



SAFEGUARDING & WELLBEING NEWSLETTER

Issue 01

Autumn Term

2024

SAFEGUARDING TEAM



The Designated safeguarding Lead

Name: Mr C Abraham
His job role is: Deputy Headteacher
His office is: New build ground floor
His telephone number is: 01302 831582
His e-mail address is: colin.abraham@consilium-at.com



Headteacher

Name: Mr D Bisley
His job role is: Headteacher
His office is: Main building first floor
His telephone number is: 01302 831582
His e-mail address: david.bisley@consilium-at.com



The Deputy Designated Safeguarding Lead

Name: Mrs A Moulton
Her job role is: Director of Pastoral Care
Her office is: New build ground floor
Her telephone number is: 01302 831582
Her e-mail address is: amy.moulton@consilium-at.com



Safeguarding Lead

Name: Miss S Duffy
Her job role is: Student Welfare Manager
Her office is: New build ground floor
Her telephone number is 01302 831582
Her e-mail address is: sian.duffy@consilium-at.com



Mr M Bubb



Miss S Dainty



Mrs L Dawson-Utley



Mr A Walshaw



Mrs J Owen



Contents

- 1- Safeguarding Team
- 2- Contents
- 3- School systems- Class charts/ CPOMs
- 4- Bullying
- 5- Safeguarding staff and visitors
- 6- Keeping children safe
- 7- Safeguarding your child
- 8- Safeguarding your child
- 9- Rail Safety
- 10- Water safety
- 11/12- Ice safety
- 13/14/15- Talking to your child about extremism
- 16- Vaping
- 17- Anxiety
- 18/19- Eating disorders
- 20- Support in the community
- 21- Pupil premium/free school meals
- 22- Armthorpe Poors Estate Charity
- 23/24- Family support- Your place
- 25- East Family HUB
- 26- Concerns in the community- Listen up, speak up
- 27/28- Support for parents of 0-5s
- 29- Sleep tight workshop
- 30- Being a parent of a child with autism
- 31-42- Internet safety- Tik Tok, WhatsApp, snapchat, Instagram, trolling and online abuse, OMETV, Facebook, YouTube, Discord, Online content, Sharing photos online
- 43/44- If your child is displaying harmful behavior's- Level Up Programme
- 45- Young people's mental health support- CAMHs
- 46- Support around physical, emotional, sexual or mental health- Zone 5-19
- 47- School Nursing Drop-ins at Armthorpe Academy- available to all students
- 48- Moving on together- Is your family affected by drug/alcohol misuse

INFORMATION

At Armthorpe Academy we know how important Safeguarding is. Safeguarding is a vital aspect of any school setting, as it ensures the safety and wellbeing of all students, staff and visitors.

We foster a culture and practice of safeguarding. All staff have annual safeguarding training, and all school policies and practices are fully compliant with Keeping Children Safe in Education. We work with professionals to ensure students can thrive and be safe. We take action to enable all children have the best outcomes, as we want our students to have the best start to life.

We have a pastoral presence around school throughout the day. All on hand to support our young people when it is required. This includes several level 3 safeguarding leads.

CPOMS & CLASS CHARTS

We use an online platform called Child Protection Online Management System (CPOMS). CPOMS is used to record relevant information so that documentation and communication are carefully logged in order to ensure children are safe. Class Charts is an online platform used to record achievement and behaviour.

LANYARDS/BADGES

Staff/Visitors wear lanyards/badges so that they can be identified as having the correct checks and have permission to be on site.

- Blue Consilium lanyard/Photo Badge – Armthorpe Academy/Central team Staff
- Blue AA Lanyard/Green Badge – Visitors with DBS
- Red AA Lanyard/Red Badge - Visitors without a DBS



NEVER OK

Abuse
#NeverOk

Hate Crime
#NeverOk

Bullying and
Harassment
#NeverOk

As a school, we have a zero-tolerance attitude towards bullying, harassment and discrimination. We make it clear that it is never ok to portray this behaviour and encourage all students to report anything they see or hear to staff or one of our anti-bullying ambassadors.

Definition

Bullying is “behaviour by an individual or a group, repeated over time that intentionally hurts another individual either physically or emotionally”. (DfE “Preventing and Tackling Bullying”, July 2017).

Bullying can include name calling, taunting, mocking, making offensive comments; kicking; hitting; taking belongings; producing offensive graffiti; gossiping; excluding people from groups and spreading hurtful and untruthful rumours.

This includes the same unacceptable behaviours expressed online, sometimes called online or cyberbullying. This can include sending offensive, upsetting and inappropriate messages by phone, text, instant messenger, through gaming, websites, social media sites and apps, and sending offensive or degrading photos or videos.

Discrimination
#NeverOk

Sexual Misconduct
and Assault
#NeverOk

REPORT AND
SUPPORT



As parents, your main priority will be to make sure your children are healthy, happy, and safe.

This means more than just making sure they are physically safe but looking after their emotional and mental well-being too. They need to know how to keep themselves safe when they are out, and to ensure they know all about online safety, on social networks, and when using their mobile phones.

If you have any concerns about the safety and well-being of your children, please do not hesitate to contact us on 01302831582.

On our school website there are some links to several websites, videos, and documents that provide advice and support to help you keep your children safe.

You can also find lots of useful information in this newsletter around internet safety, and community support.

The UK Government has launched a new advice and support site to help keep children safe from sexual abuse. The site includes advice for parents and carers on spotting the signs of sexual abuse and speaking to your child about relationships and safety. It also signposts to sources of further support for children, adults and professionals including the NSPCC helpline and Childline.

