



BREDON
SCHOOL

Safeguarding Bulletin Lent Term 2023 ~ Issue 01

Dear Parents and Guardians,

Welcome to our latest newsletter from the Safeguarding Team at Bredon School. Our aim is to provide you with the latest support and advice which could affect you and your children's lives.

Dealing with Body-Confidence for Young People – ChildLine

The world is now more superficial than ever before – TikTok, Instagram, snapchat and others have standardised, what the world expects people to look like. What the world expects when someone is termed 'beautiful'. For young people, the standard idea of beauty has always been an immense pressure for those transitioning between being a child and being a young person. Most of this transition occurs during secondary schools, and this puts an immense pressure on pupils to conform with these ideas in order to be popular, or to fit within a group of friends.

With an increasingly image based society low confidence among teenagers has become a far greater issue. Bullying and stigmatization against those who don't fit or don't think they fit within these standardized visions of how you should look, has an immensely negative effect on young people's mental health. And that can have a negative effect on educational performance and attendance.

To help young people with this, Childline has created a page on their site with advice on these issues. For more information, please click the following link:

[Childline: Information and advice](#)

Alarming Rise in Teenage Vaping

Vaping among secondary-school children has seen a sharp increase with nearly one in five 15-year-olds using e-cigarettes. In a 2021 survey by NHS Digital suggests among 11–15-year-olds, 9% say they are vapers – up from 6% in 2018. Children are being targeted by e-cigarette companies with bright packaging, exotic flavours, and attractive sounding names.

We highly recommend that you read the articles linked below, have conversations with your children, be vigilant to the signs and remember there is help out there!

To find out more about the dangers and risks of vaping, please click on the below links:

[NHS Digital: Decrease in smoking and drug use among school children but increase in vaping, new report shows](#)

[BBC Article: Rise in teenage vaping, as drug use falls - survey](#)

12 Top Tips for Building Cyber Resilience at Home:

In the last couple of decades, the volume of online traffic has increased exponentially – but, by and large, people’s awareness of the accompanying risks hasn’t grown with it. To illustrate the scale of the issue, consider this: a report by the Internet Crime Complaint Centre found that, in the US during 2020, there was a successful cyber-attack every second. Yes: every second.

Criminals continue to find new and devious ways to attempt to hijack our online transactions and harvest our private information. To them, the smart devices that many of us now use as standard at home are simply a convenient back door into our lives – and our networks. Find below a poster outlining 12 Top Tips for Building Cyber Resilience at Home:

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops – the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

- 1. PASSWORDS: LONGER AND LESS PREDICTABLE**
The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.
- 2. AVOID RE-USING PASSWORDS**
When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.
- 3. USE A PASSWORD MANAGER**
A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.
- 4. BACK UP YOUR DATA**
Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.
- 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)**
Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.
- 6. CHOOSE RECOVERY QUESTIONS WISELY**
Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.
- 7. SET UP SECONDARY ACCOUNTS**
Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.
- 8. KEEP HAVING FUN WITH TECH**
Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.
- 9. CHECK FOR BREACHES**
You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.
- 10. CHANGE DEFAULT IOT PASSWORDS**
Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.
- 11. KEEP HOME DEVICES UPDATED**
Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.
- 12. STAY SCEPTICAL**
Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

Meet Our Expert
Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.

NOS National Online Safety
#WakeUpWednesday

Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2023

Money and Mental Health – The Cost of Living Crisis

With rising bills, soaring energy prices and the cost-of-living crisis dominating the national conversation, it's inevitable that many children and young people, just like adults, are worried about money.

Individual family circumstances vary widely, and the cost-of-living crisis will impact our wellbeing and finances differently. You may be feeling anxious about managing bills, low in mood, helpless, or worried about the impact on your own or your child's mental health. Or perhaps you or your child feels isolated or lonely because of lack of money to socialise or do activities.

