

SAFEGUARDING BULLETIN

February 2025



Safer Internet Day 2025



Prepare • Protect • Thrive

Tuesday 11 February

#PrepareProtectThrive

#SID2025

The focus for this safeguarding bulletin is to explore ways in which you can protect yourself and your children whilst they are accessing the online world.

There are lots of links to take you to the website if you need anymore information or support regarding staying safe online.

If you have any concerns or worries, then you can contact one of the Designated Safeguarding Team to talk them.



Warwickshire County Council

There are a range of free online parenting guides to support parents to be, parents and carers feel more confident across all ages of childhood. You are in control of what you learn, at a time that suits you and at your own pace. Enter the code BEAR and a Warwickshire postcode to receive free access.

Workshops

The Family and Relationships Support team offer a range of virtual and face-to-face workshops. The short, two-hour workshops provide a focussed overview of a theme. Workshop themes include rules, boundaries, routines, sleep, understanding you child and understanding your teenager. You are welcome to ask questions and interact in the session or alternatively turn off your camera and listen.

Click on this link for more information and too book your session.

<https://www.warwickshire.gov.uk/parentguides>



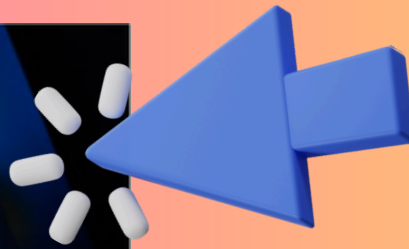
CALL US

03303 530 541

SPEAK TO TRAINED SLEEP ADVISORS

Available Mondays, Tuesdays, Thursdays 7pm-9pm
Mondays, Wednesdays 9 -11am

*excluding Bank Holidays



Double click on the picture!!!!
This will take you to a Government website which will explain how to ensure your social media apps are **private** and **secure**.

Criminals use information about you that's available **online** (including on social media sites) to make their phishing messages more convincing.

You can **reduce** the likelihood of being phished by thinking about what personal information you (and others) **post about you**, and by reviewing your **privacy settings** on your social media accounts.

Recognising online scams

Cyber criminals may contact you via email, text, phone call or via social media.

They will often pretend to be someone (or an organisation) you trust.

It used to be easier to spot scams. They might contain bad spelling or grammar, come from an unusual email address, or feature imagery or design that feels 'off'.

But scams are getting smarter and some even fool the experts. So be cautious.

Criminals are increasingly using QR codes within phishing emails to trick users into visiting scam websites. As we explain, QR codes are usually safe to use in pubs and restaurants, but you should be wary of scanning QR codes within emails.



How to spot scam messages or calls

Scammers try to quickly gain your trust. They aim to pressure you into acting without thinking.

If a message or call makes you suspicious, stop, break the contact, and consider the language it uses. Scams often feature one or more of these tell-tale signs.

Authority

Is the message claiming to be from someone official? For example, your bank, doctor, a solicitor, or a government department. Criminals often pretend to be important people or organisations to trick you into doing what they want.



Urgency

Are you told you have a limited time to respond (such as 'within 24 hours' or 'immediately')? Criminals often threaten you with fines or other negative consequences.



Emotion

Does the message make you panic, fearful, hopeful or curious? Criminals often use threatening language, make false claims of support, or tease you into wanting to find out more.



Scarcity

Is the message offering something in short supply, like concert tickets, money or a cure for medical conditions? Fear of missing out on a good deal or opportunity can make you respond quickly.



Current events

Are you expecting to see a message like this? Criminals often exploit current news stories, big events or specific times of year (like tax reporting) to make their scam seem more relevant to you.



How to check if a message is genuine

- If you have any doubts about a message, contact the **organisation** directly.
- Don't use the numbers or address in the message – use the details from their official website.

Remember, your bank (or any other official source) will never ask you to supply personal information via email, or call and ask you to confirm your bank account details.

If you suspect someone is not who they claim to be, hang up and contact the organisation directly. If you have paper statements or a credit card from the organisation, official contact details are often written on them.