Visit the website: [Stop abuse together](#)

SAFEGUARDING YOUR CHILD



Steps we can complete together to keep your child safe;

- Ensure they know that they can speak to all staff about how they feel and if there is anything worrying about them.
- Staff will inform a relevant member of staff who can help and assist your child.
- We will communicate with home. To ensure we can contact home, please make sure we have up to date details on our system of at least two contacts.
- You have access to your child's classcharts. We communicate regularly through this to ensure you gain accurate information for your child.
- Parents/carers can contact the school if they wish to meet with one of pastoral/safeguarding team.

The Kooth logo features the word 'kooth' in a bold, lowercase, sans-serif font. The letter 'o' is replaced by a stylized speech bubble containing a simple face with two dots for eyes and a curved line for a mouth.

Kooth is an online **mental wellbeing** community for young people

For ages: **11-18**

Sign up for free at [Kooth.com](https://www.kooth.com)

SAFEGUARDING YOUR CHILD



My Child is Gaming with Strangers - What should I do?

Are you concerned about a child/young person who is gaming? If you know a child/young person who is gaming, you should read the UK Safer Internet guide on keeping children safe when gaming. For further information please visit saferinternet.org.uk.

Young people may struggle with self-esteem, confidence, behaviour or resilience at different times. It's important that you check in with your child to see how they are. If you have concerns about any of these there is different support available.

- Self-care form time activities
- Kooth
- Wellbeing activities: being kind to yourself - British Red Cross
- A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.
- School nursing team
- Young minds
- Worth unlimited- We are lucky enough in school to have access to two mentors who come into school. They can do work one to one with individuals to support many areas including, self-esteem, resilience, behaviour or confidence. If this is something you would like to explore, please contact your child's student support officer.

Year 7- matthew.bubb@consilium-at.com

Year 8- shauna.dainty@consilium-at.com

Year 9- linzi.dawsonutley@consilium-at.com

Year 10- andy.walshaw@consilium-at.com

Year 11- julie.owen@consilium-at.com



SAFEGUARDING YOUR CHILD

Rail Safety

British Transport Police (BTP) are urging parents and carers to continuously speak to their children and loved ones about the dangers posed by the railway and the importance of staying off the track. Each year, hundreds of people taking risks on and around the railway, resulting in tragic consequences and life-changing injuries.

BTP and Network Rail run a hard-hitting safety campaign – You Vs Train, which highlights the devastating consequences of trespassing on the railway. Important messages for parents and carers to share with children:

- The rail network is never switched off. Electricity powers the overhead cables 24 hours a day, 7 days a week.
- The rail network does not go to sleep once the last passenger services have run. Freight trains run all through the night.
- Never anticipate that you know when the next train is due. Timetables are subject to change and only show passenger services – freight trains can run at any time of the day or night and can travel up to 100mph.

What is trespassing?

If you step on the railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. ***It is dangerous and illegal.***

Trespassing includes:



Picking up lost property from the tracks



Crossing the tracks at any point other than at a level crossing



Stepping off a level crossing onto an area where you shouldn't be



Taking a walk down the side of the railway track

SAFEGUARDING YOUR CHILD

WATER SAFETY RULES



Buddy up!
Make sure you never swim alone.



Swim in safe areas and always know where the lifeguard is.



Know your limits.
Don't swim farther than or hold your breath longer than you are able to.



Jump in feet first.

Don't enter cold water.



Wear a life jacket if you can't swim or while on a boat.



Don't swim during storms.



Learn how to swim.

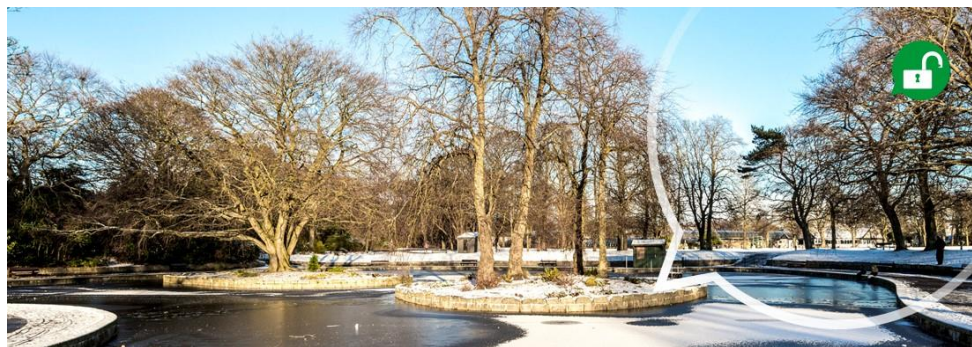


To assist someone in trouble, reach them with a pole or throw a floatable ball.



Last, but not least...
FOLLOW THE RULES!

SAFEGUARDING YOUR CHILD



Ice safety advice for winter walkers

1. Plan your route: If you intend to explore areas near waterways in winter, always plan your route in advance. Familiarity with your surroundings can be a lifesaver.

2. Observe signs and warnings: Pay close attention to signs and warnings placed near water bodies. These signs are there for a reason, indicating non-obvious hazards that you should be aware of.

3. Stay off the ice: Under no circumstances should you venture onto the ice or frozen waters. The temptation may be strong, but the risk is even stronger.

4. Beware of the edge: Keep a safe distance from the edge of frozen water. Snow and leaves can obscure the boundary, making it treacherous.

5. Supervise children: When around ice and waterways, keep a watchful eye on children at all times. Their curiosity can lead them into dangerous situations.

6. Control your pets: If you have a dog with you, keep it on a lead when near ice and frozen waters. Avoid throwing sticks or balls onto the ice, as this can encourage your pet to venture onto unstable surfaces.

SAFEGUARDING YOUR CHILD



water safety
Scotland

STAYING SAFE IN WINTER - ICE SAFETY



NEVER GO ONTO THE ICE.

