



**National
Online
Safety®**

Issue 16 Newsletter— 9th June 2023

Safeguarding and Child Protection at All Saints School

Welcome to our Safeguarding Newsletter

At All Saints School, our first and foremost priority is to keep our children safe and healthy. We do this by sharing information with you and keeping you up to date on key matters, therefore enabling us to work together to teach all children in our community to be safe, healthy and thrive. Our theme for this newsletter is...



Neglect

We work closely with Norfolk Safeguarding Children's partnership around a number of Safeguarding issues. Recently Norfolk has been training DSL's on the Norfolk graded care profile, a toolkit which enables professionals and families to be able to identify areas of strengths within a family and also areas of concern to improve outcomes for the children and young people. Neglect is the ongoing failure to meet a child's basic needs and the most common form of child abuse, however it is also one of the most difficult to recognise.

Neglect may involve a parent or carer failing to:

- Provide adequate food, clothing and shelter (including exclusion from home or abandonment)
- Protect a child from **physical** and **emotional harm** or danger
- Ensure adequate supervision (including the use of inadequate care-givers)
- Ensure access to appropriate medical care or treatment
- Failing to ensure that the child is receiving an education

Unfortunately, children from all walks of life, all social backgrounds, all income levels, all ethnicities, all ages can be victims of neglect and abuse. We can never assume that children we know and care about are not experiencing harm at the hands of a trusted person, or at the hands of a stranger – we are all required to be vigilant to protect those too vulnerable to protect themselves.

Eight types of neglect

- | | |
|---------------|--------------------------|
| * Educational | * Social |
| * Physical | * Medical |
| * Nutritional | * Supervision and safety |
| * Emotional | * Identity |

Effects of neglect

- | | |
|--|-----------------------------------|
| * Physical health and development | * Brain development |
| * Educational attainment | * Emotional development |
| * Mental health problems | * Family and social relationships |
| * Physical injury | * Behavioural development |
| * Relationship and attachment difficulties | |

We as a team will always contact you if we are concerned around the welfare of our students and may have difficult conversations, however we will ensure that these are always done in a supportive manner.

Please do not struggle; if you think you qualify for support we want to help so please contact us and we will look to do a referral

Email: office@allsaintslessingham.co.uk Phone: 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 Secretary) via office

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.

Keep your child safe from cyber-flashing

What is it?

Cyber-flashing is when a stranger sends an explicit picture, uninvited, to your phone via Wi-Fi or Bluetooth. It's sexual harassment.

It's most likely to happen on public transport or in crowded places.

The file-sharing app AirDrop for iPhone and iPads is most commonly associated with cyber-flashing, but there are lots of different file-sharing apps out there.

With AirDrop, it's easy for anyone to send you images. The automatic preview feature means you also see images without actually opening them.

3 steps to keep your child safe

1. Restrict who can send files to your child's phone

Most file-sharing apps allow users to restrict who can send files to them by Wi-Fi or Bluetooth. Find out which apps your child uses, then make sure your child knows how to use these settings.

For AirDrop on **iPhones**:

- ◆ Open '**Control Centre**' (swipe down from the upper-right corner or up from the bottom of the screen, depending on the model)
- ◆ Press firmly on the **network settings card** in the upper-left corner. This will open more connectivity controls
- ◆ Tap and hold the **AirDrop** icon
- ◆ Select '**Contacts Only**', or '**Receiving Off**' (to not receive AirDrop requests)

Or, do this by going to Settings > General > AirDrop

Some of the other most popular file-transfer apps include:

- ◆ Google Drive
- ◆ Dropbox
- ◆ Microsoft OneDrive
- ◆ AirDroid
- ◆ Zappy

Make sure your child knows to only accept files from people they know.

2. Turn off Bluetooth when not using it

Otherwise, it's easy for strangers nearby to send images to your child's phone.

To do this on **iPhone**, open 'Control Centre' (see above), then tap the Bluetooth icon (it looks like a 'B'). The icon dims when it's off.

On **Android**, swipe down from the top (you might need to do this twice or scroll across). Then tap the Bluetooth 'B' icon to turn it off. It'll be grey when Bluetooth is off.