PROTECT YOURSELF



Age Restrictions for Social Media Platforms



What can you do as a parent to help keep your child safe online?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps to reduce access to content that is not appropriate for their age.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

How do I turn on Ghost Mode?

When you enable Ghost Mode, your location won't be visible to anyone else on the Map!

To turn Ghost Mode on:

- Open the Map
- Tap the ⚙️ button at the top of the Map screen
- Toggle 'Ghost Mode' to on
- Select how long you'd like to enable Ghost Mode
- When you're in Ghost Mode, your Bitmoji will hold up a blue sign with a 👤 icon, unless you are sharing your live location.
- Warning 🚨 Your Live Location is shared with your chosen friends even while you are in Ghost Mode, and Snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose!



What is Artificial Intelligence

Artificial Intelligence (AI) seems to have been the hot topic of conversation for some time now and has divided opinion on whether it's the greatest development of our time or something to be controlled and treated with suspicion.

What Is Generative AI?

Generative AI is a tool that can create text, images or even videos based on the input it receives.

Some types of generative AI include:

Large language models that can be used to create essays, poems and reports, based on specific instructions.

Chatbots and virtual assistants that can provide human-like conversations and online assistance.

Image generators that create art work or photographic images based on a set of instructions.

Video synthesis, where generative AI creates animations and video content.

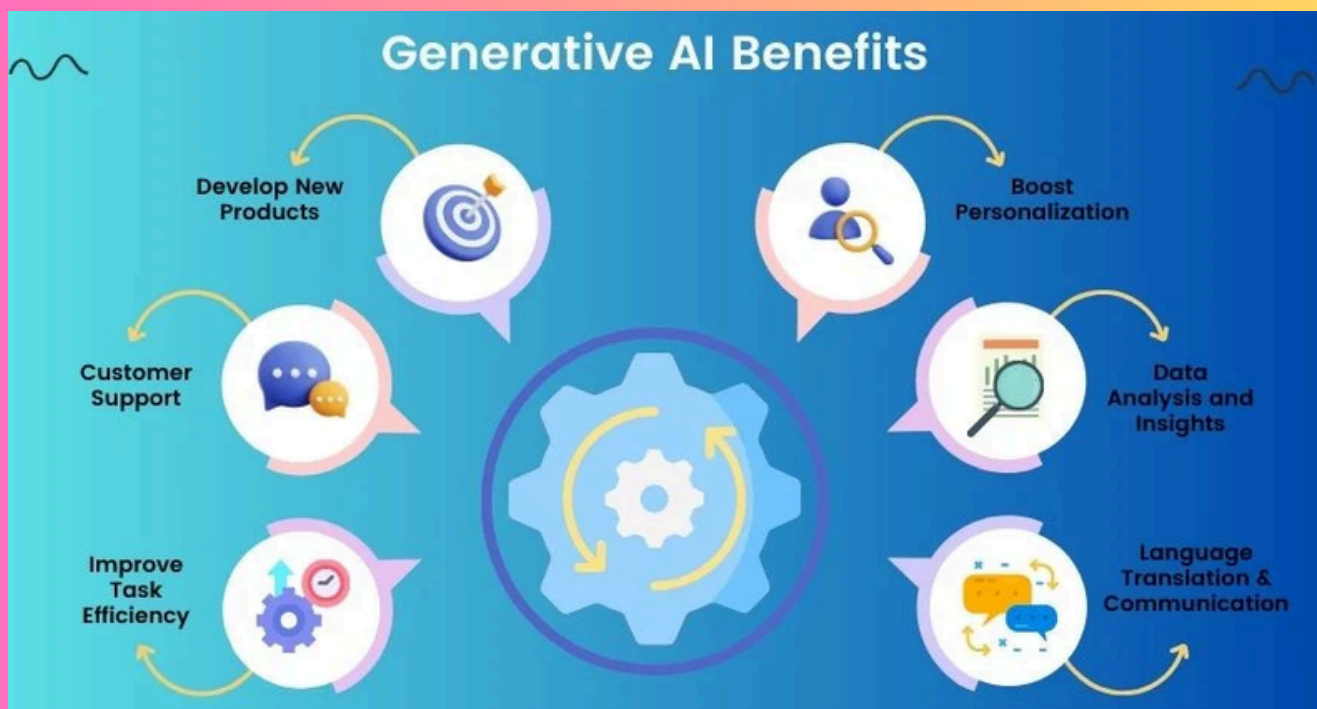
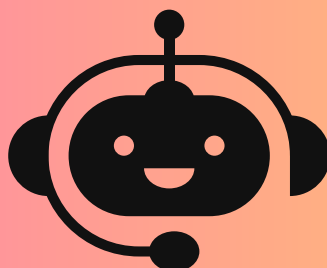
Music composition models that generate new tunes and songs.