There is no way of knowing whether it will take your weight/how thick the ice is/how cold, deep and fast the water beneath is.

KEEP A SAFE DISTANCE FROM THE EDGE.

Fallen leaves and snow could obscure the water's boundary and cause slippery surfaces.



CHECK FOR SAFETY SIGNAGE.

It is there to warn you of hazards you may not be aware of.

ALWAYS SUPERVISE CHILDREN.



KEEP DOGS ON LEADS AND DON'T THROW BALLS/STICKS FOR THEM NEAR ICE. Never go on to the ice to rescue a dog.

IN AN EMERGENCY, CALL 999 AND GIVE CALM AND ACCURATE INFORMATION ABOUT THE SITUATION AND LOCATION.

Never go on to the ice to help.



SAFEGUARD YOUR CHILD

educate.against.
~~hate~~

Parents. Protecting your children from ~~extremism.~~

1. How do I talk to my child about extremism?

It's never easy to start a serious conversation with a child. Choose a place your child feels at ease and make it a time when you're unlikely to be interrupted. A good time to raise the subject is when it's relevant, perhaps when you both see something on TV about extremism.

- Make the conversation relevant
- Ask their opinion
- Find out how much they know about the subject
- Take care to listen
- Ask them questions that don't result in a yes or no answer
- Let them talk without interrupting
- Encourage them to ask questions
- Talk about your own views on extremism

2. How can I keep my child safe from extremism online?

Talk to your child about online safety, explain the dangers and make sure their social media accounts are secure. Install parental controls so you can monitor what they access.

The NSPCC has produced the following suggestions to help keep your child safe.

- Speak with your child about what they do online
- Ask them to show you some of their favourite sites
- Show an interest in their online friends
- Ask them how they decide who to be friends with
- Try to get them to friend you online as well
- Agree the amount of time they spend online and the sites they visit
- Think about installing parental controls on their devices
- Raise the issue of inappropriate content and if they've seen any
- Make sure they know how to report abuse online

3. What are the online warning signs of radicalisation?

There is no single route to radicalisation. It can happen over a long period of time or is triggered by a specific incident or news item. The behaviours listed here are intended as a guide to help you identify possible radicalisation.

Online behaviour

- Accessing extremist online content
- Sympathetic to extremist ideologies and groups
- Joining or trying to join an extremist organisation
- Changing online identity

4. What are the behavioural signs of radicalisation?

It can be hard to differentiate between normal teenage behaviour and attitudes that indicate your child may have been exposed to radicalising influences. You know your child better than anyone, so trust your instincts if something feels wrong.

5. What should I do if I think my child is being radicalised?

If you are worried your child is being radicalised you have a number of options. Talking to your child is a good way to gauge if your instincts are correct. If you prefer to share your concerns with someone else first, there are a number of people and organisations you can turn to for advice.

Outward appearance

- Not listening to other points of view
- Abusive towards people who are different
- Embracing conspiracy theories
- Feeling persecuted
- Changing friends and appearance
- Converting to a new religion
- Being secretive of movements
- Increasingly argumentative
- Distancing themselves from old friends
- No longer doing things they used to enjoy

- Speak to your child's teachers, a friend or a family member. Have they noticed anything out of the ordinary?
- The safeguarding lead at your child's school can advise you on the best approach
- Your local police or council can provide advice on how to protect your child. Speaking to the police will not get your child into trouble if no crime has been committed

If you think someone is in immediate danger, or if you see or hear something that may be terrorist-related:

- call **999**
- or the confidential **Anti-Terrorism Hotline** on **0800 789 321**

6. What can I do to protect my child from extremist influences?

It's important to talk to your child about extremism and radicalisation. Giving your child the facts will help them challenge extremist arguments.

Being honest with your child and talking to them on a regular basis about extremism and radicalisation is the best way to help keep them safe. Remember your child's safety extends to their online activity too.

7. Is my child vulnerable to radicalisation?

The process of radicalisation is different for each child but there are some factors which can lead to young people becoming radicalised. Personal vulnerabilities or local factors can make a young person more susceptible to extremist messages.

Extremist groups also use the internet and social media to spread their ideology. Teach your children to understand just because something appears on a website doesn't mean it's factually correct.

- Talk to your child about staying safe online
- Keep an eye on the sites your child is visiting
- Use parental controls on browsers, games and social media to filter or monitor what your child can see

Vulnerabilities may include:

- sense of not belonging
- behavioural problems
- issues at home
- lack of self-esteem
- criminal activity
- being involved with gangs

Children don't need to meet people face-to-face to fall for their extremist beliefs. The internet is increasingly being used by extremist groups to radicalise young people.

8. What is Channel?

Channel is a multi-agency, voluntary programme which safeguards people identified as being vulnerable to radicalisation. A referral can come from anyone who is concerned about a person they think is at risk. It is not a criminal sanction and will not affect a person's criminal record.

Many types of support are available as part of the Channel programme, addressing educational, vocational, mental health and other vulnerabilities.

www.gov.uk/government/case-studies/the-channel-programme

Important contacts

Department for Education counter-extremism helpline:
020 7340 7264

 @EducateAgainst

Anti-Terrorism Hotline:
0800 789 321

Childline:
0800 1111

More information and support organisations can be found at www.educateagainsthate.com

SAFEGUARD YOUR CHILD

VAPING AND E-CIGARETTES

THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

DON'T BE DUPED!

DON'T SMOKE? DON'T START TO VAPE.

