Armthorpe Academy
Enriching Lives, Inspiring Ambitions



SAFEGUARDING & WELLBEING NEWSLETTER

Summer Term 2025

SAFEGUARDING TEAM



The Designated Safeguarding Lead

Mr C Abraham
Job Role: Vice Principal
Office: New build ground floor
Telephone number: 01302 831582 ext. 1218
Email: colin.abraham@consilium-at.com



Principal

Mr D Bisley
Job Role: Principal
Office: New build first floor
Telephone number: 01302 831582 ext. 1205
Email: david.bisley@consilium-at.com



The Deputy Designated Safeguarding Lead

Mrs A Moulton
Job Role: Director of Pastoral Care
Office: New build ground floor
Telephone number: 01302 831582 ext. 1206
Email: amy.moulton@consilium-at.com



Safeguarding Lead

Miss S Duffy
Job Role: Student Welfare Manager
Office: New build ground floor
Telephone number: 01302 831582 ext. 1206
Email: sian.duffy@consilium-at.com



Mr M Bubb



Miss S Dainty



Mrs L Dawson-Utley



Mr A Walshaw



Mrs J Owen

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 outline 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. We will soon be introducing Arbour.

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







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NEVER OK







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.

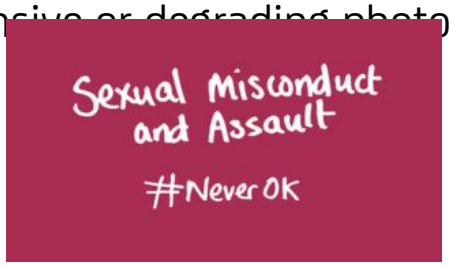
Definition

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.







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SAFEGUARDING STAFF AND VISITORS

In addition to protecting and supporting young people, it is vital as a school we protect staff and visitors. When you visit the school site between the hours of 7:30am and 4:00pm, we ask for all visitors to sign in at the main office. No visitors should enter the site without reporting here first. Visitors are inducted with the relevant safeguarding policies and procedures (these can also be found on the school website).





We want to ensure that our staff are safe from abuse. As a school we do not tolerate any aggression or abuse directed towards our staff. We work to ensure school and parents/carers have good relationships to support our children. There may be a situation where you need to talk to a member of staff. Please make an appointment as we cannot always accommodate meetings that are not pre-arranged.

me, you, us
safeguarding is everyone's responsibility

School Site

Safeguarding in schools is important to ensure that the school environment is safe and secure for all. This includes ensuring that emergency procedures are in place in case of an emergency. We have annual fire and lock down drills

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KEEPING CHILDREN SAFE



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



Adolescence on Netflix -New Safeguarding Info Released from Humberside Police

Netflix's Adolescence just pulled back the curtain on something every parent, educator, and mentor needs to know—the hidden language of emojis.
Online, young people are communicating in ways that most adults completely miss. What looks innocent could have a much darker meaning. Here are some of the codes being used:

🔴 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. (Involuntary celibate).

🫘 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/Black Pill – 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.

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SAFEGUARDING YOUR CHILD

Adolescence on Netflix -New Safeguarding Info Released from Humberside Police

❤️ 💜 💛 💗 🧡 Heart Colors – Not just about love!



❤️ = Love

💜 = Lust

💛 = "Are you interested?"

💗 = Interested but not in sex

🧡 = "You'll be okay"

So what should parents do?

1️⃣ 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.

2️⃣ 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.

3️⃣ Decode Together – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don't assume—ask.

4️⃣ 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.

5️⃣ 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.

6️⃣ Be Real About Manipulation – Explain how toxic online groups groom young people by making them feel special, included, or like they have 'insider knowledge.'

7️⃣ 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!

#DecodeTheCode #ProtectThem

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SAFEGUARDING YOUR CHILD

NSPCC Learning

YOUNGMiNDS
fighting for young people's mental health

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.



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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.

UK Safer Internet Centre

- Kooth
- Self-care form time activities
- 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

worth UNLIMITED

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 devasting 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.



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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.

STOP

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







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



Don't swim during storms.





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

water safety tips



Swim in lifeguard-supervised beaches and pools.



Put up barriers around the pool or hot tub.



Always swim with a buddy. Even experienced swimmers can tire or get muscle cramps.



Keep an eye out on children around water. Stay within reach.



Learn proper swimming and safety skills.



Wear a life jacket while boating.

live right now

LiveRightNow.ca

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SAFEGUARDING YOUR CHILD

SUN SAFETY

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.



Reapply every two hours or immediately after swimming or sweating.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

@BSFcharity

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SAFEGUARDING 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.

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

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.

- 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.

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**

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.

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

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SAFEGUARDING 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.

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SAFEGUARDING 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.

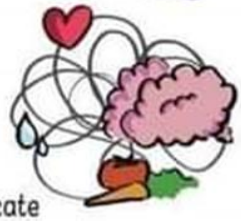


2. Difficulty Sleeping

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.

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.



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.



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.