3. Make sure your child knows what to do if it happens to them

If your child doesn't feel in immediate danger, they should take a screenshot and report the incident to the police using the non-emergency numbers:

- ⇒ If it happens on public transport, text 61016 or call 0800 40 50 40
- ⇒ If it happens anywhere else, call 101

If your child feels scared or in immediate danger, they should call 999. They should also move to a safe place – find someone in authority to talk to like platform staff, a security guard or a shop manager.

If it happens in school, your child should talk to a trusted adult immediately.

Social media

Age Restriction Guidance

With the ever-increasing number of social media apps available and trending, it is important to remember that they **DO HAVE AGE RESTRICTIONS!**

As a parent/carer, it is your responsibility to be aware of the current age restrictions in place on the apps that your children are using. In school we are finding an increasing amount of time is spent dealing with social media issues that are happening out of school hours.

Issues such as online bullying within group chats or inappropriate pictures are being sent/shared with the sole aim of causing hurt.

A reminder that the age restriction for apps such as Snapchat, TikTok and Discord is age 13+, yet we are dealing with issues from Yr 5 (10 and 11 years old) and upwards.

We ask that you are vigilant and continuously monitor your child's social media use and also the amount of screen time.

OMEGLE GUIDANCE

WHAT IS OMEGLE?

Omegle is one of the more popular video chat sites available online.

It pairs random users identified as 'You' and 'Stranger' to chat online via 'Text', 'Video' or both.

A user can choose to add their interests, and Omegle will try to pair a user with someone who has similar interests. If not, you could meet anyone. Chats are anonymous unless the user states who they are.

It has been around for about 15 years and has been a concern for experts trying to protect children. It's free, and no account sign up or registration is required. This has the risk of allowing under-18's to easily use the platform, without needing parental assistance, money or even an email address.

Like most social media sites Omegle has a minimum age rating of 13 years with parental permission, users must be over 18 years old without parental permission. It is extremely popular among children and young people because a lot of social media influencers use and post about it. For example, the #omegle hashtag has approximately 5 billion views on TikTok.

There are no parental controls - according to Omegle, they monitor conversations, but despite stating 'video is monitored, keep it clean', children and young people visiting this section are likely to encounter numerous other users engaging in sexually explicit chat and activity putting them at risk.

For further advice: Internet Matters:

<https://www.internetmatters.org/hub/news-blogs/what-is-omegle-whatparents-need-to-know/>

Childline: <https://www.childnet.com/blog/what-is-omegle-key-things-parents-and-carersneed-to-know/>





Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "Talk to strangers!" There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to Omegle.com and then choose 'Text' or 'Video' chat and the page states how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.



What parents need to know about OMEGLE



NO AGE VERIFICATION MEASURES

Omegle is completely free to use and allows users to communicate with others without the need to register, supply an email address or create a profile. This means users can remain anonymous and it's hard to trust who your children are talking to. Furthermore, there are no age verification measures and other than agreeing to the terms and conditions, your child can easily start online engagement with strangers and potentially access more adult themed content.



RISK OF CYBERBULLYING

The anonymity of Omegle can increase the risk of cyberbullying on the site. Engaging in chat with strangers means that topics of conversation can lead almost anywhere including discussions about looks, body image or the sharing of other personal information. With the availability of video chat as well, this could lead to children being coerced or forced into carrying out activities online which could then be used against them.



UNMODERATED CHAT

Omegle encourages video chat as much as it can, prompting users during their text chat to activate their web cam. Whilst text chat has a degree of moderation, the content in Omegle's video chat rooms is not moderated by administrators and, at any time of the day, there can be thousands of users online. This means that your child could easily come across illegal, unacceptable or inappropriate images or media. Omegle currently offers no function for reporting online abuse or inappropriate behaviour on its site and instead only offers advice to 'please be careful'. It also advises to 'Use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable.'



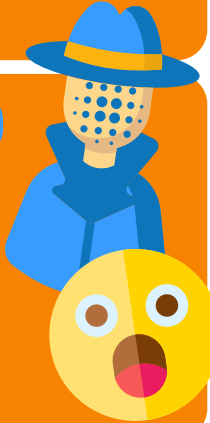
PRIVACY RISK VIA FACEBOOK

Omegle can be linked to a user's Facebook account to match their interests and likes with other users. This means that Omegle can access your child's basic Facebook information, and Facebook friends may potentially view Omegle activity. In addition, users can save the chat log and share the link without the other user's knowledge. It is not uncommon then for users to request being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.



