



Safeguarding and Child Protection at All Saints School

E-Safety

With the digital world constantly evolving, this is an ongoing and extremely important focus in our school. E-safety awareness is taught and promoted at All Saints particularly through ICT and PSHE lessons.

We strongly encourage our young people to think about their digital footprint, the risks associated with their online identity and their use of technology.

Next week (22nd—26th November) as part of our Wellbeing Week*, the Upper Juniors and Years 7—11 will attend sessions in school with Julia from Starfish LD CAMHS - Children and Young People's Services discussing Internet Safety

*see our website for the full Wellbeing Week programme
<https://www.allsaintslessingham.co.uk/news-and-events/>



Please do not struggle; we want to help so please contact us for further support.

Email office@allsaintslessingham.co.uk
School – 01692 582083

Sam Dangerfield (DSL and Headteacher)
07879 875925

Jo Paffett (DSL, Deputy Head and SENCO)
07733 417296

Karla King (DSL and Support Manager) via office

Karen Berryman (DSL and Receptionist) via office

Online Safety—some helpful links and guides:

The NSPCC website has a wealth of information and is easy to follow:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

The government also has a basic guide for Parents and Carers of children using social media

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

Other helpful sites:

<https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-14plus.pdf>

<https://www.internetmatters.org/advice/14plus/>

<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-11-19s>

Where can you go to get help?

- * Any adult at school
- * Family / Carers at home
- * Organisations like Childline / NSPCC
- * The police
- * Just one Norfolk: <https://www.justonenorfolk.nhs.uk/>

Important reminder:

Taxi Transport

Pupils who travel to school by taxi transport and use a mobile phone or tablet device to watch videos or listen to music are asked to please wear ear/headphones.



What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

18

CENSORED

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&H*!

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

This **ANTI-BULLYING WEEK**
we want to spread kindness...

ONE KIND WORD

Anti-Bullying Week : 15-19 November 2021

At All Saints School we pride ourselves on our nurturing and caring family ethos, where everyone is respected.

So we wholeheartedly endorse the 'Call to Action' of Anti-Bullying Week, coordinated In England and Wales by the Anti-Bullying Alliance, the theme: **One Kind Word**.

"Ask if someone's OK. Say you're sorry. Just say hey."

"In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying."

"Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity."

"It starts with one kind word. It starts today. "

These values are synonymous with our ethos every day of the year and this was showcased this week in an anti-bullying assembly, presented by our School Support Manager, encouraging reflection and discussion among the pupils and including input from our Student Representatives:

"We all look after one another, it's a family feel here"

"If you can't find a teacher, we as prefects would always help you"

"Encourage to walk away and talk to someone"

"Report straight away as this will help"

"I feel we would all help each other .. And I know all the teachers would help"

<https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word>

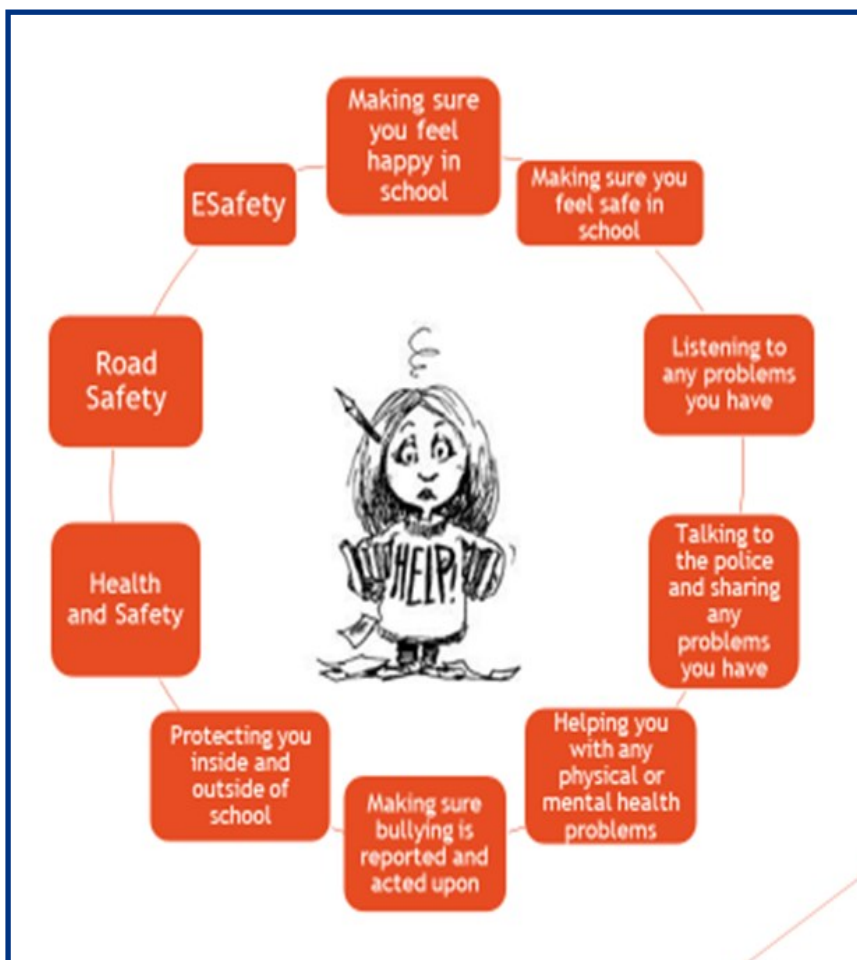
<https://www.allsaintslessingham.co.uk/wp-content/uploads/2021/10/Anti-Bullying-Policy.pdf>

We never turn away from difficult, controversial, embarrassing topics or conversation at All Saints School.

We discuss it sensibly, with maturity and consideration.

We speak to the right people.

We are here to help each other.



Where to go for more information and support:

JustOneNorfolk

<https://www.justonenorfolk.nhs.uk/our-services/healthy-child-programme-services-5-19>

Point 1

<https://www.ormiston.org/what-we-do/mental-health-and-wellbeing/point-1/>

Early Help

<https://www.norfolk.gov.uk/children-andfamilies/early-help-and-family-support/getearly-help-and-family-support>

MAP

<https://www.map.uk.net/>

Support organisations for families:

Healthy Child Programme by calling **Just One Number** on 0300 300 0123 or texting **Parentline** on 07520 631590.

Opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays

First Response by calling 0808 196 3494. This number can be used by students, parents or carers

11-19's can text **Chathealth** on 07480 635060 for confidential advice from one of the team

11-25's **Kooth** <https://www.kooth.com/>

Childline - under 19's can call 0800 1111 for free support

Young Minds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm.

To speak to other Norfolk parents and carers, you can join our online community forum reached at this link

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/self-harm>