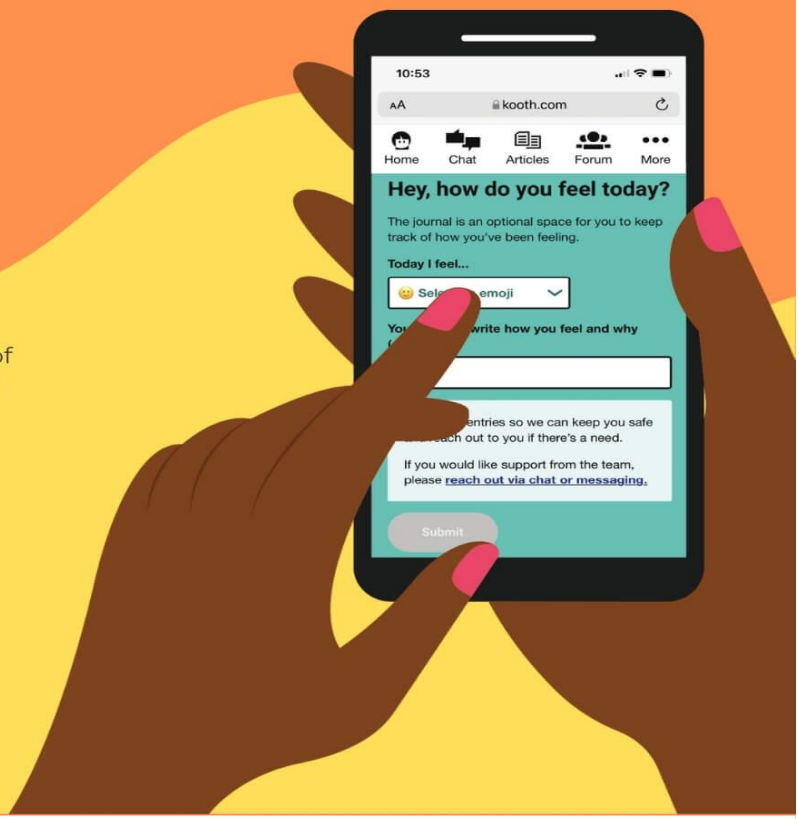
REGULATE EMOTIONS - REDUCE ANXIETIES
Improve Moods & Attitudes Naturally, For Brain Health Take SNAP Every Day
Learn more and get it now >>> www.snapalways.com
Your #1 choice for brain health supplements

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kooth

Free, safe and anonymous mental health support whenever you need it.



- Chat with our team of friendly practitioners
- Helpful articles
- Self-help tools and activities
- Support from the Kooth community

Visit **kooth.com** to find out more



SAFEGUARDING 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

Beat
Eating disorders

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







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 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 beat.eating.disorders

Beat
Eating disorders

A charity registered in England and Wales (801343) and Scotland (SC039309). Company limited by guarantee no. 2368495.

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Young minds- Support for parents

https://www.youngminds.org.uk/parent/parents-helpline/

Call our Parents Helpline for free on 0808 802 5544.

We're open Monday - Friday 9:30am - 4:00pm.



If you're worried about your child or young person's mental health or wellbeing, you can speak to us over the phone or chat to us online. Our Helpline advisers can provide information, advice and support to help you take the next step. Remember, it's okay to reach out for help. We all need a little extra support sometimes, and we hear from parents and carers just like you all the time.

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SAFEGUARDING YOUR CHILD



How to be safe on the road on a bike

Adopt a suitable riding position

1.Stay central on narrow roads. Try to ride away from the gutter. ...

2.Stay away from parked cars. Ideally, keep a door's width away in case the door opens suddenly. ...

3.Stay back from HGVs. Lorries and other large vehicles might not be able to see you clearly, so stay well back behind them.



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 that £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: apecharity@gmail.com

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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

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.

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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
Email us at: EastLocalityFamilyHubs@doncaster.gov.uk
We're open: Monday - Thursday 9am-5pm, Friday 9am-4pm, Saturday-Sunday CLOSED

Support in the Community

NSPCC

Listen up speak up

Learn how to help **keep children safe**

What is Listen up, Speak up?

Listen up Speak up is an NSPCC campaign aimed at empowering the public to know what to do if they're ever worried about a child or family.

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to take our free training.

When we all listen up and speak up for the people around us, we can make sure that children always come first.

Local workshops in your area

We're offering free, hour-long workshops to community groups, businesses and schools. We'll be delivering both face-to-face and virtual workshops across the UK in 2024.

Contact us

Please get in touch if you'd like us to run a workshop with your group or organisation.

Name: Gail Sayles
Email: yhandnecampaigns@nspcc.org.uk
Call: 0113 8871070

Why are we doing this?

Every day, thousands of people help the communities around them. This might mean that they're stepping in to help juggle childcare, or providing a listening ear to a struggling teen.

And every day, these actions mean families are a little more supported and children's lives are made a little bit easier. Knowing how to support children and families is crucial to keeping more children safe.

To learn how to play your part – take our free training today, visit: **nspcc.org.uk/speakup**



Support in the Community

family lives

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

Scan this code for the referral form

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

Armthorpe Academy
Enriching Lives, Inspiring Ambitions

Support in the Community

family lives

A helping hand for parents in Doncaster

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Scan this code for the referral form

Armthorpe Academy
Enriching Lives, Inspiring Ambitions

Support in the Community

Sleep Tight Workshop

the sleep charity

Family HUB

Does your child suffer from sleep problems?
Do you want to access support to help to improve bedtime?

Join us at our Sleep Tight Workshop for sleep advice for children 2+ years.

Our training is delivered by practitioners trained by The Sleep Charity

Our workshops include :
Understanding sleep cycles
Common sleep issues and strategies to manage these
Establishing appropriate routines
Keeping sleep diaries and interpreting the data
Environments



If you are interested in attending the workshop, please contact your local Family Hub to register your interest.