Speech creation, where text-to-speech models can create a human-like voice and make voice synthesisers more realistic.

Modelling software that can create 3D models or simulate real-life scenarios to support scientific investigation and advances in health care.



AI generated painting



What Are the Benefits of Generative AI?

Generative AI has already been put to good use throughout the world. Doctors, scientists, artists, authors, teachers and many other professions are already seeing the benefits that AI can bring to society. Here are just some of the many ways that generative AI is being used to improve our lives:

- Automation of repetitive tasks
- AI can quickly and accurately translate texts into different languages or adapt them to the needs of individuals.
- AI can speed up new discoveries and test drugs and processes efficiently and safely.
- Personalised content that makes it easier for us to find what we want, when we want it.
- Supporting individuals and organisations to be more creative, innovative and able to solve problems.
- Improved accessibility through a range of new assistive technologies.
- Maximised security through facial recognition and biometric data and monitoring cyber threats.
- Creation of immersive games and entertainments, where special effects and computer generated graphics make storytelling evermore realistic and exciting.



What's the Down Side of Generative AI?

As with any new technology, it is often how the humans behind the machine choose to behave that has an impact on how that new technology will be used. In the wrong hands, generative AI can be used maliciously and destructively.

- It can be used to create fake news, disinformation and deepfakes. These can be harmful to the individuals involved but can also impact negatively when spread throughout societies.
- AI can be employed by hackers to test and break cybersecurity systems, stealing data and money and disrupting businesses and organisations.
- There are also worries about the ethical nature of generative AI. Will the work created by artists, musicians, poets and authors be respected and valued? In light of this new technology, discussions are taking place about plagiarism and copyright.
- What is the impact on education if students use generative AI within essays and presentations? Will there be a 'dumbing down' of children if they rely on generative AI instead of finding and critically evaluating information for themselves?
- Some people worry that AI will take jobs away from humans. Will AI result in increased anxiety about job security and a rise in unemployment?
- The sudden proliferation of AI means that we don't have all the answers. Only time will tell how AI develops and impacts on our society.

What's My Role as a Parent?

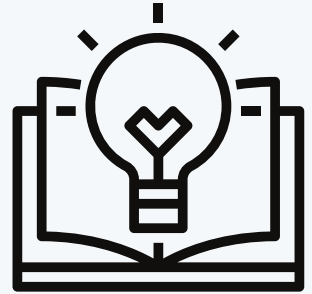


With so much uncertainty, it can be hard to know, as a parent, whether you should be encouraging your child to interact with AI and embrace it or whether you should be protecting them from something that may have a negative impact upon their learning and development.

The following tips will hopefully give you some good starting points for discussing generative AI with your children.

Explain and Educate

Generative AI, as with many new technologies, is here to stay and the likelihood is that your child will be using it. Spend time talking about generative AI tools with them and making sure that they understand the technology and know about the positives and negatives.



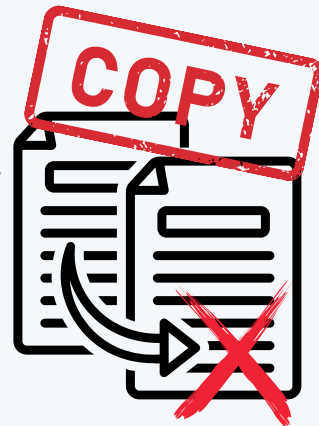
Share and Explore

Investigate generative AI with your child so that both of you know what it can do. Try out some fun tasks together. Use a large language model tool to write a funny story based on five random words. Explore image creators and create some original artwork.