SAFEGUARD YOUR CHILD

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



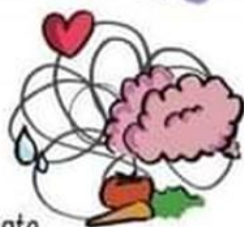
2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



REGULATE EMOTIONS - REDUCE ANXIETIES
Improve Moods & Attitudes Naturally, For Brain Health Take SNAP Every Day
Learn more and get it now >>> www.snapalways.com

💡 Your #1 choice for brain health supplements

SAFEGUARD YOUR CHILD

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



SAFEGUARD YOUR CHILD

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

Help for adults

Helpline: 0808 801 0677

Email: help@beat.eatingdisorders.org.uk

Help for young people

Youthline: 0808 801 0711

Email: fyp@beat.eatingdisorders.org.uk

Help for students



Helpline: 0808 801 0811

Email: studentline@beat.eatingdisorders.org.uk

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, online support groups and one to one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

 [@BeatEDSupport](https://twitter.com/BeatEDSupport)  [BeatEDSupport](https://www.facebook.com/BeatEDSupport)

General enquiries

Unit 1, Chalk Hill House, 19 Rosary Road, Norwich NR1 1SZ

0300 123 3355 | beateatingdisorders.org.uk

info@beateatingdisorders.org.uk

 [@beatED](https://twitter.com/beatED)  [beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

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SUPPORT IN THE COMMUNITY



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING CHRISTMAS 2024



moneysavingcentral.co.uk/kids-eat-free

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

SAINSBURYS CAFES

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

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

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

PRETO

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

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE

One child (under 10) eats free every day Monday 23rd December 2024 to Friday 3rd January 2025.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas. Niños get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased.

BELLA ITALIA

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

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

SUPPORT IN THE COMMUNITY

Pupil premium

At Armthorpe Academy, we strive to ensure all students are given every opportunity to succeed and achieve their full potential. If your child is eligible for 'Free School Meals' and you register them for this, we will receive extra funding called 'Pupil Premium'. This additional funding is used to improve educational provisions and resources at the academy.

Free school meals

Your child will be eligible for free school meals if you are receiving one of the following benefits or support:

- Universal Credit - Your annual net earned income must be no more than £7,400, as assessed by earnings from up to 3 of your most recent assessment periods.
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit but not Working Tax Credit and your annual income is below £16,190 (as worked out by HM Revenue & Customs)
- Guarantee element of State Pension Credit
- support under part VI of the Immigration and Asylum Act 1999
- parents receiving Working Tax Credit for four weeks after their employment finishes are entitled to free school meals during that period. This also applies to parents who start working less than 16 hours per week

Check if you are entitled to free school meals. We encourage all parents to apply irrespective of their income.

<https://www.doncaster.gov.uk/doitonline/free-school-meals>

SUPPORT IN THE COMMUNITY

Armthorpe Poors Estate Charity

If you live in Armthorpe and you or someone you know has been affected financially or are you in a situation where you need some additional support, then APEC (Armthorpe Poors Estate Charity) may be able to help you

Contact below to discuss your need

6 THE LINGS
ARMTHORPE
DONCASTER
DN3 3RH

Phone: 07725636432

[Email: apeccharity@gmail.com](mailto:apeccharity@gmail.com)

SUPPORT IN THE COMMUNITY



**Your
Place**



Scan the QR code to find
your local Your Place hub.

The teams are on hand to chat with you about anything that
is concerning you or that you feel you need support with

Your Place North:
01302 736787

Norton, Askern, Adwick,
Carcroft, Bentley, Roman
Ridge and Sprotbrough

Your Place Central:
01302 736409

Wheatley, Intake,
Balby, Hexthorpe,
City Centre
Bessacarr, Cantley

Your Place East:
01302 736336

Armthorpe, Edenthorpe,
Kirk Sandall, Hatfield,
Dunscroft, Stainforth,
Barnby Dun, Thorne,
Moorends.

Your Place South:
01302 736644

Conisbrough, Denaby,
Mexborough, Edlington,
Rossington and
surrounding villages



Email:

YourPlaceYourFamilyTeam@doncaster.gov.uk



Your Place is here to support you with any issues you and your family are facing.

Here are a few of the things that you can chat to the team about:



- Benefits
- Family support
- Local groups and activities
- Childcare
- Anti-social behaviour
- Housing support
- Employment
- Debt and financial concerns
- Education support for your child as well as information for adults wanting to access adult learning courses and much much more ...



YourPlaceYourFamilyTeam@doncaster.gov.uk

Scan the QR code to find your local Your Place hub.

SUPPORT IN THE COMMUNITY



What do East Family Hubs offer?

Within our Family Hubs, you'll find:

- **Fun and engaging activities and groups** for families with children
- **Regular events and peer group support networks** for parents, guardians and caregivers
- **Access to key antenatal and postnatal appointments** with Midwifery and Health Visiting services
- **Access to early years facilities and spaces** including sensory rooms and outdoor learning spaces
- **Support and guidance around infant feeding** including breastfeeding-friendly spaces, loaning of pumps and feeding peer support groups
- **Wider support for family issues** through our partner services including housing and financial support, welfare and parent relationship support and much more

Find us at: Mere Lane, Armthorpe, DN3 2DG

Call us on: 01302 736760

Follow us on Facebook at: [Armthorpe Family Hub](https://www.facebook.com/ArmthorpeFamilyHub)

Email us at: EastLocalityFamilyHubs@doncaster.gov.uk

We're open: Monday - Thursday 9am-5pm, Friday 9am-4pm, Saturday-Sunday CLOSED

SUPPORT IN THE COMMUNITY



Support for Parents of 0 to 5's



Being a parent can be the most rewarding job in the world and also the toughest. But you're not on your own.

If you have children aged between 0 and 5 years old, our new **Family Peer Partnership** is here to help with the daily challenges and make your parenting journey a little easier.


We offer a friendly face and a listening ear in person and over the phone. Whether you're a new mum or dad, or mum-to-be feeling nervous and overwhelmed. Whether your hands are full with more than one child and you struggle to get out of the house.