RISK OF EXPLOITATION

Omegle chat picks another user at random and there is very little way of verifying who your child may be chatting to. This can lead to a number of risks including catfishing (users pretending to be of similar age), identity theft (users eliciting information to commit fraud) and sexual/psychological grooming (users coercing others to act in a way or do something they wouldn't normally do).



ADULT THEMED CONTENT

Unfortunately, Omegle is infamous for its pornographic content and it is not uncommon for users to expose themselves or engage in sexual acts. If a user selects video chat, then the other user's webcam will automatically be switched on before the action 'end chat' can be selected. There is also no 'preview' in smaller thumbnail windows. As video chat is so easy to access, it means that unintentionally viewing more mature, inappropriate or even illegal images can't always be avoided.



Safety Tips For Parents



DISCUSS RISKS WITH YOUR CHILD

It is important to speak to your child about the dangers of Omegle. Guiding and educating young children is far more useful than ignoring the possibility of Omegle being accessed. Explain to your child that Omegle is not completely anonymous and that other users will and do use Omegle to exploit others. Try to emphasise the risk of speaking to strangers and that engaging online is no different to engaging offline.



PROTECT PERSONAL INFORMATION

Omegle does not provide advice about how to protect your personal information so it's important that children are aware of what they should and shouldn't share online and with whom. If they use Omegle, always advise against sharing any personal information such as their real name, age, phone number, address or any other personal identifiable information. This also includes details of their social media accounts or gaming ID's. You should also adjust your child's Facebook settings to control what information is shared with Omegle.



REPORT CONCERNS

If your child comes across any inappropriate content or something which upsets them on Omegle, then it's important that they are able to discuss it with you and that you provide them with the support they need. If you think the content is illegal, then it must be reported to the police.



DISCOURAGE VIDEO CHAT

Try to discourage your child from using video chat on Omegle. Not only is there no filters or moderation in place, but children may be coerced into sharing intimate images or videos of themselves, which is illegal if they are under 18 and may be used against them. Omegle text chat has a degree of moderation controlled by Omegle through software and several actual moderators. The software moderates, identifies and prevents certain words and sequences of words to try and prevent bullying and grooming however is still not a 100% failsafe.



TRY OMEGLE YOURSELF

It's always an excellent idea to get a feel for the website or app your child is using so that you can see and understand the issues and risks for yourself. More importantly, it will also provide you with first-hand experience of the risks and dangers if/when you decide to speak to your child about Omegle and what they need to be aware of.



USE PARENTAL CONTROLS

Omegle is a website chat service. Children can only access the text chat on their phone and would need access to a PC or laptop to engage in video chat. If you have genuine concerns over Omegle and don't wish your child to access the site, you can add www.omegle.com to the list of banned websites and URL's. However, it's important to remember that Omegle can still be used via a web browser on an iPad, tablet, smart TV or gaming device and similar controls would need to be implemented on each of these devices separately.



Meet our expert

Jonathan Taylor is an online safety expert and former Covert Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



SOURCE: <http://www.omegle.com>

What Parents & Carers Need to Know about

OMETV

WHAT ARE THE RISKS?

OmeTV is *another* app which encourages users to 'make friends from all around the world'. People can search profiles by age and gender and send direct messages or photos. However, the app is primarily used for video calls. When using this feature, users are connected at random, although only their country of origin is shared. People can then either choose to move on to the next chat or can stay in that call for as long as they wish.

STRANGER DANGER

While young people generally know not to share personal information with strangers, the safety of their home and the distance offered by technology can make them feel more relaxed and uninhibited. Combined with the fact that OmeTV provides a webchat function – and anonymity – it can be an easy way for groomers to gather information, ask to connect on other social media platforms, or potentially request intimate images.

EXPLICIT CONTENT

Unfortunately, there are a lot of users who use OmeTV's webcam feature to expose themselves. While users can swipe to the next call quickly, it's not something that can be filtered out completely – so young people could easily be exposed to highly inappropriate images.