North
Askern Family Hub - 01302 737099
Adwick Family Hub - 01302 737717
Bentley Family Hub - 01302 737350
East
Armthorpe Family Hub - 01302 736760
Moorends Family Hub - 01302 737470
Stainforth Family Hub - 01302 734048
South
Denaby Family Hub - 01302 737436
Mexborough Family Hub - 01302 736869
Rossington Family Hub - 01302 737440
Central
Balby Family Hub - 01302 736880
Central Family Hub - 01302 737995
Wheatley Family Hub - 01302 737790

Find out more:
WWW.DONCASTER.GOV.UK/FAMILYHUBS

Family HUB

City of Doncaster Council

Armthorpe Academy
Enriching Lives, Inspiring Ambitions

Support in the Community

BEING A PARENT- AUTISM

A COURSE FOR PARENTS/CARERS, DELIVERED BY LOCAL PARENTS

COME TOGETHER TO SHARE YOUR IDEAS AND EXPERIENCES WITH PARENTS WHOSE FAMILIES ARE ALSO AFFECTED BY AUTISM

BAP-Autism helps to reduce family stresses and improves parental confidence.

- Learn how to encourage good behaviours and how to share more fun times together.
- Learn strategies to support changes with your child's behaviours which helps to reduce those everyday family stresses.
- It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

FOR PARENTS OR CARERS OF CHILDREN AND YOUNG ADULTS AGED 2-19 YEARS
COURSE LENGTH- 10 WEEKS, 2.5 HRS PER WEEK



Contact your local Family Hub To book your place

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DONCASTER SAFEGUARDING CHILDREN PARTNERSHIP

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 campaign has organised a series of workshops to help support parents, carers and relevant professionals to feel confident in talking about online safety with the children

- 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, please contact

https://dscp.org.uk/professionals/doncaster-safety-net-online-safety/

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.



What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'



DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a **greater level of confidence and acceptance** amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or **isolation and could potentially suffer from** low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.





AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a **true reflection of the world and your child may feel pressured into** behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealously or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



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Safety Tips For Parents



FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may **be influencing them. Following their** likes will help you build a picture of what your child is being exposed to and **what they find interesting.**



MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem **and increase their own confidence.**

DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.

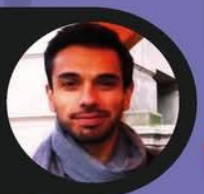


HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.





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https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf, https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/

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What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok *has* experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something *does* slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parven 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.



SOURCES TikTok.com

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What Parents & Carers Need to Know about WHATSAPP

UK AND EUROPE 16+ 13+ REST OF THE WORLD

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.



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

Parven 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.





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What Parents & Carers Need to Know about SNAPCHAT

AGE RESTRICTION 13+

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

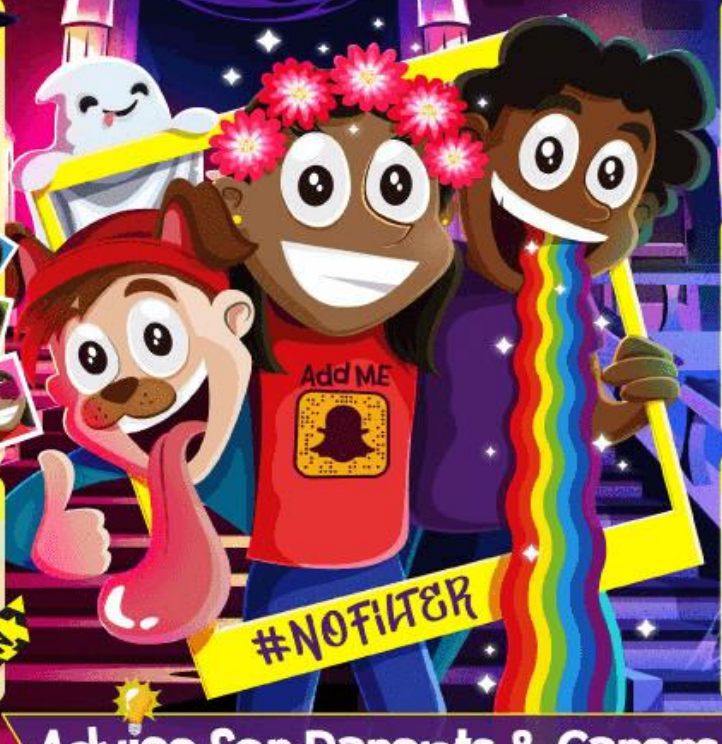
EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

CAUTION



SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures *do* disappear – and the sender is notified if it has been screenshotted first – users have found alternative methods to save images, such as taking pictures with a separate device.

CENSORED

DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, bullies and groomers could use this information to engage in conversation and arrange to meet in person.

BE READY TO BLOCK AND REPORT

If a stranger *does* connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Meet Our Expert



Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

National Online Safety® #WakeUpWednesday

Sources: Statute of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioner's Report | https://supportsnapchat.com/en-US https://netsanity.net/snapchat-parent-review/ | BT.com | Independent.co.uk; https://mashable.com/article/snapchat-status-snap-maps/?europe=true, eSafety Commissioner, (2017), Young People and Sexting – Attitudes and Behaviours: Research Findings from the United Kingdom, New Zealand and Australia

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What parents & carers need to know about...

XBOX SERIES X|S



The Xbox Series X and Series S are the next-generation video game consoles from Microsoft. They offer improved graphics, sounds and much quicker loading times. Parents should note that the two versions available are quite different.

