



# Parent Collaboration Evening

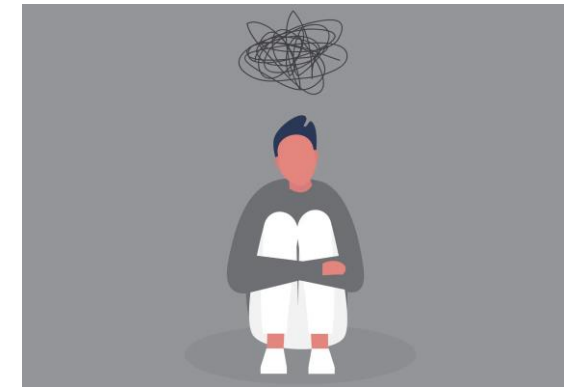
10<sup>th</sup> February 2022

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# Aims of this evening



- Online Safety
  - To gain a better understanding of the impact and risks of using the internet/social media
  - How School supports and educates students
  - How you can help and support at home
- Anxiety
  - How to identify
  - Strategies to support



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# What is this evening not about?



- Discussions around specific incidents and children
- Detailed information on every App available

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# Online Safety

## Safer Internet Day

This year's theme for Safer Internet Day is  
'All fun and games? Exploring respect and  
relationships online'.



8th February

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# There are lots of positives.....

- Teamwork
- Creativity
- Knowledge
- Academic performance
- Hand-eye coordination



89% of 8-11 year olds said that using social media made them feel happy and 82% said it helped them to feel closer to their friends

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# There are risks.....



Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%

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# Growing Up In North Yorkshire Survey



- 19% (25%) of pupils responded that they communicate with people they have met online and don't know in real life.
- 46% (44%) of pupils responded that they communicate with people through online games, while 49% (49%) said they do so through picture/video sharing sites/apps.

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# Growing Up In North Yorkshire Survey



- **19%** (18%) of pupils responded that they have experienced someone writing or showing them things online to hurt or upset them (with text, pictures or video), while **6%** (8%) said they have sent personal information to someone, then wished they hadn't or had thought more about it. (14% in 2018)
- **11%** (12%) of pupils responded that they worry about feeling pressure from social media 'often' or 'all the time'.

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# Risks



- Inappropriate content – Pornography, prejudicial, self-harm
- Inappropriate contact – grooming, radicalisation
- Inappropriate conduct (by others and by themselves) – cyberbullying, inappropriate posts
- Sexting



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# FIFTEEN APPS

## PARENTS SHOULD KNOW ABOUT

### MEETME



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHICAL PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

### GRINDR



GRINDR IS A DATING APP DESIGNED FOR GAYS, BIS AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMARTPHONE'S GPS LOCATION.

### SKOUT



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 18 FLANK OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, ADOS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

### WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, VOICE CALLS AND VIDEO CHATS. MOST LIKELY, WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

### TIKTOK



TIKTOK IS A NEW WORLD DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS WITH VERY LIMITED PRIVACY CONTROLS. USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

### BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

### BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP TINDER. HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

### SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24 HOURS.

### KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

### LIVE.ME



LIVEME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO BUY MIMORS FOR PHOTOS.

### HOLLA



HOLLA IS A SELF-PROCLAIMED 'ROCKETING VIDEO CHAT' APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

### WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT ENCOURAGES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

### ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

### CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL 'SECRET' APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

### HOT OR NOT



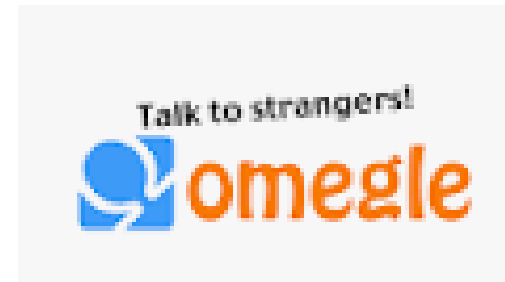
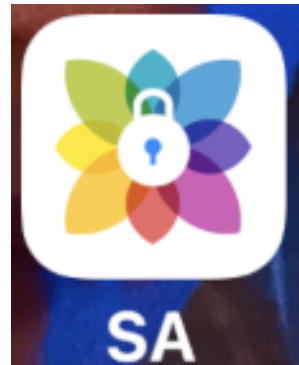
HOT OR NOT ENCOURAGES USERS TO RATE YOUR PEOPLE. CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO 'HOOK UP'.