We're here to support you through the ups and downs of family life

Find out more, call **Lesley** on **07971 253308**
or email **LesleyB@familylives.org.uk**

We build better family lives together

www.familylives.org.uk

 @familylives

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD

Scan this
code for
the
referral
form



SUPPORT IN THE COMMUNITY



A helping hand for parents in Doncaster

Being a parent can be the most rewarding job in the world and also the toughest. But you're not on your own.

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We offer a friendly face and a listening ear in person and over the phone. Whether you're a new mum or dad, or a mum-to-be feeling nervous and overwhelmed. Whether your hands are full with more than one child and you struggle to get out of the house.

We're here to support you through the ups and downs of family life.

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SUPPORT IN THE COMMUNITY

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SUPPORT IN THE COMMUNITY

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The Doncaster Online Safety Campaign is working to support professionals, parents and carers help keep children safe in their online world, to help them feel confident in talking about online safety with the children they know and work with, so that they in turn know that they can always talk to someone about anything that is worrying them.

To meet that aim, the campaign has organised a series of free workshops to help support parents, carers and relevant professionals.

The first dates in this series have been announced, the following will be virtual sessions via Teams:

- Tuesday 10th September at 6pm
- Wednesday 18th September at 4pm
- Wednesday 2nd October at 12pm
 - Tuesday 8th October at 6pm
 - Monday 21st October at 4pm
- Wednesday 30th October at 12pm

To register your interest in one of these dates,

What Parents & Carers Need to Know about

WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday

What parents need to know about INSTAGRAM

AGE RESTRICTION
13+
Anyone over the age of 13 can create an account

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist, Nir Eyal, calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If a person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

HIJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents & Carers

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request or 'block' this person. This is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!

Meet our expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



NEW FOR 2020 INSTAGRAM REELS

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the app's answer to TikTok and can be accessed via the Stories feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.



Part of our Online Bullying Series



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What you need to know about... **TROLLING & ONLINE ABUSE**



What is it?

'Trolling & Online Abuse'

Trolling is a form of cyberaggression. It involves the sending of malicious, abusive or derogatory messages by one user (a 'troll') to another user online with the intention of upsetting or harassing them or damaging their reputation. It is often anonymous and does not meet the definition of bullying yet might develop into online bullying. Trolls will often goad others until they react. They enjoy putting people down and causing discord, starting arguments or being inflammatory – stirring things up for their own entertainment. Trolling may take the form of a one-off offensive comment, hate speech or even threats made online.

Know the Risks

May cause distress

Children can be particularly vulnerable to online trolling and online abuse. Receiving offensive comments for no reason can cause young people distress and increase feelings of anxiety and worry.

Impact on wellbeing

Trolling which is targeted and persistent can have a huge impact on children's mental health and wellbeing. It can lead to low self-esteem and create feelings of worthlessness and dissatisfaction, potentially affecting how children see and feel about themselves.

Could damage reputation

Online trolling can be humiliating for the victim and can negatively impact on how they are perceived online or on social media. Trolls might goad children into reacting or saying something they might regret and then sharing those comments widely to purposely paint them in a negative light.

May affect home and school life

Children who constantly receive hateful and spiteful messages online can become isolated and withdraw from daily life. They may become depressed, angry or unable to sleep at night. Their school performance may suffer and it may impact on their behaviour at home.

Safety Tips

Have open dialogue

It is vital to have conversations with young people about the hate speech, anger and prejudice that are all around them and explore what resilience they may have. Keep the dialogue always open so that young people have trusted adults to turn to.

Discuss online behaviour

Discuss what is acceptable behaviour online and what is inappropriate, unacceptable or against the law. Warn against reacting even more aggressively towards online trolls, reminding them that their digital footprint will outlast the current problem.

Implement privacy settings

Make sure that children are only using age-appropriate apps. Make their profiles private so that only friends and family can interact with them online and turn off comments if you're concerned about what other people might say.

Teach critical thinking

Help young people to spot trolls or when people are 'stirring it' on social media. Talk to them about people who might dare them to do risky things or encourage them to post negative comments online so that they recognise them and don't become an online troll themselves.

Further Support

Report to platform

Understand the tools available on the platform where trolling is taking place and whether or not it is moderated. Check out the community guidelines to see if the behaviour contravenes them and then if so, report it, block, unfriend or unfollow the sender where possible.

Collect evidence

Always try to screenshot or take a photo of the negative posts or comments made online. Report the incident to your child's school, police or local authority who will be able to investigate further.

Seek professional advice

If your child has experienced negative effects on their mental health and wellbeing due to trolling online, ask for additional support from your school's local safeguarding officer or seek professional help from charities who will be able to offer further advice and guidance.

Seek support from friends

Friends can be supportive to one another and can be encouraged to flock to post positive messages when someone is targeted. Ask your child's friends for support – like-minded people can act together positively and they may help to build their confidence and self-esteem.

Our Expert Adrienne Katz



Adrienne Katz is an award-winning cyberbullying expert with extensive experience of working with schools and education providers to deliver training in online safety. She is the founder and leader of the annual national Cybersurvey, providing one of the richest databases of young people's views on digital life in the UK and has previously worked on government level projects funded by the Home Office and The Princess Diana Memorial Fund.



What Parents & Carers Need to Know about

OMETV

OmeTV is another app which encourages users to 'make friends from all around the world'. People can search profiles by age and gender and send direct messages or photos. However, the app is primarily used for video calls. When using this feature, users are connected at random, although only their country of origin is shared. People can then either choose to move on to the next chat or can stay in that call for as long as they wish.

WHAT ARE THE RISKS?