Safely Setting up Your Xbox Series X / S

Xbox Series X

Xbox Series X is a larger device, with a disc drive, twice as much storage and higher performance chips. It can play the new Xbox games at the highest resolution and with the best visuals. It enables you to run games from disc or digitally.

Xbox Series S

Xbox Series S is a smaller, disc-less version of the console which plays all the new games but with reduced visuals or possibly frame-rates. Because it doesn't support discs you can't play old games from discs and must purchase new games digitally. It also has smaller storage, offering 500GB which is about half that of the Xbox Series X.



Apply Family Settings

Both Xbox models offer important family controls that should be set-up before your family starts using the system. Although this can take a little time, it ensures that children have their own accounts and sets limits on spending, interactions and age ratings. If done correctly, children cannot circumvent these controls that require the parent's password to alter.

Setting Age-Ratings

You can set a limit that stops any older rated games being played without a password being entered. This is not only a good way to ensure children are playing appropriate content but is a good chance to talk about the games they are playing.

Managing Spending

You can set a limit on spending via the family settings. This means that any additional purchase requires your password. Another alternative is not to put credit card details into your account and instead add credit as they need it using the book-token-like cards in-store or online.

Managing Online Interactions

Another important area of the Family Settings is specifying how and who your child can interact with online. Modern consoles enable players to share text, voice, images and video with each other. You can set whether they can do this, and also apply a password before they can add new friends.

Setting Limits on Play-Time

You can specify the time of day and how long the console can be used to play without needing a password. Talk to you children and agree how long is appropriate, then set this together so it's something they understand and accept. On the Xbox Series X|S you can also limit time on a particular game, which is a good way to encourage children to play a wide range of experiences.

Creating Guest Account Password

An important step on the Xbox Series X|S set-up is specifying a passcode for your own account and a password to access the Guest account. This ensures that all users need to access the system with their own account and related limits and settings.

Game Subscriptions

In addition to buying individual games digitally or in-store, you can also subscribe to services that offer access to 100's of games for a monthly fee. Xbox Game Pass is often bundled with the Xbox Gold subscription you need for playing online. Most of the bigger Xbox games are provided as part of the service, as well as a wide range of independent games that often offer educational and wellbeing based experiences.

Types of Accounts

Set-Up Parent Accounts

Setting up a parents account is important so you can manage the console for your family. After downloading the Xbox app to aid set-up, connect to the internet and while the console updates, use the app to start specifying settings. Once updated, create a parent user account with an email address you regularly check and password specified.

Set-Up Child Accounts

Setting up child accounts are important to be able to limit play-time, spending and apply age ratings automatically. Separate accounts for each child user can be set-up. It's a good idea to specify a password for the guest account so children cannot access this also. You can also download the Xbox Family Settings app to help you adjust these settings in the future without having to access the console directly.

Meet our expert

Freelance family technology expert for the BBC. Andy runs the Family Gamer TV YouTube channel and contributes to a range of national media on the topic of video-games and family.





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What parents & carers need to know about...

XBOX ONE



The Xbox One is among the most popular video game consoles on the planet. Released in 2013, there are a multitude of Xbox One variants on the market, including the One, One X and One S, with the next full console, the Xbox Series X, coming towards the end of 2020. With units sold exceeding 50 million, there's a whole network of gamers already enjoying online experiences together through the console's Xbox Live service. That's why it's important that parents and carers understand exactly what the Xbox One is all about.

Playing with Strangers

Xbox Live is the online service for the Xbox One, and it's where the majority of online games are played. Part of the fun of gaming is playing with people from all different walks of life, and while most players will only be looking to have fun and make some new friends along the way, it also means that children can be playing and potentially communicating with people online they don't know and have never met.

Online Bullying

Xbox includes multiplayer games and the ability to interact and chat with other players. This includes being able to private message one another. Xbox has community standards that players should abide by however these aren't always followed and it's possible, like any online social media interaction, that players can send harmful or hateful messages to your child or even display online bullying behaviour.

Inappropriate Content

Like many gaming platforms, one of the biggest attractions to Xbox One is the ability to play games online. Children can access these through the Games Pass service. However, this can also open up channels for younger children to potentially play online games with older children or young adults who may use swear words or inappropriate language. Furthermore, if there are no age restrictions in place, children could access games that contain adult themes such as graphic depictions of war, violence or even sexually suggestive material.

Purchasing Add-Ons

The Xbox Games Pass gives players access to over 100 high quality games which can be played on the console, PC and, soon, other Android devices depending on what type of pass is bought. Players can also receive discounts on in-game purchases and add ons, which can quickly add up, particularly if your child is operating under an adult account and has a card registered with no spending limits in place.

Screen Addiction

The Xbox is not just a games console; it's a family entertainment system. Children can play games online, stream their favourite films and TV shows, listen to music, watch YouTube, chat on Skype and browse the web. All of this makes it very easy for children to rack up the hours in front of the screen and find it difficult to switch it off which could lead to tiredness, fatigue and an inability or reluctance to engage in other activities.

Phishing Risk

Phishing is the act of posing as somebody else (possibly an authority figure like an Xbox or Microsoft employee) in order to obtain things like passwords for accounts. Unfortunately, there are many people out there who look to those who are vulnerable and aim to exploit them. They could disguise their intentions by asking seemingly innocent questions, with an ulterior motive of gaining details that will give them access to personal accounts or banking details.

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Safety Tips

Set up a Microsoft Family Account

Setting up a family account is a great way to personalise your child's online experience based on age-appropriate limits that you set for privacy, online purchases, content filters and screen time. It provides you with the ability to manage parental settings and ensures that only you can change Xbox privacy and online settings for a child account.

