

SAFEGUARDING NEWSLETTER

Spring 2025- Issue 2

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 a popular new TV series, local support groups and workshops, supporting healthy relationships and online safety.

'Add Everyone' - WhatsApp Alert

Recent concerns have been highlighted regarding a WhatsApp group known as 'Add Everyone'. Schools and regional police forces across the UK have warned that this group exposes children and young people to explicit and harmful material. 'Add Everyone' group chats can go by many names, but their purpose is often the same. These WhatsApp group s are spaces where children and young people are invited to join a chat that contains content such as sexual images, material promoting self-harm, sexual violence, racism and other inappropriate content.

The chats may be created by adults seeking to connect with younger users or by young people themselves as a seemingly fun activity. However, it is difficult to control who becomes a member of these groups, in some case, the group owners ask for children to add their contacts to the groups, 'except their parents'.

As WhatsApp has lowered its minimum age from 16 to 13 this year, the risk of young users encountering inappropriate content and adults may increase. Reports indicate that these groups have targeted children as young as 9.

More advice can be found here: https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsapp-group/?utm medium=email& hsenc=p2ANqtz--

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Adolescence Show

In light of Netflix's newest popular show - Adolescence. <u>CR2 Security</u> would like to take this opportunity to help raise awareness surrounding the online security and safety of your child/teenager.

Online, young people are communicating in ways that most adults completely misunderstand. What looks innocent could potentially have a very different meaning.

Here are some of the 'codes' which may be being used by your child:

- Red Pill "I see the truth." Used in toxic male spaces to mean waking up to supposed hidden 'truths' about women and society, often linked to misogynistic ideologies.
- Blue Pill Represents those who are "blind to the truth" or still believe in mainstream views about relationships and gender dynamics.
- Dynamite Emoji An "exploding red pill," meaning someone is a radicalised incel.
- 💸 Kidney Bean A symbol linked to incel culture, sometimes mocking women.
- 100 Emoji Tied to the "80/20 rule," the belief that 80% of women are only attracted to 20% of men.
- Black Hole Used to express depression, hopelessness, or being sucked into negative online spaces.
- 🏋 Tornado Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.
- Frog Emoji Associated with alt-right and extremist meme culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.
- ¥ Eagle A symbol of extreme nationalism, sometimes used in far-right online spaces.
- ⊕ Skull While often just slang for "that's funny" or "I'm dead (from laughing)," in certain groups, it can signal darker themes like nihilism or self-harm.
- ♥ ♥ ♥ ₩ Heart colours and what each one can represent.
- = Love
- 💙 = Lust
- = "Are you interested?"
- = Interested but not in sex
- 💚 = "You'll be okay"



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Adolescence Show

So what should parents do and some advice?

- Get Curious, Not Combative Ask open-ended questions: "I saw something about emojis meaning different things. Have you heard of this?" Keep the conversation light.
- 2 Create a Judgment-Free Zone If your child feels like they'll be punished for opening up, they won't. Make it clear you're there to listen, not just lecture.
- Decode Together Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don't assume—ask.
- Teach Critical Thinking Help them question online content. "Why do you think some groups push this idea? Who benefits?" Arm them with questions, not just rules.
- 5 Monitor Without Spying Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
- 6 Be Real About Manipulation Explain how toxic online groups groom young people by making them feel special, included, or like they have 'insider knowledge.'
- Build Their Offline Confidence The more they feel valued and confident in the real world, the less they'll seek validation in dangerous online spaces.

The digital world is evolving faster than most adults can keep up. But we don't have to be in the dark!







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Male Eating Disorders

When we think of eating disorders, we tend to think of these only happening to women and girls. The learning discussion looks into the unique body image pressures experienced by men and boys, aiming to provide a comprehensive understanding of the increase of eating disorders and related symptoms in men and boys. It helps identify important warning signs, along with offering practical recommendations for addressing concerns about a potential eating disorder in boys and men.

This session encourages participants to gain insights into the complex issues of eating disorders in this often overlooked population.

For more information click on: Can boys and men have eating disorders?

https://acamhlearn.org/Learning/

Can_boys_and_men_have_eating_disorders_Delving_into_prevalence_and_warning_signs/9629e4fb-6da6-4f14-88e6-d5b591f844b3

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/





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Child Exploitation

Parent webinars – county lines and criminal exploitation

Join interactive webinars where parents and carers can learn from panels of experts what criminal exploitation is, how to spot signs it may be happening their child and how to seek help.

The interactive webinar will also gives the audience the opportunity to ask questions, share concerns and connect with others.

- Learn what county lines is
- Understand what is happening in your local area
- Understand the signs that your child might be at risk
- Learn how offenders groom and exploit children

The webinars are hosted live over zoom, once you have registered we will send you the log in details for joining.

Domestic Abuse



Disagreements in relationships are normal but when they become frequent and begin to form a pattern, it might be a sign that something is wrong, and possibly abusive – a word that is hard for many people to think about or even say out loud.

If you need to talk to someone...