STRANGER DANGER

While young people generally know not to share personal information with strangers, the safety of their home and the distance offered by technology can make them feel more relaxed and uninhibited. Combined with the fact that OmeTV provides a webcam function – and anonymity – it can be an easy way for groomers to gather information, ask to connect on other social media platforms, or potentially request intimate images.

EXPLICIT CONTENT

Unfortunately, there are a lot of users who use OmeTV's webcam feature to expose themselves. While users can swipe to the next call quickly, it's not something that can be filtered out completely – so young people could easily be exposed to highly inappropriate images.

REPORTING DIFFICULTIES

When video calling, the other person's username is often hidden and therefore they can't be blocked or reported. There is a 'Report Abuse' tab at the bottom of the video, but the speed with which calls can swipe past can make it difficult to use this system. There's also little evidence to suggest that offenders are dealt with appropriately (through warnings or account termination, for example).

AGE VERIFICATION

17+

Although the site states that users must be 18 or over, there's no way to verify this, and it's easy to use an existing Facebook account to log in, or for users to set up a fake account. To access OmeTV, users simply need to press a button confirming they're an adult, which means it's likely many users will claim to be much older than they are.

VIDEO RECORDING

When young people are chatting live on a webcam, they could be coaxed by others into doing things they don't feel comfortable doing, or persuaded that no harm can come from it. What they don't know is whether the other user is recording them. These videos could then be used to embarrass or blackmail them, or they could be kept by a potential online predator.

LIMITED PARENTAL CONTROLS

OmeTV has very limited parental controls. There is a 'safe mode', but this is of little practical use given that explicit content isn't filtered out. While the site lists several rules and regulations, there are few apparent ways to enforce them or restrict what users can see or do.

Advice for Parents & Carers

FOLLOW AGE GUIDELINES

OmeTV has an age recommendation of 18 and over, which suggests the developers are aware that it may facilitate adult content. It's important to adhere to the age guidelines and try to restrict access to the app for younger users. If you find it on an under-18's device, talk to them about the potential risks and explain why they probably shouldn't be using it.

DISCOURAGE CHATS WITH STRANGERS

Remind your child of the dangers of talking to strangers online. The anonymity OmeTV offers, plus its webcam function, makes it an attractive place for groomers to network and create inappropriate content. Explain that your child may see something which upsets them – and that it's a crime for anyone to expose themselves to a young person online.

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.



DISCUSS THE DANGERS

Maintain communication with your child about online safety and empower them to protect themselves. Simply deleting an app from their device impacts their independence and can cause resentment. Instead, highlight news reports of predators exposing themselves to children on the internet, and discuss what they should do if asked for explicit images.

ENABLE PARENTAL CONTROLS

Regardless of how responsible your child may be, it's essential to use parental controls on their device. It's easy for young people to get lured in by others, feeling they've built up a trusting friendship and being coaxed into doing things they wouldn't normally do. Ensure in-app purchases aren't enabled on their device, and emphasise that they can always talk to you about anything online that worries them.

Sources: https://www.nola.com/news/crime_police/man-exposes-himself-to-marrero-middle-school-students-in-online-chat-tv-station-reports/article_0f059e40-0819-5f57-acad-8f62cf129bb.html
<https://www.wrtv.com/news/local-news/crime/indy-man-sentenced-to-15-years-for-owning-two-phones-with-nearly-2-000-files-of-children-being-sexually-abused> | <https://ome.tv/rules/>



Facebook is an online social media platform that has over 2 billion users across the globe. It was initially for university students but soon expanded out and since 2006, anyone over the age of 13 is able to join the platform. It is available on all devices from your desktop and laptop computer to smartphones and tablets. Users can add photos and videos, update their status, interact with others and catch up with the latest news. Despite requiring users to be over 13, there are no age verification measures and children can easily create an account. It's therefore important that parents familiarise themselves with the main features of the platform to ensure their young ones remain safe if and when they use it.



What parents need to know about FACEBOOK



ADDICTIVE NATURE

Facebook can be hugely addictive as it offers a physiological high and a quick reward cycle which comes from the likes and comments on shared posts. Communication is so instant now that teenagers are always checking, and it can sometimes feel like self-worth. This keeps children going back, encouraging them to post things and also increases the Fear Of Missing Out (FOMO) that is commonplace today. On the flip side, because of the way teenagers interact these days through Facebook and Facebook Messenger, they can seem addicted even when they're not.

CYBERBULLYING

Around a quarter of children have experienced online abuse, according to Ofcom's 2019 'Online Nation' report. Figures show that 23% have been cyberbullied, 39% subjected to abusive language and a fifth have been trolled. On Facebook, teenagers can receive communication in a number of ways, from private messages in Messenger to public comments on profiles, pages and posts to pages or groups set up just to torment a victim. Exclusion from pages or groups to cause the victim to feel left out has also been seen.

FUTURE IMPACT

Regardless of age, anything that's posted on Facebook, or other social media platforms, develops a personal brand and leaves a digital footprint that is there forever. It can be difficult to explain the consequences but many universities (and employers) look at Facebook before making a decision on accepting people. It is therefore wise to always think twice before posting anything online you wouldn't want people to hear or see offline.

STRANGERS/FAKE PROFILES

Generally, people are who they say they are online. That said, much like the real world, Facebook isn't free of malicious users and children have received friend requests from people they don't know, including individuals who may look to take advantage of young and impressionable children.

OVERSHARING

Facebook encourages you to share "what's on your mind" but children need to be aware of what they're revealing about themselves online. Facebook allows users to share their location, create live videos and much more. Some photos can be traced using file data, too, so it's important to keep a tight grip and share only with people you know.

INAPPROPRIATE ADS

While Facebook is getting ever stricter on the content of ads and who they are targeted to, there is still the chance that children could be subject to ads during their experience on the platform. This could be innocuous but is worth bearing in mind when using the app.