Whatever your situation, the information within the link below which has been produced by Young Minds, can help. For more information, please click the link below:

[Money and Mental Health](#)

Self-Care for Parents and Carers

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health.

With the practicalities of day-to-day life, it can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. Factoring in regular time or activities for yourself will hopefully allow you to enjoy the good moments in life more and to find strength during difficult times.

For more advice about the importance of self-care, please click the link below:

[Anna Freud: Self-Care for Parents and Carers](#)

Senior School and 6th Form PSHCE – Lent Term

This half term, pupils have been learning about healthy and unhealthy relationships:

Year 7 have been creating a board game about how to be a good friend.

Year 8 have been looking at what their relationship boundaries are, finishing off with the resource 'Exploited' showing how easy it can be to be caught up in a coercive relationship. To help highlight the importance of being aware of sharing nudes and semi-nudes (sharing of youth produced sexual imagery) pupils were shown the film [NSPCC: I saw your willy](#).

Year 9 have been discussing issues around consent. To help explain this, pupils watched [Thames Valley Police: Tea and Consent](#).

Year 10 have also been discussing issues around consent and coercive behaviours. Mr Phillips, Housemaster of Sharp shared a BBC documentary entitled 'Is this Coercive Control' as a way to discuss the topic.

Year 11 have also been looking at healthy and unhealthy relationships using the story 'Murdered by My Boyfriend'.

Pupils have all been very responsive to the topics under discussion and have fully participated in all lessons.

By Mrs Morris – Head of PSHCE and Work Experience coordinator

Junior School PSHE – Lent Term

Personal, social, health and economic (PSHE) education is an important and a necessary part of all pupils' education. During Key Stage 2, pupils are learning about themselves as growing and changing individuals sharing their own experiences and ideas, and also as members of their communities and the wider world.

During the lent term, we have been exploring the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Using class discussions and shared activities the children are learning facts about each of these areas and important strategies on how to manage them.

In a recent lesson the Year 4s and 5s took on the role of advisors to offer their thoughts on how an event, identified as a little deal, big deal or tricky situation, should be handled and importantly gave reasons for their decisions. A great lesson with plenty of informed, confident debate.

Throughout the topic, there is a message of choice and consent with children encouraged to get help from trusted adults, when necessary. This can be from someone they know and trust or an organization such as Childline, 0800 1111.

By Mrs S Dickson – Junior School Teacher and PSHE Lead



Children's Mental Health Week

This year Children's Mental Health Week was held from 6th - 10th February and the theme was 'Let's Connect'. We started the week with an assembly from Carey Allen our School Nurse - Mental Health Lead who spoke about the importance of speaking out and talking to people we trust and feel safe with. On Wednesday 8th February, the Jarrett House assembly was led by pupils from 10ND who reiterated Monday's assembly but with a little twist.

A pupil was asked to stand for a short period of time whilst holding a glass of water which she held with an outstretched arm. After a while, the pupil struggled to keep her arm extended due to the heaviness. Pupils were told that the water represented the stresses in life, the longer one holds onto the water, the more tired one would become. The moral of the story was to put the glass down and don't hold onto the stress . . . speak to somebody!

For more information, please click the link below:

[Children's Mental Health Week](#)



Safer Internet Day

Safer Internet Day took place on Tuesday 7th February. The theme this year was *"Want to talk about making space for conversations about life online"* The NSPCC have created a blog containing lots of advice for having conversations with your children about their life online, including:

- Practical tips for starting a conversation about life online
- How to talk about difficult topics
- My child has said something worrying – what do I do?

Here are three of their top tips:

1. Start a conversation

An open and honest conversation is often the first step in keeping your child safe online. It also plays an important role in supporting them if something has gone wrong. Talk to your child about what has happened, how they feel about it, and what the next steps are for you to take as a family. Keeping your child in the loop about what you are going to do to resolve the situation can help them to feel in control of it and can help them to feel like they can come to you with any future problems.