If you want to access support over the phone, you can call:

National Domestic Abuse Helpline – 0808 2000 247 – www.nationaldahelpline.org.uk/ (run by Refuge)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327 (run by Respect)

The Mix, free information and support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428 (run by Galop)

Samaritans (24/7 service) – 116 123

Rights of Women advice lines, there are a range of services available

https://www.womensaid.org.uk/information-support/



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PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025



moneysavingcentral.co.uk/kids-eat-free

BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

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

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

DDFT

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

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

LAS IGUANAS

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

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL



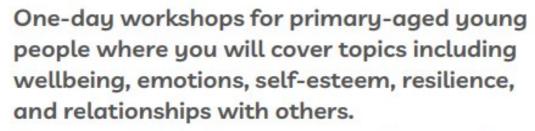
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Wellbeing matters

for primary school aged children



Spaces are limited, secure your place now!

For more information, to find your nearest session or to book a place, scan the QR code.

If you need help completing the form or registering your interest please contact us by:

- Email: familyhubgroups@buckinghamshire.gov.uk
- Phone: 01296 383293







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Nurture Programme

Parenting group

The Nurture Programme is a parenting group that aims to empower parents to:

- build positive relationships
- encourage co-operative behaviour
- develop resilience, empathy, and self-esteem in themselves and their children



Groups are available across Buckinghamshire's Family Centres, we offer a 2-day, 3-day or 5-week program. Please scan for dates available in your local area.

Places must be booked prior to the course starting.

To register for the programme please email, phone or scan the QR code.









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Proud to be part of

Faċ'nily Hub Network

Buckinghamshire



Primary Play Space

A free session for primary-aged children and their parents/carers. There will be a variety of crafts, games and activities for you to explore as a family. Snacks and drinks provided.



Berryfields
Family Centre
Tuesdays
3:15 to 4:45pm



Elmhurst Family Centre **Thursdays** 3:15 to 4:45pm





No booking required



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Bucks Mental Health Support Team



COME AND SHARE YOUR EXPERIENCE WITH US

JOIN US FOR OUR COFFEE MORNING



- I Want Great Care is our survey which allows you to tell us about your experience with us
- Your views can help to shape the service
- Your chance to discuss your personal experience on the day



No booking required - turn up on the day

Young people, parents and carers welcome









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'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME



'How much is too much screen time for children?'

'Studies have shown a clear
link between excessive screen
time and issues such as
delayed speech and language
development, communication
difficulties, reduced
concentration spans, poor sleep
and mental health problems.'







Accepted by NHS England Mental Health Leads



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Birth 5 years

'Studies have shown that too much screen time can cause babies and toddlers to learn fewer words and have slower language development. Excessive use of screens is also being strongly linked to behavioural difficulties in very young children.'







RECOMMENDATIONS:

NO screen time between birth - 24 months except for video chatting with family and friends.

30 MINS screen time. Children aged 2 - 5 years old should not be on screens for more than 30 min per day.

BIGGER screens. If your child is ready to play a short game then try to use a larger screen like a tablet or computer screen. These cause less visual strain than a phone.



Watching lots of short videos is being linked to concentration difficulties in children.

Bigger is better







AVOID using a device to settle your child down. Evidence shows this makes their anger and frustration worse in later life. Instead try a book, a game outdoors, or just a cuddle.

SLEEP HYGIENE, Under 5's should not use a screen for at least 2 HOURS BEFORE BEDTIME. to aid their natural sleep pattern.

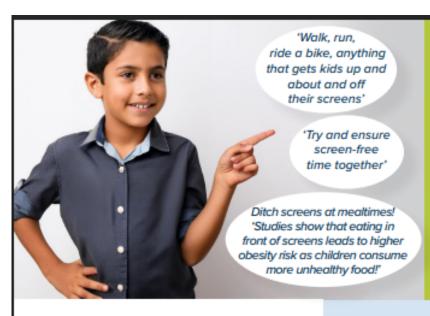


should not be in any child's bedroom overnight.



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6 to 10 years

Studies show there is a clear link between excessive screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'



No screens



M T W T F S S

not more than
1-2hrs/day

up to
2hrs/
day

Screen-free time together



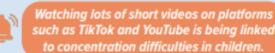
Reports suggest adults touch their phones over 2000 times a day.



*Sleep Hygiene. No screens 1 hour before bedtime

RECOMMENDATIONS:

- It is recommended that social media/screens are not used for the first hour of the day.
- 1-2 HRS PER DAY is the suggested screen time in the week and not more than 2 hours on weekends.
- STAY ACTIVE Encourage physical activity for 1-2 hours a day.



SCREEN-FREE time together
Children will often mimic
behaviours of the adults around
them. Consider your own social
media usage/ phone checking
behaviour.

It is recommended that screens should not be used 1 HOUR before bedtime. Phones, tablets and computers should not be in a bedroom overnight.



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11 to 17 years

'Studies show there is a clear link between excessive social media and screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'



No screens



Stay active. More green time, less screen time





Screen-free time together

RECOMMENDATIONS:

- WAKING UP WITHOUT screens
 It is recommended that social
 media/screens are not used for
 the first hour of the day.
- SCREEN TIME As a general rule, it is suggested that screen time should not exceed 1-2 hours per day in the week and not more than 3 hours on weekends.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

- STAY ACTIVE Encourage physical activity for at least an hour per day.
- SCREEN-FREE time together
 Children will often mimic
 behaviours of the adults around
 them. Consider your own social
 media usage.
- Phones, tablets and computers should not be in a bedroom overnight.

Be careful of violent or frightening content especially before bed.



No screens at least 1 hour before bedtime



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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 online.

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 safe-guarding knowledge. It should take you around 10 minutes to complete.

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