LIVE STREAMING

Facebook Live provides users with the ability to stream video live-time to their friends and followers or watch other people's broadcasts live. During the video, people can react and comment and it's difficult to moderate the content given everything happens in real-time. This could mean your child is exposed to inappropriate material or worse still, could be cajoled into doing something online by others which they wouldn't normally do.

LIVE

42 people watching

PRIVATE MESSAGING

Facebook Messenger is closely linked to your Facebook profile and provides the ability to share private messages away from friends and family. It is therefore important that parents ask their children who they are communicating with and ensure that the only people they are exchanging messages with are people that they also know in real life.



Safety Tips For Parents

MAKE PROFILES PRIVATE

Within the settings of a Facebook account, you can choose whether a profile is public or private. Make sure that your child's setting is switched to private. This way they will only be able to interact with friends and people they know within the platform.

LEAD BY EXAMPLE

Show your children how and why you use Facebook. This will help to demonstrate that it can be used safely when used in an appropriate manner and help to reduce the risk of them encountering harmful content.

SHARE DEVICES

Depending on the age of your children, it's worth considering letting them use Facebook from a general family iPad or laptop. This allows them to use it without being constantly connected everywhere they go and may give you more reassurance around what they are doing on the app.

REPORT VIOLATIONS

On Facebook you're able to hide people or groups and report things that are harmful. Make sure you spend some time to show your children how this works and why it's important to do so before they start spending serious time on the platform.

RESPECT BOUNDARIES

As with anything, there are potential risks and dangers on Facebook but once you've talked about the ideas of safety on the platform, give children some space. Trust them to make smart choices but always be open to talking about social media.

CHECK-IN

Once they've had some time to use the platform, don't be afraid to check in and see if there's anything on Facebook they'd like to discuss. This isn't always easy but being open with your children is the best way to deal with any issues head on.

Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.



SOURCES: <http://facebook.com>, <https://www.independent.co.uk/life-style/social-media-addiction-young-children-under-five-youtube-instagram-4895411.html>, <https://www.independent.co.uk/life-style/health-and-families/your-family-using-social-media-children-online-abuse-facebook-research-ofcom-ico-4938394.html>, <https://thriveglobal.com/stories/how-social-media-affects-our-ability-to-communicate/>, <https://www.care.com/civ-ghp/stories/427575-dangers-of-social-media-to-stories-with-you/>

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this phenomenally popular platform has had a huge social impact influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as age-restricted (warning the user to be logged into an account with a verified age of 18). And children can still view some inappropriate content, which can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to connect with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with someone online, of course, can potentially lead to children being contacted by adult strangers, for example, which could even be uncomfortable or dangerous.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to being misled and the risk of seeing offensive, especially if 'click-bait' is activated. Even without an account, we often see popular videos from the 'top' of feeds, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and bullying from the comments section, along with the possibility of direct messages from strangers – videos posted globally can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is brimming with trends, challenges and memes that are fun to watch and join in with. Children often find these immediately entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through self-harm or eating. The 'prank' sub-genre has become a challenge, which can cause injuries very quickly, if just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have to generate profits as a way to stay afloat. In the comments section, scammers try to lure users into clicking on an enticing link. Scammers, unfortunately, will often be using their names and profile pictures, and sometimes offer cash gifts of 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.



Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an option in setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from choosing access to inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an overview of how your child is using their free YouTube one. Help you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with related services – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily receiving a paid-for item quickly leads to an unexpected bill!

Meet Our Expert

Ellie Hughes is a social media expert and presenter in the governmental news 2016, providing insight into what's coming, where and how to stay safe. She has worked in journalism, working with various news organisations, and writing for various publications.



National Online Safety
#WakeUpWednesday

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

What Parents & Carers Need to Know about SHARING PHOTOS ONLINE

School is often a time chock-full of milestones for your child, and you may well be eager to share their accomplishments with the world. In today's digital age, sharing images of such precious moments on social media is commonplace, and – while that's a lovely thing to do – it does come with some risks attached. Our guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of their children online.

WHAT ARE THE RISKS?

INVASIONS OF PRIVACY

Even with the right settings in place, absolutely nothing online is 100% private. Anyone who can view your photos could take screenshots and potentially share them elsewhere. Privacy settings are still important, though, so it's always wise to ensure your social media accounts have them set up; just bear in mind that you can't completely control what happens to anything once it's gone online.

REVEALING PERSONAL DETAILS

Small details in photos can often reveal personal information. Backgrounds can give clues to where you live, for example, while school logos on uniforms, sports kits, or bags could help someone identify which school your child attends. With interactive maps and reverse image searches commonplace online, information like this could easily be misused by an individual with malicious intentions.

MISUSE OF IMAGES

Once something's been shared online, it's almost impossible to get it deleted. Photos can show up in search engine results and be downloaded, manipulated, and shared without consent. There's the potential for someone's images to be used for advertising purposes (which in many cases, isn't illegal) or even more inappropriate reasons, such as cyber-bullying or serious forms of exploitation.

ONLINE GROOMING

Pictures that convey details about your child's interests, activities, or daily routines could arm an online predator with the kind of information they can deploy to gain a child's trust. They might use this knowledge to pretend to be the same age as the child or to have a shared hobby. Essentially, the more a predator knows about a young person, the easier it is for them to invent some 'common ground'.

PRESSURE TO PLEASE

When their parents or carers share notable moments and accomplishments in a child's life on social media, some children may begin to feel an expectation to always meet certain standards, to achieve things, or to behave in ways that are "worth sharing". Knowing that other people (even friends and family) can see these posts on social media might also add to the pressure they're feeling internally.