Check Age-Ratings

Make sure you're aware of the games that your child is playing and what the PEGI ratings for them are. The ratings are there to guide parents in knowing what's contained within the games, but it's up to them to make the decision of whether or not they're suitable to play. If you want a complete overview, use the family account settings to block inappropriate content and make sure your kids only view content and play games that are right for their age.

Discuss Screen Time

Taking regular breaks from gaming is vitally important for children as much as anybody so it's important to encourage children to take time away from their screen and to do other things. If you're really concerned about their device usage, you can implement screen time limits from your family account to help encourage a healthy balance. This can be done on specific apps and games and can be implemented for individual devices or every device they own.

Create Spending Limits

Having a pre-set limit of how much a child can spend is a great way to set boundaries on purchases with your bank accounts, while giving them the freedom to spend some money on their favourite games. On top of that, it's a great way to encourage fiscal responsibility at an early age. If you'd prefer, you can also have child accounts request approval to buy things through you each time they want to make a purchase.

Report Bullying Behaviour

Teach your child how to report inappropriate behaviour that they experience online. If it's a particular player, they can search for them from the People tab and then select report or block. Make sure they know when to tell a trusted adult if somebody has said or done something upsetting online. It's also worth remembering that kids don't have to game online; there are a lot of games that can be played offline either alone, or with family members in the house

Keep Profiles Private

Use the Xbox controls and settings to ensure your child's profile is kept private online. Manage what others can see about your child's personal details and limit who your child can communicate with and who can interact with their content or send them friend requests. This will help to reduce the number of strangers contacting them and will keep you in the loop as to who they are engaging with online.

Meet our expert



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

Sources: https://www.xbox.com/en-GB/community/for-everyone/responsible-gaming

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What parents & carers need to know about ...

PLAYSTATION 5



The PlayStation 5 is the next-generation video game console from Sony. It offers improved graphics, sound and much quicker loading times. It also has a new controller with motion- and force-feedback features for a more immersive experience. Parents should note that there are two different versions available that support discs or digital downloads.

Safely setting up your Playstation 5

PlayStation 5 Blu-ray

PlayStation 5 Blu-ray is the larger of the two consoles, although not by a lot. It enables you to play games on disc or by digital download. Although all new games are available digitally, the disc drive is still useful to watch movies from discs as well as play most existing PlayStation 4 games you own. It also enables you to purchase second-hand games on a disc, which is often much cheaper.

PlayStation 5 Digital

PlayStation 5 Digital is slightly smaller as it doesn't contain a Blu-ray drive. This means the console is cheaper but can only run games you download via an internet connection. Unlike the Xbox Series X and the cheaper Series S, the digital-only PlayStation 5 is just as powerful as its more expensive disc-and-download counterpart.



Family Settings

Both PlayStation 5 models offer important family controls that should be set up before your family starts using the system. Although this can take a little time, it ensures that children have their own accounts and sets limits on spending, interactions and age ratings. If done correctly, children cannot circumvent these controls that require the parent's password to alter.

Downloading the PlayStation App

The PlayStation 5 uses the same PlayStation app as the PlayStation 4. This is a super-easy way to tweak the user settings for your family without having to log on to the console. It's also a good way to keep track of what different people are enjoying on the system. The app can also be used as an easier way to log-on by scanning the QR code.

Setting Limits on Play Time

You can specify how long, and at which times of day, the console can be used to play without needing a password. Talk to your children and agree how long is appropriate, then set this on their profile, so it's something they understand and accept. You can set different time limits on each of the users on the system.

Creating Guest Account Password

An important step during the PlayStation 5 set-up is specifying the default settings for guest accounts as well as a passcode for your own account. This ensures that all users need to access the system with their own account and related limits and settings.

Managing Spending

You can set a limit on spending via Parental Controls. This means that any additional purchase requires your password. Another alternative is not to put credit card details into your account and instead add credit as they need it using the book token-like cards in-store or online. A nice feature on the PlayStation is setting an amount of pocket money to spend on games each month.

Managing Online Interactions

Another important area of the Parental Controls is specifying how and who your child can interact with online. Modern consoles enable players to share text, voice, images and video with each other. You can set whether they can do this, and also apply a password before they can add new friends.

Setting Age Ratings

You can set a limit that stops any older-rated games being played without a password being entered. This is not only a good way to ensure children are playing appropriate content but is a good chance to talk about the games they are playing.

Game Subscriptions

In addition to buying individual games digitally or in-store, you can also subscribe to services that offer access to hundreds of games for a monthly fee. PlayStation Plus is needed to play games online with other people and offers a set of games you can immediately download for the new system. PlayStation Now enables you to stream (and download) a wider set of games.

Types of Accounts

Set up Parent Accounts

Setting up a parents' account is important so you can manage the console for your family. After plugging your console in, connect to the internet and wait for updates to finish. Once updated, create a parent user account with an email address you regularly check and password specified.

Set up Child Accounts

Setting up child accounts are important to be able to limit play time, spending and apply age ratings automatically. Separate accounts for each child user can be set up. It's a good idea to specify a password for the guest account so children cannot access this also.

Meet our expert

Andy Robertson is a freelance family technology expert who often works for the BBC. He runs the Family Gamer TV YouTube channel and contributes to a range of national media on the topic of video games and family.





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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 the 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 and '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 its 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

Parven 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 apps 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.