Being Fair

Talk to your child about plagiarism. Explain that the stories, poems, music and art work they see and hear online take a lot of work and effort to produce and that it is important to always reference work if you use someone else's. It is also important that children learn to check whether or not the original creator gives permission for their work to be used. Remind children that they could get into trouble if they claim that a piece of work is theirs when it isn't.



Supervision

Set ground rules for using AI, just as you would with any other online technology. Your child should know that they can only use generative AI when a trusted adult is around. It's also a good idea to check whatever content they produce before they share it with others.



Stay Informed

Look out for other information that can keep your knowledge up to date so that you are able to answer at least some of your child's questions about AI. Read articles in the news or visit trusted websites where you know you will find balanced and well-researched articles about AI. Ask your child's teacher about whether they use AI in the classroom.



Avoid Misuse

Children come into contact with misuse of generative AI frequently these days. They may see deepfake photos and videos, where a person or animal has been made to look like they are doing or saying something even though that event never took place in real life. Some of these deepfakes are harmless fun and can be enjoyed but your child needs to know that others can be hurtful and harmful. Ask your child what they would feel like if it happened to them. Your child should have clear boundaries about what they can produce using generative AI. Remind them to have fun but think about the effect of their actions on others.



Privacy and Protection

AI tools can collect personal data without users even realising it's happening.

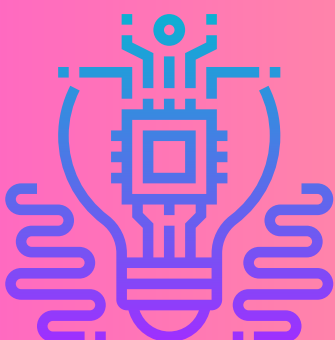
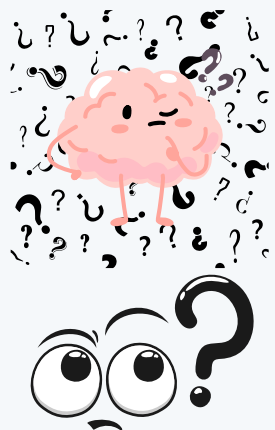
As with any online tool, it is really important that you talk about online safety with your child. Remind them about the types of personal information that should always be private. This includes their name, address, date of birth, school, phone number, email address and any passwords. Children should know that if they are worried about anything they are asked for or anything they see online, they should stop and tell a trusted adult straight away.



Computers Aren't Perfect

Remind your child that although computers can do some jobs quicker and more efficiently than humans and that they can be used to solve complex problems, computers aren't always right. Teach your child to question what they are told by generative AI and to double-check facts using other sources of information.

Although, in this digital age, we all need to exercise a degree of caution, there is plenty of scope for children, and adults, to make use of generative AI in a safe way. Have fun exploring this new technology with your children, sharing viewpoints and discussing ideas.



When Should I Report?

If you see something online that you know is harmful or makes you feel uncomfortable, reporting it is always the best option. When you make a report, you are essentially escalating it for review. This process essentially determines whether something should remain online or not with reference to the law or specific standards and guidelines associated with online platforms. You should always report if you come across content that:



Contains child sexual abuse material or terrorist content



Is harmful or abusive towards yourself or others



Promotes self-harm or suicide



Contains violent content



Impersonates you or others



Contains pornographic content



Contains unwanted sexual advances



Threatens you or others

Who Should I Report To?

Different services may be required for different types of content, for example Report Harmful Content provides advice for everyone on how to report harm online. There are different reporting routes for different types of harm and the website provides advice on how to report both illegal and legal but harmful content. To get a better understanding of where you should go to for support, follow the below guide.



Report Harmful Content
Reporting legal but harmful content



Revenge Porn Helpline
Reporting intimate image abuse



Internet Watch Foundation
Reporting child sexual abuse material



Action Counters Terrorism
Reporting terrorism related content



CEOP
If you are concerned about a child being groomed



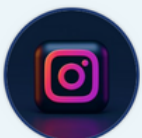
Police - 999
If you or the person you are helping is in immediate danger

Reporting on Social Media

As well as the above services, take a look at the advice from some of the most used platforms from across the world around how to report certain issues and situations using our social media checklists.



