



Safeguarding and Child Protection at All Saints School

With these unprecedented times and the need for online facilities to help with learning, remaining in social contact and to give some 'down time' we would like to offer the following advice from www.net-aware.org.uk (part of the NSPCC group)

Net Aware

What age can my child start social networking?

As a parent it's important you know that all social networking platforms (apps) have age limits. Some social networks use technologies that mightn't be right for some ages, or engage with communities that are made up of people much older than your child.

What are the risks of an underage social networking account?

Many sites include an instant message function which allows private conversations

Most social networking sites have an app version, meaning your child will have access to the social network from their smartphone/tablet. **Some app versions of social networks use the location of the phone.**

Information shared between friends can be easily copied and may spread

It isn't easy to take back information that has been posted – and can be impossible if it's already been shared.

Not everyone your child meets online will be who they say they are. Chatrooms and forums can connect people who are complete strangers and can be unmoderated

Chatrooms and forums are one of the places online groomers go to connect with children. They can also be places where people use a lot of sexual language and engage in online flirting. This is sometimes done through video chat programs.



WeChat is one of the world's most popular social networks. It has multiple features, including text, audio and video chat, games and location sharing. WeChat also has a feature called time capsule, which, similar to Instagram stories, lets you share short videos for 24 hours.

Official Rating 13+ Due to its content and use, the expert's view of this platform is that children are at a high risk of being exposed to sexually inappropriate content as well as bullying.



TikTok (formerly called Musical.ly) is a social media platform that lets you create, share and discover 60 second videos. You can use music and effects to enhance your videos and you can also browse other people's videos and interact with them.

Official Rating 13+

Due to its content and use, the expert's view of this platform is that children are at a high risk of being exposed to inappropriate content (such as promotion of drugs, alcohol and crime) as well as bullying.



WhatsApp is an instant messaging app which lets you send messages, images and videos in one-to-one and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group.

Official Rating 16+

At present you cannot report incidents of bullying directly to WhatsApp

Who's Who at All Saints

- ♦ **Ms Dangerfield: DSL and Headteacher**
- ♦ **Miss Paffett: DSL, Deputyhead and SENCO**
- ♦ **Miss King: DSL and Support Manager**

Instagram Information

Instagram is used to post photos and videos. Users can also DM (direct message), send disappearing messages, add to their stories (these disappear after 24 hours) and broadcast using IGTV. **You should be over 13 years of age to set up an account.** To create an account you must enter a date of birth (but this isn't verified).

Account Privacy

When you set up your account, it is automatically **set as public**. This means that anybody can see what you share. We would recommend changing this to private so only those your child approves to follow them can see their content. To change a profile to private go to profile, tap Settings, tap Privacy, tap Account Privacy and tap to toggle Private Account on.

IMPORTANT: Even if your child has set their Instagram profile to private, your child's bio (at the top of their profile) can still be **seen by everyone**. Check they've not included any personal information in their photo and bio info (e.g. they should not be wearing their school uniform in their photo).

Other additional privacy settings include:

- ◆ Story control – either set allow message replies from 'your followers', 'followers you follow back' or turn off.
- ◆ Don't allow sharing of your photos and videos from your story.
- ◆ Comment Controls – select hide offensive comments.

Make sure your child understands that there is a risk that content they upload can never be removed (other users can screenshot it for example) so they must only share content that they are comfortable with you seeing.

Safety Features

Ensure your child knows how to report posts and people as well as how to unfollow and block people, delete and turn off comments. More information can be found here: <https://wellbeing.instagram.com/safety>.

You are also able to report photos, videos, comments or profiles that are bullying or harassing via Instagram's help centre.

Inappropriate Content

There are public accounts on Instagram that can include graphic content and therefore your child may come across inappropriate content as well as language. Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.

Restrict mode

This feature allows users to restrict another user. You could restrict somebody (a bully for example) which means they will not be able to see when you are online or if you've read their messages. Also, only you (and that user) will be able to see their comments on your post. The great thing about this feature is that they won't know that you have 'restricted' them. This is different to blocking (when you block somebody, you no longer see anything they do on Instagram and they don't see anything you do either). Learn how to use this new feature so you can show your child how to use it: <https://help.instagram.com/2638385956221960>

Need more help?

Childnet answer parents most frequently asked questions here:

<https://www.childnet.com/blog/answering-parents-most-frequently-askedquestions-about-instagram>

Additional Links

- <https://www.saferinternet.org.uk/advice-centre/social-media-guides/instagram>
- <https://www.internetmatters.org/resources/instagram-safety-a-how-to-guide-forparents/>
- [https://help.instagram.com/116024195217477/?helpref=hc_fnav&bc\[0\]=Instagram%20Help&bc\[1\]=Privacy%20and%20Safety%20Center](https://help.instagram.com/116024195217477/?helpref=hc_fnav&bc[0]=Instagram%20Help&bc[1]=Privacy%20and%20Safety%20Center) <https://www.netaware.org.uk/networks/instagram/>

Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.

If you're feeling

unsafe or

scared

**Don't keep to yourself
we are here to help**

Text 07480635060

or call 0344 800 8029



 Norfolk Safeguarding
Children Partnership

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.

