



SAFEGUARDING NEWSLETTER

Summer 2025- Issue 1

Latest advice for parents and carers

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information and support on where to get support, explains information related to online safety, local support groups and workshops, supporting healthy relationships and Domestic abuse and Grooming.

Helping Hands

The Helping Hand team is available to help individuals or families in need, those on low incomes and those who are experiencing a financial emergency or crisis.

Let them know if:

- you are struggling to afford food
- you cannot keep on top of your bills
- you are in debt
- you are struggling to pay for essential goods in your home

Whether you get in contact by phone or our online form, we will ask a few questions about your situation so we can offer the best support or advice.

You can request support from the Helping Hand team by visiting their website: <https://www.buckinghamshire.gov.uk/cost-of-living/>

calling [01296 531 151](tel:01296531151)

Our phone lines are open:

- Monday to Thursday (9am to 5:30pm)
- Friday (9am to 5pm)

We are closed on bank holidays.





Hanni and the Magic Window

Written for children aged 3 and up, this rhyming story is about speaking out and getting help.

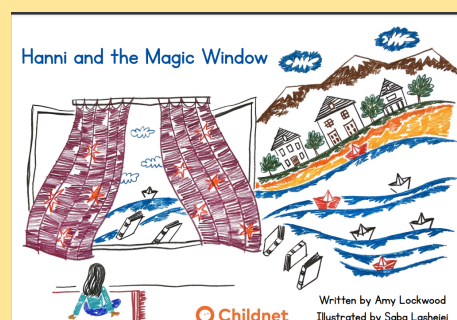
An online safety story without any technology!

Hanni's home has a very special magic window. But when Hanni sees something that upsets her, she struggles to explain what has happened.

Can she find the words to get the help she needs?

This story can be viewed as an ebook or is available download in English and Welsh.

<https://www.childnet.com/resources/hanni-and-the-magic-window/>



to

Children with Parents in Prison

Children Heard and Seen is a charity aimed at improving the issues caused by parental imprisonment. It aims to bridge an existing gap in the provision of support for children and young people in these circumstances. They currently offer one-on-one support from trained practitioners, assistance for parents and carers, peer support groups and more. If you are caring for a child with a parent in prison and would like to access support for yourself or your child, please get in touch at: <https://childrenheardandseen.co.uk/>





Raising Awareness of Male Domestic Abuse—Mankind

When we often hear or talk about the effect of violence/abuse in the home on children, it is often assumed that we are meaning homes where the male in the home is violent towards the female. Yet the reality is that men too can be affected by domestic violence, and in general are far less likely to come forward for help. The Mankind initiative is a UK organisation, seeking to raise awareness of Female-to-male domestic violence to help more men get out of abuse relationships.

- ⇒ One in six men will be a victim of domestic abuse in their lifetime
- ⇒ Domestic Violence and Domestic Abuse are not just about physical abuse – it also includes emotional and psychological, coercive control and isolating people

Most men do not believe or feel they are a victim until sometimes after they no longer have control of their life and have become isolated. Men also need to remember that they are not to blame and that they are not weak or alone. There is help available and you (and your children) can escape.

Please see link mankind.org.uk



Grooming—Victim Support

Understanding Grooming

Like bullying, grooming has become a part of our society over the years. In the past this occurred face-to-face, through the manipulation of underaged individuals by persons older than them. This occurred mainly in schools, religious institutions and within the family. Over the past three decades of the internet, online relationships between individuals have become normalized. Young people and increasingly children, get to know people they've never met through video games, Instagram and snapchat. But this has gone hand in hand with an increase in child-grooming using these devices. The rise of face changer apps, voice changer apps and loopholes in sectors like the dating app market have made it easier than ever before to groom children. At Victim Support, they've put together a page which focuses on this issue. On it you'll find a guide to what grooming is, and how young people can help themselves be aware of the issue.

Please follow the link: <https://www.victimsupport.org.uk/you-co/typescrime/sex-crimes/grooming/>



Online Safety for Parents/Carers



Collection

The Digital Dilemma: Keeping Children Safe Online

Thames Valley Cyber Protect team are inviting Parents and carers to join engaging and informative Cyber Security training presentations. These sessions will share easy-to-implement tips for parents/carers regarding theirs and their family's online behaviours and internet-enabled device usage.

This session covers key topics, including:

1. **Emails and mobile phones:** The art of spotting a scam – lots of hints and tips to share with your children around phishing and other scams.
 2. **Social media safety:** The risks around social engineering, disinformation, AI, privacy and hacked accounts.
 3. **Gaming:** Understand what the risks are to young people when gaming, particularly online, and discover ways to monitor and restrict usage.
- Password mastery and Two-Factor Authentication (2FA):** Helping you and your family to secure your accounts following best practice.

For further information, dates and booking please visit:

<https://www.eventbrite.com/cc/the-digital-dilemma-keeping-children-safe-online-3386699>



Level up your safety skills with Smart Dash

We've created a game to help your children level up their online know-how and make the internet a safer place. It even has a two-player mode, so why not tag along and learn together? Simply race down the track and solve the challenges on safe gaming, collecting positive emojis along the way as you dash to become an online safety hero. Woohoo!

Visit: <https://www.lego.com/en-gb/sustainability/children/digital-child-safety?locale=en-gb>



PLACES WHERE KIDS EAT FREE (OR FOR £1) MAY HALF TERM 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

2 kids under 16 eat for FREE with 1 adult breakfast

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free, weekdays, Mon 26th – Fri 30th May

BREWERS FAYRE

2 kids under 16 eat for FREE with 1 adult breakfast

BREWDOG

2 Kids eat free with 1 adult, Mon 26th – Fri 30th May

BURGER KING

From 26th May - 1st June 2025,

Kids Eat Free with every adult meal, via the app.

COCONUT TREE

Kids Eat Free from Sun 25th May to Sun 1st June.

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Friday
23rd to Friday 30th of May. Sign Up Required

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays



Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18
CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend on average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs: increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



NOS
National
Online
Safety
#WakeUpWednesday



www.nationalonlinesafety.com



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/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.11.2021



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What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe:
rest of the world 13+

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Butterfield 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 on comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®



EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here <https://www.childnet.com/resources/supportingyoung-people-online>

- | | |
|-----------|--------------|
| • Arabic | • Punjabi |
| • Bengali | • Somali |
| • English | • Spanish |
| • Farsi | • Turkish |
| • French | • Urdu |
| • Hindi | • Vietnamese |

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

Keeping your child safe in sport—safeguarding for parents



Child Protection in Sport Unit

A free e-learning course for parents

We've designed this course to help you understand your role in keeping children safe in sport and to let you know who to turn to if you have any worries.

The course is free to take and is suitable for any parent of a child who takes part in sport, regardless of your level of safeguarding knowledge. It should take you around 10 minutes to complete.

<https://thecpsu.org.uk/parents/keeping-your-child-safe-in-sport-e-learning-course>