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SOURCE: https://about.instagram.com/about-us | https://about.instagram.com/community/safety | https://www.bbc.co.uk/news/uk-47401020

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Part of our Online Bullying Series

NOS Online Bullying

What you need to know about...

TROLLING & ONLINE ABUSE



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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 gaud 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.

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What Parents & Carers Need to Know about

OMETV

WHAT ARE THE RISKS?

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.

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 webchat 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

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.

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.

DISCOURAGE CHATS WITH STRANGERS

Remind your child of the dangers of talking to strangers online. The anonymity OmeTV offers, plus its webchat 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.

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.

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.

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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.

AGE RESTRICTION 13+



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 Ofcoms 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 group 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.



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.



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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-a8953411.html, https://www.independent.co.uk/life-style/health-and-families/cyberbullying-social-media-children-online-abuse-facebook-research-ofcom-ico-a8936366.html, https://thriveglobal.com/stories/how-social-media-affects-our-ability-to-communicate/, https://www.care.com/c/en-gb/stories/4275/5-dangers-of-social-media-to-discuss-with-you/

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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 extraordinarily 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' (meaning that it can be suggested only to account holders at least aged 18), but children can still view some mildly inappropriate material. This 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 interact 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 strangers online, of course, can potentially lead to children being exposed to unkind behaviour, be cyberbullied or even to inadvertently share personal details with a predator.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content they will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if young users are allowed unsupervised access to the platform. Inappropriate videos from the last 24 hours, which might not always be suitable for children, can also appear.

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 toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by people all over the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that, one hopes, children will only watch and not participate in. Children often find these tremendously entertaining and might want to try them out. Most challenges tend to be quite harmless, but there's always the risk that some children (through either ignorance or peer pressure) will take part in something dangerous or upsetting.

SNEAKY SCAMMERS

Popular YouTube channels regularly have sponsored posts and paid adverts integrated into their content, which children may not realise. Some users also use children in videos with the aim of selling them products, sometimes unscrupulously. Scammers impersonate YouTubers by adopting their names and posting enticing and convincing offers ('pick 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 optional 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 stumbling across age-inappropriate content on the platform, we would recommend enabling Restricted Mode as each device their pupil uses to access YouTube.

18

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 sites like YouTube and helps 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 generated as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts to 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 content creators – 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 card and online payment methods. Many parents have discovered to their cost that a child happily browsing a paid-for series quickly leads to an unexpected bill!

Meet Our Expert





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Correct at the date of release: 26.03.2020

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about DISCORD

AGE RATING 13+

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

WHAT ARE THE RISKS?

CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.



ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord *has* improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag *images* that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at grnw3.com: a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.





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Source: https://www.safesecurityprivacy.com/post/dangers-of-discord-6-steps-safeguarding-teens-on-popular-chat-app | https://e.sport.discord.com | https://endsexualexploitation.org/articles/discord-is-a-haven-for-gamers-and-sexual-exploiters/ | https://ticktok.com/@discord-deleted-thousands-of-violent-extremist-and-cam-#1497278

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At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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.



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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.

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 watermarked or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

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.

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.

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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 recieve 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