2. Be curious, not furious

Remaining calm and asking questions like 'how did you get to that?' or 'what did you click on?' will help you to understand how the content has appeared in the first place. Children will often remember the immediate response from an adult – remaining calm and open will show them that you are someone they can turn to for help.

3. Try not to place blame

It may be that your child has clicked on something by mistake or even gone looking for the content on purpose. Either way, it is still important to remain calm and be supportive. Children are curious and may hear about things from others that they later search for without realising what they will be exposed to.

For more advice and information, please click the link below:

[NSPCC: Want to talk about making space for conversations about life online](#)

Junior School Safer Internet Day

The theme of Safer Internet Day 2023 was 'Want to talk about it?' This year, a different approach was taken with an even greater focus on youth voice, hearing what young people have to say, to know what changes are needed and how online safety support can be improved. By listening and starting conversations about online experiences, issues and challenges we can make a positive change together.

Our Year 6 pupils came up with some great suggestions for topics they would like to know more about in order to feel safe and confident online and it was fantastic to see them so engaged with such mature attitudes. With this in mind, we will look at these topics after half term.

Children spent their ICT lessons creating fortune tellers full of information breaking down jargon such as 'phishing' and 'malware', looking at scenarios they may come across when online and explaining how they would deal with these, and generally chatting about their internet use and advising others how to stay safe online.

Statistics show that after Safer Internet Day 2022, 80% of young people feel more confident about what to do if something is bothering them online. This shows how important it is to get young people engaging in days such as this and we are already looking forward to next year!

For more tips, advice, guides and resources to help keep your child safe online, click the link below:

[UK Safer Internet: Guide and Resource for Parents and Carers](#)

Safer Internet Day and the Neurodiverse Children and Young People of Cavendish Education

Why the internet is so important and advice on how to keep your children safe while online.

Online games and esports can provide neurodiverse children a unique opportunity to socialise, develop important skills such as problem-solving, strategic thinking, and teamwork. These skills can be beneficial not just in the virtual world, but also in the real world.

Neurodiverse Children often face difficulty in understanding the world around them and navigating the social environments that they find themselves in. Often repeating specific patterns of behaviour, which makes it difficult to interact with others, so online games and the skills gained from them allow them to share their interests in a non-verbal setting. Social media can provide Neurodiverse Children with a buffer almost like extended time (think exam access arrangements) so that they can easily process information in the real world.

However, it's important for parents to be aware of the potential risks associated with online games and esports, such as cyberbullying, addiction, and exposure to inappropriate content.

Research has identified that autistic children alone spend more time on screen than their peers who do not have autism. About 64.2 percent of young adults with ASD spend their free time on TV, and video games and 13.2 percent of young adults with ASD spend time on social media sites, emails, and chatting (Autism parenting magazine February 2023).

To ensure their child's internet safety, parents should monitor their child's online activity, set limits on their screen time as prolonged use of devices is unhealthy for children, but its effects are more pronounced in neurodiverse children and teach them about online safety and privacy. Having the right balance of screen time and other physical and mental activities is paramount.

Another important aspect to consider is the representation and inclusivity of the games and esports industry, and how it can affect the experience of neurodiverse children. The industry is taking steps towards inclusion and representation, but still has a long way to go. It's important for parents to be aware of these issues and have open and honest conversations with their children.

There is lots of advice and resources available for parents and children alike, used in conjunction with schools PSHE and RSE curriculums there is little reason for our young people to be at risk online. Being open, honest and having clear routes of communication is key.

For further advice regarding gaming, please click the link below:

[CEOP Thinkuknow: Gaming - what parents and carers need to know](#)

*Contributions from Claire Bailey, Compliance Audit Officer at Cavendish Education
and David Shearer, Computing Teacher at The Holmewood School.*

Best wishes,



Charmain Eaton

Deputy Head (Safeguarding), Jarrett Housemistress & CCF Contingent Commander

