

Stoke Park Primary School—Safeguarding Newsletter

No.7

Dear Parents/Carers,

As the school year comes to a close, I would like to thank you all for taking the time to read the safeguarding newsletters. Safeguarding children is everyone's responsibility and it's important that staff and parents work together to do this. We hope that the newsletters have been helpful and that you would all feel confident talking to a staff member if you had any concerns.

Next year we will be strengthening our safeguarding team at the school by welcoming Mrs Denison and Mrs Jelf back into the team. Both have heaps of safeguarding experience and their input and support will help us further improve our safeguarding culture at the school.

If you have any concerns about the welfare of a child over the summer holidays please contact First Response on: 01179036444

As always, if you have any questions or would like to discuss anything further, please do get in touch.

Mrs Higgitt

Spotlight on: Keeping children safe online

Over the summer months, it is likely that children will be spending more time online. Whilst the online world offers a great deal of entertainment and information for children, it does come with risk. Here are some top tips for helping children stay safe online:



1) Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.

2) Manage the amount of time your child is online. Balance it with other activities that are away from a screen.

3) Set up parental controls to block any upsetting or inappropriate content. Information about setting up parental controls can be found here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

4) Give your child the strategies they need in case something concerning happens whilst they are using their device. This could be to lock the screen and tell an adult, to make a report to the platform they are using, or to block the user.

5) Talk to your child about how they communicate online and remind them that anything they put online, whether it's via What's App, Instagram, TikTok or YouTube, can be shared widely. Is what they are sharing kind? True? Helpful? Safe?

There is information on the next page about signing up to the National Online Safety Hub which has lots more advice about keeping children safe online for parents and carers.



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The Safeguarding team.

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team



Mrs Higgitt—Designated safeguarding Lead (DSL)



Mrs Lambert—Deputy Designated Safeguarding Lead (DDSL)

Or contact **First Response** on: 01179036444



National Online Safety Hub

The school now subscribes to The National Online Safety Hub. The hub contains a wealth of useful information to support schools and parents in keeping children safe online. As members of the hub, our parent community can access all the resources too. These include: Parent guides (like the one attached), explainer videos and training on how to keep your children safe online.

To access the hub and all its resources, parents simply need to follow the link below and self enrol:

<https://nationalonlinesafety.com/enrol/stoke-park-schools>

If you have any problems with accessing the hub, please speak to Mrs Higgitt.

Safeguarding Parent Survey

We would love to hear your views about safeguarding at the school. Please complete this short survey to help us understand how we can improve our safeguarding practice.

<https://forms.gle/DVUhJUtRBib9enZq9>

Useful contacts:

First Response: To report any safeguarding concerns. This can be done anonymously.
01179036444

North Bristol Foodbanks (0117 9791399) For areas covered see here: <https://northbristol.foodbank.org.uk/locations/>

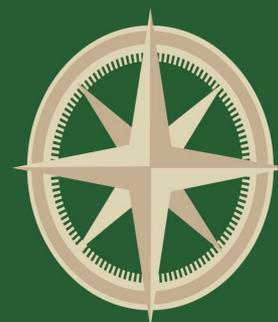
Young Minds: supporting children and young people's mental health

Mind: adult mental health support and information

Refuge: domestic abuse support

Saneline: Emotional Support: 07984 967 708 (leave name and number and someone will call you back)

Bristol Mindline: 0300 123 3393 (in the day); 0800 808 0330 (after 7pm)



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What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite: the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time: this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.



CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.



SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like 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.



National Online Safety®

#WakeUpWednesday

Sources: www.helpnetflix.com | www.whatsonnetflix.com | www.ofcom.gov.uk