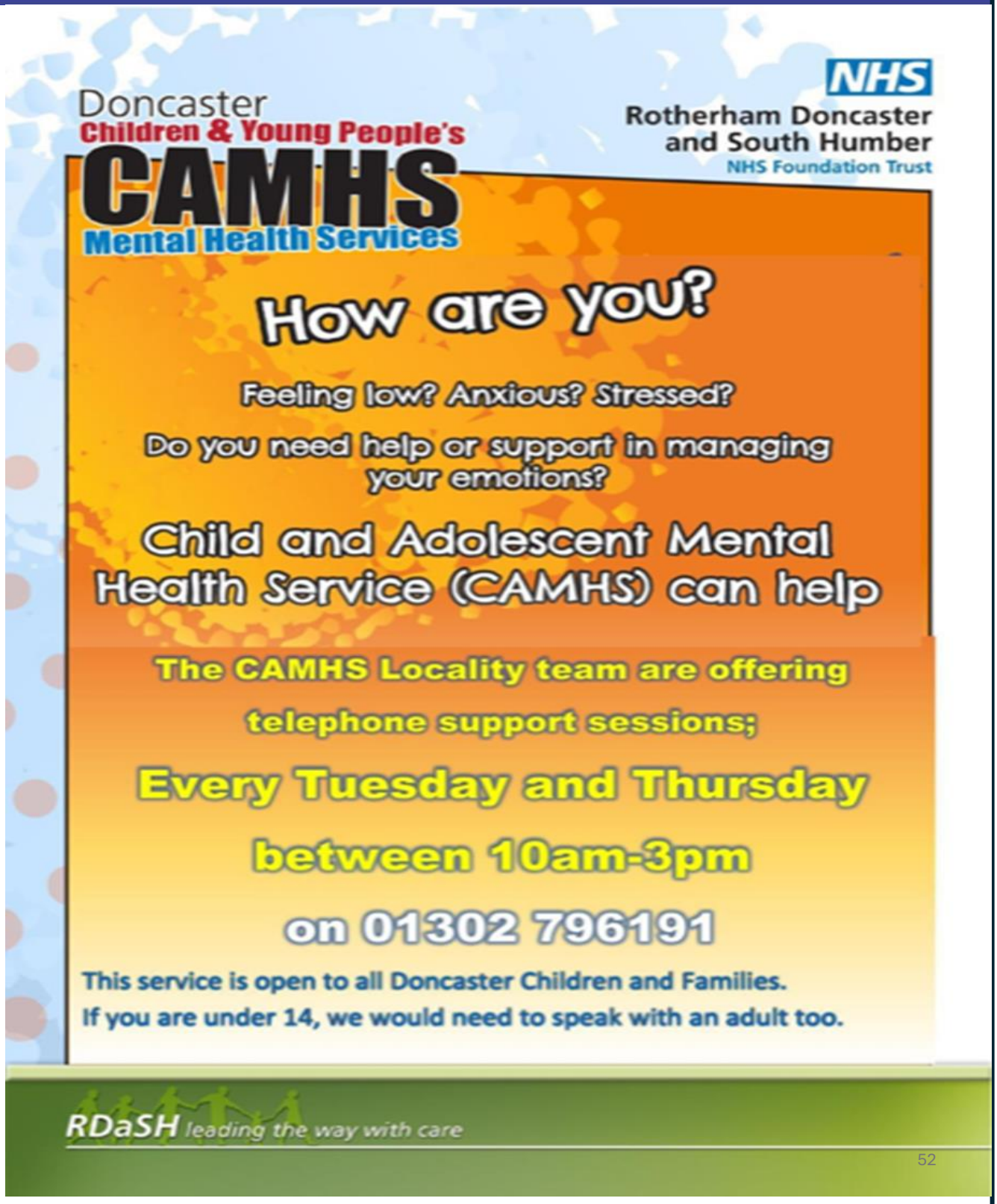
Sessions include

- 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: **levelupsy@cranstoun.org.uk**

Supporting Organisations



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Supporting Organisations

Community Support Information

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Suicide Prevention

HOPELINE247 (PAPYRUS)

Phone: 0800 068 4141
Email: pat@papyrus-uk.org
Text: 88247
24 hours, 7 days a week

Samaritans

Phone: 116 123
Email: jo@samaritans.org
24 hours, 7 days a week

Mental Health

Mind

Info Line: 0300 123 3393
www.mind.org.uk
Mon – Fri, 09:00 – 18:00

Rethink

Advice Line: 0808 801 0525
www.rethink.org
Mon – Fri, 09:30 – 16:00

Anxiety

Anxiety UK

Phone: 03444 775 774
www.anxietyuk.org.uk

No Panic

Phone: 0844 967 4848
nopanic.org.uk
10:00 – 22:00 every day

Child and Adolescent

Young Minds

Parents Advice Line: 0808 802 5544
youngminds.org.uk
Mon – Fri, 09:30 – 16:00

Childline

Phone: 0800 1111
www.childline.org.uk
24 hours, 7 days a week

NSPCC

Phone: 0808 800 5000
www.nspcc.org.uk

Child and Adolescent Mental Health Services (CAMHS) – NHS Service

Bereavement

Child Bereavement UK

Phone: 0800 02 888 40

Survivors of Bereavement by Suicide

Phone: 0300 111 5065

Self-harm

Self Injury Support

www.selfinjurysupport.org.uk

SelfharmUK

www.selfharm.co.uk

LGBTQ+

LGBT Foundation

Phone: 0345 330 30 30
lgbt.foundation

Beaumont Society

beaumontsociety.org.uk

Addiction

Addiction Helper

Phone: 0800 044 8267
www.addictionhelper.com
24 hours, 7 days a week

GamCare

Phone: 0808 8020 133
www.gamcare.org.uk
24 hours, 7 days a week

Ad Fam

adfam.org.uk

Apps

Hub of Hope

Stay Alive

Domestic Abuse and Violence

National Domestic Abuse Helpline

Phone: 0808 2000 247
24 hours, 7 days a week

National Centre for Domestic Violence

Phone: 0844 8044 999
www.ncdv.org.uk

Rape and Sexual Assault

RapeCrisis

rapecrisis.org.uk

The Survivors Trust

Phone: 0800 010 818
www.thesurvivorstrust.org
Mon – Thurs, 10:00 – 18:00

Homelessness

Shelter

England: england.shelter.org.uk
Scotland: scotland.shelter.org.uk

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Registered Charity Number: 1070896
OSCR Registered Charity Number: SCO52556

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Supporting Organisations

HOPELINE247

If you are thinking about suicide or are concerned about a young person who may be, you can contact HOPELINE247 for confidential support and practical advice.

Call: **0800 068 4141**
Text: **88247**
Email: **pat@papyrus-uk.org**

www.papyrus-uk.org

Our Suicide Prevention Advisers are ready to support you.

Helplines Partnership Member 2024-25

© **PAPYRUS Prevention of Young Suicide**
Registered Charity Number: 1070896
OSCR Registered Charity Number: SCO52556

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Supporting Organisations

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



Zone 5-19

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

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Supporting Organisations

shout 85258

NHS South Yorkshire Integrated Care Board



Text 'EYUP' to 85258

Free, confidential, 24/7 support provided by Shout



Supporting Organisations

NHS
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

Zone 5-19
Zone5-19.rdash.nhs.uk

Follow us on:
@doncasterzone5to19
@doncasterzone5to19
@donny5to19
@zone5_19

aspire
DRUG & ALCOHOL SERVICES
www.aspire.community

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Supporting Organisations





SUPPORT OVER SCHOOL HOLIDAYS

Doncaster Council's Holiday Activities and Food (HAF) program provides free food and activities for children during the school holidays. The program is funded by the Department for Education

HAF
Holiday Activities and Food

Access the following website following the link below.

https://www.yourlifedoncaster.co.uk/events?tag=Winter+HAF+%28Holiday+Activity+and+Food+HAF+Programme%29&locality=East



