.

You can also contact the Multi Agency Safeguarding Hub (MASH) on:
0300 456 0108

If a child is in immediate danger, call the Police immediately on 999.



NSPCC – Listen Up, Speak Up



To start the year the NSPCC has unveiled their new 'Listen Up, Speak Up' campaign, aimed at giving adults practical advice, about how to address concerns about a child. From April 2021 to March 2022 the NSPCC Helpline spoke 8,347 times with adults, compared to 7,338 in the same period for the previous year.

The new NSPCC campaign, is designed for these situations, If interested please follow the link below:
<https://bit.ly/3TuzL51>

Emoji Dictionary



Emoji's are becoming an increasingly common method of communication for everybody. Emoji's are simple to understand, quick to type and can get the tone of the message across. In order to help safeguard our learners it is not only important to understand the language they use but also the potential emoji's they may use. The Children's Society have put together a list of emoji's for professionals and parents to be aware of.

<https://bit.ly/3TvCTOP>

Jack Changes the Game – a new resource for 5 – 8 year olds

CEOP have released a new learning activity and picture book (PDF) for 5 to 8 year olds which can be used in the classroom or be used by parents / carers at home. The book is all about online friends and how online friends are not always as they seem.

You can see all the resources for free download [HERE](#).



Jack Changes the Game

A story to start conversations about being safe online

Written by Tess Rowley and
illustrated by Shannon Horsfall



thinkuknow.org.au

Bullying

Bullying exists across all of society, be it at work, within families or in public spaces. The intense pressure to fit within a certain box, or to be liked or adored by your peer base is the overriding drive of many learners.

Thousands of days of teaching time are lost to bullying, through learner absences. Learners who are bullied will often hide it from parents and teachers, concerned with feeling weak or helpless, at a time in their lives when they're increasingly being encouraged to stand on their own two feet. As such they may shy away from those who can help. The NSPCC has published a page on their site dedicated to helping you detect those warning signs which can be so vital when dealing with these issues. To find out more please follow the link below:

<https://bit.ly/2SajKSg>



PSHE – Medicines and child safety

Medicines and vitamins help families feel well and stay well, but children are curious; to keep them safe, parents and caregivers must practice safe medicine storage. Always put every medicine and vitamin away every time you use it, including those you use every day. The following tips can help families to stay safe:

- Store medicines in a safe location that is too high for young children to reach or see.
- Never leave medicines or vitamins out on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours.
- Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the "click" or until you can't twist anymore.
- Tell children what medicine is and why you must be the one to give it to them. They should never take medicine from a friend.
- Never tell children medicine is a treat so they'll take it, even if your child doesn't like to take his or her medicine. Remind babysitters, houseguests, and visitors to keep purses, bags, or coats that have medicines in them up and away and out of sight when they're in your home.



What Parents & Carers Need to Know about ESPORTS

British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities ... but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports arena and suggested ways to help young people stay safe so they can make the most of this exciting space.

WHAT ARE THE RISKS?

MICROTRANSACTIONS

Microtransactions are in-game purchases that unlock new features or give players special abilities, characters or content. These can cost anything from 99p to £99 (and sometimes more!). The topic of microtransactions in gaming is heavily scrutinised – with cosmetics, pay-to-win features and loot boxes all being a source of contention for gamers and governing bodies in recent years.

MENTAL HEALTH

Studies show that esports competitors face the same level of mental health issues as athletes from traditional sports, along with some specific additional demands. Like mainstream professional sport, esports is an incredibly tough industry – requiring countless hours of practice. Competing at the highest level can lead to pressures such as handling setbacks, stressful situations and facing criticism.

INAPPROPRIATE CONTENT & BEHAVIOUR

Only 22% of gamers globally are aged between 10 and 20 – meaning the majority are adults, who might not always act or talk in a way that's appropriate for children. Like traditional sport, esports has many athletes and 'personalities' to look up to. However, it's important that your child stays aware of how influenced they are by the people they follow, and whether the athlete is age appropriate.

TROLLS & TOXICITY

An internet troll is someone who tries to offend people and cause trouble by posting derogatory comments. Toxicity, as in the real world, refers to negative behaviours like harassment, verbal abuse and inappropriate conduct, which all impact on wellbeing. Trolls and toxicity are an issue within esports, perhaps due to its pressurised, extremely competitive and high-stakes nature.

POSSIBLE EXPLOITATION

The revenue in esports is potentially vast. Organisations often look to professionals and content creators to help grow their brand, in exchange for the organisation's backing, a salary, and marketing and sponsorship benefits. However, the industry is still in its infancy – and so is its regulation. In some countries, esports isn't regulated at all, so things can get sticky if players don't know what they're doing or who they're working with.

PHYSICAL EFFECTS

The common perception of esports involves a sedentary lifestyle, an unhealthy diet and very little physical activity – which has obvious health implications. It's certainly true that players sit at their desk for hours, looking into bright screens and not getting regular exercise. Some professional esports players have nutritionists, personal trainers and dieticians specifically to protect their health.

Advice for Parents & Carers

ENCOURAGE BALANCE

Dedicating oneself intensely to any activity – including esports – can be harmful, both mentally and physically. Make sure your child's gaming routine is balanced with exercise, regular breaks, healthy food and plenty of water. If your child spends long hours gaming, using a chair with the proper supports and taking the time to practise good posture will help protect their lower back, neck and wrists.

UNDERSTAND GAMING

Chat to your child about the games they play; ask to watch or even take part to get an idea of how appropriate they are. This will give you an awareness of the phrases esports players and content creators use, helping you understand young gamers' slang. If you find some of the games unsuitable, talk to your child about why. You can also explore age-specific settings on apps like YouTube and Twitch.

GET EXPERT HELP

If your child does start on the road to becoming a professional, get in touch with an esports-specific agency who are experienced in industry terminology and loopholes. Do due diligence on any team or organisation offering your child a contract; a key point is how long your child would be contracted to them – the esports industry changes quickly, so there might be better and more secure offers out there.

BLOCK TOXIC USERS

Monitoring in-game chats, or disabling them altogether (either through the console or in the game itself), is a comprehensive way to avoid negative experiences and reduce the risk of toxic messaging. Your child also has options to block messages from particular players and only interact with their friends; this can also help to prevent them from encountering the blocked users in future games.

Meet Our Expert

Nathan David is an experienced gamer, teacher and athlete. He is Course Leader for the BTEC Esports programme at Salisbury Sixth Form College. Nathan has more than 10 years' experience working in schools and colleges, and holds a Masters degree in Sport Psychology.



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Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Inqage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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