Facebook



Instagram



TikTok



Twitter



Snapchat



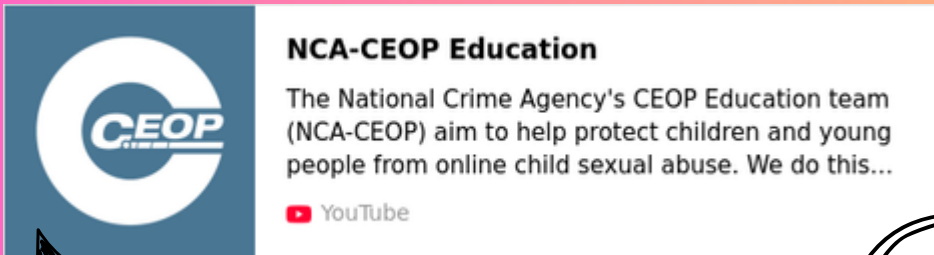
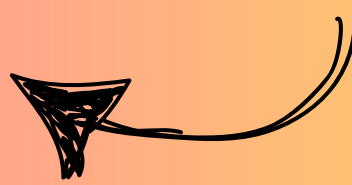
Roblox

<https://swgfl.org.uk/topics/reporting/>

Click on this link to find out how to report on individual social media platforms



Click on the picture to learn how to set up your child's first phone safely.



Click on the picture to learn how to report content online and how to talk to your children about keeping safe online

How to talk to children about keeping safe online



Click on the picture to learn about how to protect your child on game consoles



Click on the picture to more about online grooming



Online grooming
Not everyone online is who they say they are, and this can be a difficult concept for some children to understand.



Online grooming is where someone befriends a child online and builds up their trust with the intention of exploiting them and causing them harm. Harm caused by grooming can be sexual abuse, both in person and online, and exploitation to obtain sexually explicit images and videos of the child. Grooming techniques could also be used to radicalise someone, or to obtain financial information from the child or their family.

How does it happen and who is at risk?

Groomers are very skilled at what they do and can often befriend a child by appearing to have the same hobbies and interests as them. Using fake accounts and photos, they may also appear to be the same age as the child.

However, not all groomers will choose to mask their age or gender. Some groomers may impersonate an aspirational figure, such as a modelling scout, sports coach, celebrity or influencer, whilst others may use their age and experience to develop a 'mentor' type relationship with their victim.

A groomer will use the same sites, games and apps as children in order to gain their trust and build a friendship. However, they may also seek to manipulate, blackmail and control the child, potentially isolating them from their friends and family.

Any child can be at risk of being groomed, regardless of age, gender, race or location. Some children may be more at risk due to other vulnerabilities or special educational needs and disabilities, and may find accessing support from a trusted adult or online reporting tools difficult.

Top Tips

Discuss the difference between **online** and **offline** friends

It's important to emphasise that, however nice a new friend online can seem, or however long they have spoken to them for, they are still a stranger.

Know the signs

Talk to your child about 'red flags' in chats which are important to report, block and tell an adult about. These would include someone suggesting to meet up offline, asking for personal information or to send photos or videos, chats moving to private messages, or asking them to keep secrets.

Find out where the report and block buttons are

Social media, apps, games and sites all offer reporting and blocking tools. You can find out more by visiting the UK Safer Internet Centre Safety Guides. You can also report grooming to CEOP.



Make sure your child knows you are there to help

Worrying about how a parent or carer will react can prevent young people from asking for help. Make sure that your child knows that, no matter what has happened, you are there to help them.

Know where to get more support

You can find out more about where to get support by visiting our pages for parents and carers and young people.

Conversation starters

- What is the difference between people we only know online and people we know offline as well?
- How do we know that we can trust someone?
- Not all messages from someone new online are worrying, but how do you know which ones might be?
- Do you know where the report and block buttons are on different apps?
- Who can you come to for help if something worries or upsets you online? (include home, school and helplines)

Keeping yourself and your accounts safe



Your personal email is the **gateway** to your other online accounts.