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SUPPORT OVER SCHOOL HOLIDAYS



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

moneysavingcentral.co.uk/kids-eat-free



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

ASDA
Kids eat for £1 daily, with no adult spend

ASK ITALIAN
Kids under 10 eat for £1 during school holidays

BEEFEATER
Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA
Children eat for £1 with any adult main

BILLS
Kids Eat Free weekdays, 21st July - 29th Sept

BREWERS FAYRE
Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG
2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING
From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO
Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES
Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S
Kids Eat Free from 14th July – 31st August 2025

FUTURE INNS
Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS
Kids under 10 eat FREE all day, every day

HARVESTER
Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE
Kids eat for £1 on Mondays

IKEA
Kids get a meal from 95p daily from 11am

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

MARCO PIERRE WHITE
Kids under 12 Eat FREE daily with an adult spend

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

PAUSA CAFE @ DUNELM
Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE
2 kids eat for FREE with 1 adult breakfast

PRETO
Kids up to age 10 eat free with 1 paying adult

PUREZZA
Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS
Kids eat for £1 on Wednesdays

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

TABLE TABLE
2 Kids Eat free breakfast daily with 1 paying adult

TESCO
Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS
Kids Eat Free with any adult meal (Via App)

THE REAL GREEK
Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY
Kids eat for £1 all day (weekdays) until Aug 29th

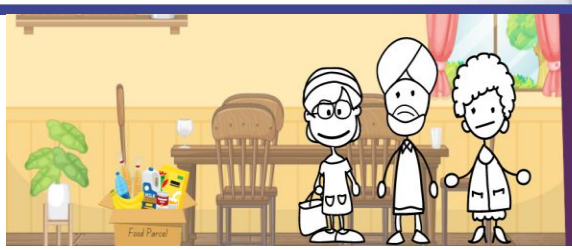
WHITBREAD INNS
2 kids eat for FREE with 1 adult breakfast

YO! SUSHI
Kids eat free all day (weekdays) in school holidays

ZIZZI
Kids eat free this summer holidays (ex Saturdays)

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Armthorpe Academy
Enriching Lives, Inspiring Ambitions



Food Support

COST OF LIVING SUPPORT

Armthorpe Food Support

Opening times are Thursday 8:30-10am, these are pre-arranged by delivery or collection. Provide free food parcels for Armthorpe residents. Application forms are available at the Community Centre or residents can call: 01302 834069 or 01302 355093.

Working with the City of Doncaster Council and South Yorkshire Mayoral Combined Authority, The Bread-and-Butter Thing (TBBT) Food Pantry provides affordable food to hundreds of local families, with no referrals required.
At its weekly hubs, TBBT's members access three bags of food comprising fruit and veg, chilled food and cupboard staples at deeply discounted prices. Heathy Start cards are accepted and low-cost period products are also available.
People interested in using TBBT's affordable food service need to register as members and should text 07860 063304 with their name, address, postcode and hub they would like to join. Once registered, members receive a weekly text offering the food service which they can then collect from their hub.

Armthorpe Academy
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Support in the Community

LOOKING FOR INFORMATION OR ADVICE ON PARENTING?

Help for Your Family

Family HUB

Come and join us this summer at one of our parenting workshops.
Aimed at parents of secondary school children.

The workshops are evidence based and from the Solihull Approach series and will cover issues around

- Risk taking behaviour
- Brain development
- and relationships



The session will also include the theory behind the Solihull Approach, Containment, Reciprocity and Behaviour management.

Wednesday 30th July 9:30 – 11:00am	Wednesday 6th August 9:30 – 11:30am	Wednesday 13th August 9:30 – 11:30am	Wednesday 13th August 9:30 – 11:30am	Wednesday 19th August 9:30 – 11:30am
Parenting Drop-in session for information, support, and advice for parents of teenagers	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach
Bentley Family Hub	**Central Family Hub**	**Denaby Family Hub**	**Rossington Family Hub**	**Moorends Family Hub**

To book your place, please call any Family Hub

Access online parenting courses at www.inourplace.co.uk
For more support around parenting, visit:
www.doncaster.gov.uk/parenting

City of Doncaster Council



Evidence based parenting workshops

Here they will cover:

- Risk taking behaviour
- Brain development
- Relationships.
- The theory behind the Solihull Approach, Containment, Reciprocity and Behaviour management.

Wednesday 30th July at Bentley Family Hub – 9:30am to 11am a Parenting Drop-in session for information, support, and advice for parents of teenagers.
Staffed by Nicola Mant and Ayshea Bright.

Wednesday 6th August at Central Family Hub – 9:30am to 11:30am a Pop-up Parenting Event, for parents of teens from the Solihull Approach, 2 hr workshop.
Staffed by Nicola Mant and Ayshea Bright.

Wednesday 13th August at Denaby Family Hub – 9:30am to 11:30am a Pop-up Parenting Event, for parents of teens from the Solihull Approach, 2 hr workshop.
Staffed by Ayshea Bright and Lesley Soame.

Wednesday 13th August at Rossington Family Hub – 9:30am to 11:30am a Pop-up Parenting Event for parents of teens from the Solihull Approach, 2 hr workshop.
Staffed by Aleemah Shafiq and Nicola Mant.

Tuesday 19th August at Moorends Family Hub – 9:30am to 11:30am a Pop-up Parenting Event for parents of teens from the Solihull Approach, 2 hr workshop.

Staffed by Ayshea Bright and Aleemah Shafiq.