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# APPS



- [Nationalonlinesafety.com](https://www.nationalonlinesafety.com) – variety of guides on different apps and what you need to know
- Apps we are currently aware of:



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# Risk is not harm

**Positive action can limit risks becoming harmful. Here are 5 tips for parents:**

- 1 Understand the risks
- 2 Communicate regularly
- 3 Keep the risks in proportion
- 4 Agree on helpful mediation strategies
- 5 Develop coping strategies that foster resilience



# Top Tips



- Content
  - Parental Controls
  - Talk – consent, respect, realistic?
- Contact
  - Talk – who/why?
  - Privacy Settings
  - Location Settings
  - Report/Block/Mute
- Conduct
  - Talk - Grandparent/Headteacher test
  - Report
- Sexting
  - Talk - T-Shirt Test
  - Report

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# What we teach in school



- Through Life lessons, Computing Curriculum, Assemblies, Tutor time:
  - To understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy;
  - recognise inappropriate content, contact and conduct, and know how to report concerns
- Contextual information
- Current Affairs/News stories
- Student Voice



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# In addition we embed it through.....



- Ethos of support, learning through mistakes
- Safeguarding and Wellbeing Newsletters
- Through Curriculum subjects
- Filters and monitoring on school ICT system
- Enrichment activities
- Not allowing mobile phones in school

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# How can you help?

- Talk!
  - About the amount of time spent online – Forest App
  - About the Apps they use
  - About the positives and risks.
  - What to do if they are worried
- Role model the way you use technology
  - Turn off notifications
  - Do Not Disturb at night or “no phones in bedrooms”
  - Keep phones on silent when attending functions/events
  - ‘No phones at table rule’ or ‘no phones between 6 & 7 rule’

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# Further sources of information and support



- InternetMatters.org



- CEOP



- NSPCC



- Childline



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# Your Questions



- **Is this topic covered in IT or in Life lessons or do you use every opportunity to reinforce it across all curriculum subjects where possible?**
- **I don't think I know about 10 of the 15 social media apps in the advert! Will these be covered or information given out?**
- **Whether Snapchat is appropriate for young teenagers? that it can initiate bullying, and that you can become 'friends' with random strangers.**

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# Anxiety

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# Talking to your child

Where to start

When is a 'good time' to talk?

- do an activity you both enjoy, you can create a relaxed space for getting the conversation started.
- would writing a letter or texting make it easier?



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# If they don't want to talk right now

If you talk to me about what is worrying you, I can do my best to help.

If you need to talk to someone else, that's okay too.

You can talk to me, I'm here for you.

We're going to get through this together

Even if I don't understand, know that I want to

- Remember that you know your child. You can tell when it isn't the right time or they aren't in the mood to talk

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# If your child tells you they are struggling



- **Validate** their feelings. You could say 'it's really understandable that you're feeling...' to let them know that their feelings are okay.
- **Thank them** for sharing what's going on and be encouraging about the way they've opened up.

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# If your child tells you they are struggling



- Let them know
- Ask
- Spend time together



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- Let your child know
- Remind
- Avoid



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# School Anxiety



“ Every child and young person will worry about things that happen at school from time to time – and that's completely normal. ”

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# Young people tell us their worries about school can include:



- The work is difficult,
- School is tiring
- Exam pressure
- Friendship difficulties
- Not feeling accepted
- Feeling unsupported
- Their progress
- Not getting on with teachers
- Peer pressure
- Bullying
- Additional needs

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# Young people may show they're feeling anxious about school by:

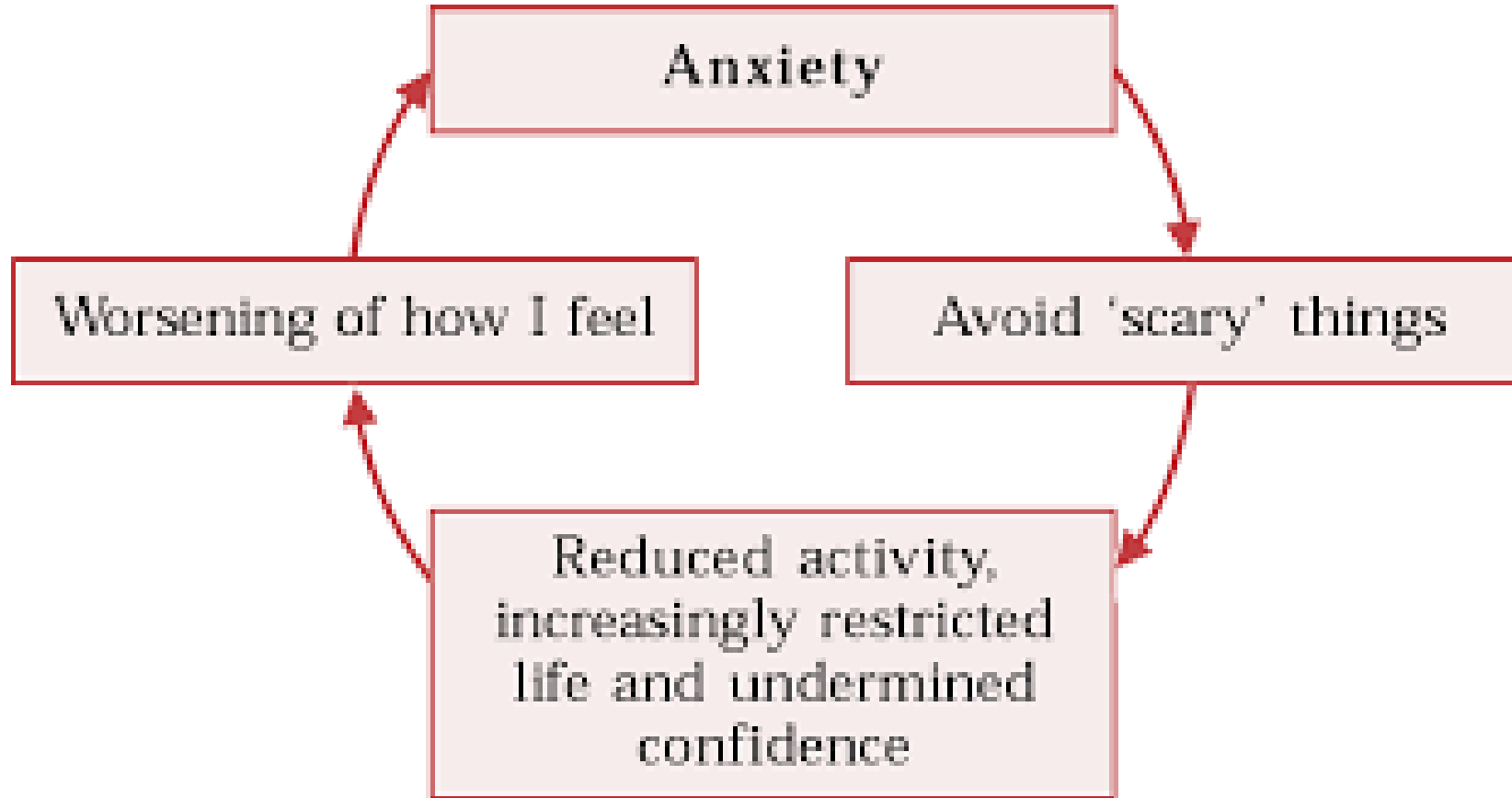


- not wanting to get up and get ready
- being reluctant to go to school
- getting very worried about relatively small issues,
- feeling sick or having stomach or headaches
- not doing schoolwork, or getting lower marks
- being angry or upset, or acting out
- exploding when they get home
- withdrawing – seeming low, quiet or depressed
- refusing to go to school at all
- not going to school without you knowing

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# Avoidance Cycle



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# Helping your child with school anxiety

Communication	Routine	Action
Ask your child what's worrying them	Plan a morning routine	Reach out to school as early as you can
Think with them about changes that could be made	Plan a regular time to talk	Consider using a "worry journal"
Discuss coping strategies with your child		Create a "worry box" with your child
		Encourage your child to make a "self-sooth box"

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# Support in School

- All staff are trained to Level 1 Compass Buzz Training
- Key staff are trained to Level 3
- Mental Health and anxiety covered in Life Lessons and in other curriculum areas where appropriate
- Pastoral Staff trained to support
- School Counsellor
- Referrals to external agencies

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# Sources of support



- GP
- Compass Phoenix
- CAMHs
- Childline
- Young Minds
- <https://charliewaller.org/information/anxiety/supporting-a-child-with-anxiety>

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# Your questions

- **How to identify**
- **Strategies to help anxiety**
- **What tools, strategies and training opportunities have staff had or use in dealing with anxiety issues. Also, are pupils as a whole learning about anxiety and how it can be treated rather than dismissed? In Life lessons for example?**
- **How to deal with a child who has a very pessimistic approach to life.**
- **What support is available in school, for children who suffer with anxiety?**
- **What can the school do to help an anxious child? Where can the parents get signpost information from?**

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