If your email account is hacked, not only will cyber criminals have access to important information about you, but all your other passwords can be reset. Use a secure password that cannot be guessed.

Turn on **two-factor authentication** (2FA) 60 2FA is a free security feature that asks you to provide a second piece of information to check you are who you say you are. EXAMPLE: getting a text or code when you log in. This extra layer of protection stops cyber criminals getting into your accounts – even if they have your password. If the online services and apps you use offer it, turn it on.



Cyber criminals **exploit weaknesses** in software and apps to access your personal data. Providers continually work to fix these weaknesses, by releasing regular updates. Using the **latest versions** of software, apps and operating system immediately **improves your security**. Update regularly, or set your phone or tablet to automatically update. That way you don't have to think about it.

ALWAYS BACK UP YOUR INFORMATION & DATA ON YOUR DEVICE

FREE ONLINE SAFETY WORKSHOP

FOR PARENTS OF SCHOOL AGED CHILDREN

Get practical hints and tips to support your children and keep them safe online, and learn how to keep up to date in the ever changing online world.

 Wed 19th
MARCH 7pm-8pm



Speaker
KAT HOWARD

Head of Education & Wellbeing (UK)
Smoothwall



Register for the Zoom link and
parent flyer here:

<https://forms.office.com/e/x2JJKwLx8y>

Kat has been working with schools for over 18 years to develop their understanding of online safety. She is passionate about the importance of online safety in schools and the wider community.

For more information on online safety, visit <https://warwickshire.onlinesafetyhub.uk/>

Useful mental health services



- 24/7 text helpline for mental health and suicide
- Machine learning - detects suicide intent/thoughts
- Machine learning - informed prioritisation protocol (the system can prioritise certain behaviours to receive support)



- Free to use 24/7 access to phone line
- One to one communication
- 24 hour response time on email access
- Confidential - no contact details are displayed to volunteers



- Helpline - 0800 58 58 58,
- Webchat <https://www.thecalmzone.net/help/webchat/>
- Instant response between 5pm - midnight phone and web chat helplines
- Free offer practical support and vital intervention for those in crisis
- One to one communication



- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone



- Calm - free app to download.
- Can access lots of things to support mental health and wellbeing, however there is a subscription charge for access to the whole app.
- Meditation and other techniques to support mental health and wellbeing



- Calm Harm - free app to download.
- Support for young people who are self-harming
- Helps reduce the urges to harm and offers practical solutions and distractions
- Comfort, Distract, Express Yourself, Release, and Random.



- notOK App® is a free digital panic button to get you immediate support via text,, phone call, or GPS location when you're struggling to reach out.
- Pre-crisis tool
- Other resources available online too.



- Combined Minds is an app to help parents, family, friends support a young person who is in distress
- Share plans and guidance amongst support system to ensure the young person can access the right support at the right time.



EXHALL GRANGE

SPECIALIST SCHOOL

Be your best self

Designated Safeguarding Team



Andy Commander
Deputy Headteacher
Designated Safeguarding Lead



Helen Seickell
Headteacher
Deputy Designated Safeguarding Lead



Helen Hughes
Assistant
Headteacher
Primary



Geoff Goode
Assistant
Headteacher
Year 7, 8 & 9



Janet Bacon
Assistant
Headteacher
Year 10 & 11



Caroline
Parkhouse
Assistant
Headteacher



Fiona Holliland
Family / Pupil
Support



Julija Andrejeva
Family / Pupil
Support



Lauren Pinfield
Pupil Wellbeing
Lead



Roy Owen
Emotional Wellbeing
Key Worker



Faye Commander
Lead Consultant Teacher
Warwickshire Vision Support Service



Alicia Pegg
Learning Pod Manager

Pupils: All staff have a responsibility to keep you safe and you can talk to any staff member if you are concerned or worried about anything. The 12 staff members above can give you extra help and support.
Staff: If you have concern for a pupils safety and welfare, report immediately to a member of the Designated Safeguarding Team.