IMPACT ON DIGITAL FOOTPRINT

Every photo of a child posted online contributes to their digital footprint. Young people's lives have never been so closely and publicly documented as they are now, and this permanent online presence could affect a child's future opportunities or the choices they make as they grow up – in addition to influencing how they see themselves and, consequently, their emotional wellbeing.

Advice for Parents & Carers

REVIEW SETTINGS REGULARLY

Make sure your social media's secure in terms of who can view your content or see your location (only family and trusted friends, for example). Privacy settings aren't totally foolproof, but they *do* make it tougher for strangers to access your pics. Reviewing your settings regularly is also a good starting point for conversations with your child about managing their own social accounts when they're older.

CONSIDER OTHER CHILDREN

When taking a group photo, make sure you get parents' or carers' permission to share it on social media. There may be an important safeguarding reason for them not wanting their child's photo posted publicly online, or it might simply not tally with their personal beliefs or cultural background. A quick conversation in advance, just to make sure, is usually hugely appreciated.

CHECK YOUR PHOTOS

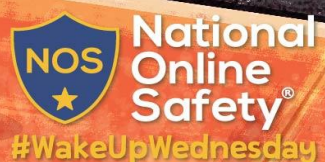
Photos of your child shouldn't provide any clues to where they live or go to school: even a house number, street name, or car number plate could be a giveaway. Cover up or blur out school logos, too. If you *really* want to share a particular pic, you could post a watermark or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

THINK AHEAD

Try to consider the longer-term implications of what you post. Would you be happy with that photo being online in 10 years' time? Would your child still be OK with the image when they're older? Once your child is mature enough, you could ask for their consent before posting; it respects their privacy, fosters trust and understanding, and helps them to start thinking about their own online life.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with more than 30 years' experience working with children, families, and adults in education, local authority, and mental health settings, both in the UK and internationally. She has developed online safety training for local authorities and foster care agencies across Britain and is the online safety expert for FosterWiki.



SUPPORTING ORGANISATIONS

CRANSTOUN

Empowering People, Empowering Change

**Everyone deserves a
life without abuse**

Level Up identifies and
supports children and
young people displaying
harmful behaviours



cranstoun.org



Level Up Programme

Programme Overview

Level Up provides 1-1 support for children & young people aged 11 - 15 that are displaying harmful behaviours in any relationship/domestic setting.

An attached family/victim support service is provided whilst the child or young person is undergoing the programme & for three months after the closure or completion.

Level Up is delivered to 11 – 15 year olds who have been identified as showing behaviours that cause harm in a domestic setting. This includes any behaviour deemed as aggressive, violent, abusive or controlling. The programme is for children and young people who are showing behaviours that may cause harm towards a parent, sibling or their intimate partner.

Level Up is delivered across 10 core sessions delivered 1-1 with the child or young person. They will also receive an initial assessment and review session.

The Level Up guide consists of 15 sessions for the practitioner and child or young person to choose from.

All referrals also offer additional family/victim support

Sessions include

- Safety planning & trigger.
- Thoughts and Feelings.
- Gender & Stereotypes.
- Communication and Active Listening.
- Consent & Respect.
- Self-Management Strategies.
- Consequences & The Law.



Cranstoun Level Up

T: 01143 211 377

E: leveluppsy@cranstoun.org.uk



SUPPORTING ORGANISATIONS

Doncaster
Children & Young People's

CAMHS
Mental Health Services

NHS

Rotherham Doncaster
and South Humber
NHS Foundation Trust

How are you?

Feeling low? Anxious? Stressed?

Do you need help or support in managing
your emotions?

**Child and Adolescent Mental
Health Service (CAMHS) can help**

**The CAMHS Locality team are offering
telephone support sessions;**

Every Tuesday and Thursday

between 10am-3pm

on 01302 796191

This service is open to all Doncaster Children and Families.
If you are under 14, we would need to speak with an adult too.

SUPPORTING ORGANISATIONS

Offers support around any health needs, including physical, emotional, mental and sexual health.



DROP IN
CLINIC IS
OPEN!

Tuesday: 11am - 4.30pm

Wednesday: 11am - 4.30pm

Thursday: 11am - 5.30pm

Friday: 11am - 4pm



CALL US

03000 213032



FIND US

Floor 3
The Flying Scotsman
St Sepulchre Gate
Doncaster
DN1 3AP



School Nursing Drop in Sessions at Armthorpe Academy.
Available to all students at lunch time. Offers support around any health needs, including physical, emotional, mental and sexual health.

The School Nurse Confidential Health and Wellbeing

Lunchtime Drop in Sessions



Come along and say hello!

We are here for support or advice for any worries and concerns you may have so come along for a chat.

Or contact us on:



Important dates to remember...

Tuesday 14 th January 2025	Tuesday 29 th April 2025
Tuesday 28 th January 2025	Tuesday 13 th May 2025
Tuesday 11 th February 2025	Tuesday 3 rd June 2025
Tuesday 4 th March 2025	Tuesday 17 th June 2025
Tuesday 18 th March 2025	Tuesday 1 st July 2025
Tuesday 15 th April 2025	Tuesday 15 th July 2025

SUPPORTING ORGANISATIONS



Rotherham Doncaster
and South Humber
NHS Foundation Trust

Family

M.O.T

Moving on together

- **Family M.O.T** is an **8 week group programme** to help families who are affected by parental/carer drug and alcohol misuse.

The programme offers the opportunity for families with children aged 8 and above, to explore their own thoughts and beliefs about drug and alcohol use, we look at how to communicate effectively as a family and how to make small but positive changes.

To take part in the **Family M.O.T** you can refer yourself or a professional that you are working with can by calling us on:

 **03000 218997**



Zone5-19.rdash.nhs.uk

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www.aspire.community