REPORTING DIFFICULTIES

When video calling, the other person's username is often hidden and therefore they can't be blocked or reported. There is a 'Report Abuse' tab at the bottom of the video, but the speed with which calls can swipe past can make it difficult to use this system. There's also little evidence to suggest that offenders are dealt with appropriately (through warnings or account termination, for example).

AGE VERIFICATION

17+

Although the site states that users must be 18 or over, there's no way to verify this, and it's easy to use an existing Facebook account to log in, or for users to set up a fake account. To access OmeTV, users simply need to press a button confirming they're an adult, which means it's likely many users will claim to be much older than they are.

VIDEO RECORDING

REC

When young people are chatting live on a webcam, they could be coaxed by others into doing things they don't feel comfortable doing, or persuaded that no harm can come from it. What they don't know is whether the other user is recording them. These videos could then be used to embarrass or blackmail them, or they could be kept by a potential online predator.

LIMITED PARENTAL CONTROLS

OmeTV has very limited parental controls. There is a 'safe mode', but this is of little practical use given that explicit content isn't filtered out. While the site lists several rules and regulations, there are few apparent ways to enforce them or restrict what users can see or do.

Advice for Parents & Carers

FOLLOW AGE GUIDELINES

OmeTV has an age recommendation of 18 and over, which suggests the developers are aware that it may facilitate adult content. It's important to adhere to the age guidelines and try to restrict access to the app for younger users. If you find it on an under-18's device, talk to them about the potential risks and explain why they probably shouldn't be using it.



DISCUSS THE DANGERS

Maintain communication with your child about online safety and empower them to protect themselves. Simply deleting an app from their device impacts their independence and can cause resentment. Instead, highlight news reports of predators exposing themselves to children on the internet, and discuss what they should do if asked for explicit images.



DISCOURAGE CHATS WITH STRANGERS

Remind your child of the dangers of talking to strangers online. The anonymity OmeTV offers, plus its webchat function, makes it an attractive place for groomers to network and create inappropriate content. Explain that your child may see something which upsets them – and that it's a crime for anyone to expose themselves to a young person online.

Hi :)



ENABLE PARENTAL CONTROLS

Regardless of how responsible your child may be, it's essential to use parental controls on their device. It's easy for young people to get lured in by others, feeling they've built up a trusting friendship and being coaxed into doing things they wouldn't normally do. Ensure in-app purchases aren't enabled on their device, and emphasise that they can always talk to you about anything online that worries them.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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#WakeUpWednesday

Source: https://www.nola.com/news/crime_police/man-exposes-himself-to-marrero-middle-school-students-in-online-chat-tv-station-reports/article_ef0b9e40-0819-5fb7-aced-6f627af129bb.html
<https://www.wrtv.com/news/local-news/crime/indy-man-sentenced-to-15-years-for-owning-two-phones-with-nearly-2-000-files-of-children-being-sexually-abused> | <https://ome.tv/rules/>

Childcare offers for Parents and Carers

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare. With school holidays upon us, it is more important than ever that parents and carers are able to access the financial support they qualify.

You could be entitled to:

- ♦ Up to £2,000 a year of tax-free childcare per child
- ♦ Help with up to 85% of your childcare costs for children up to 16 with Universal Credit
- ♦ 30 hours of free childcare for 3 and 4 year olds

For more information, please see below: <https://www.childcarechoices.gov.uk/>

The Big Norfolk Holiday Fun

The next programme will run during the Summer holidays, between 24th July – 5th September 2023!



The Big Norfolk Holiday Fun (BNHF) activity programme is run in partnership with Norfolk County Council, and provides holiday activities for children and young people aged 4-16 in Norfolk.

Children eligible for means-tested free school meals can claim free spaces on the activities, whilst paid spots are available on most activities for those who don't.

www.activenorfolk.org/public/bignorfolkholidayfun/

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>



Safeguarding Team

At All Saints School

Need
help?

Don't put up
with
Bullying -tell
someone

We all have
the right to
feel safe all of
the time

Need
someone
to talk to?



Where to go for help online...



Or go to our website and
click on this button

ALERT US

Speak to us - we're here to listen to you



Ms Dangerfield



Ms Paffett



Miss King



Mrs Berryman