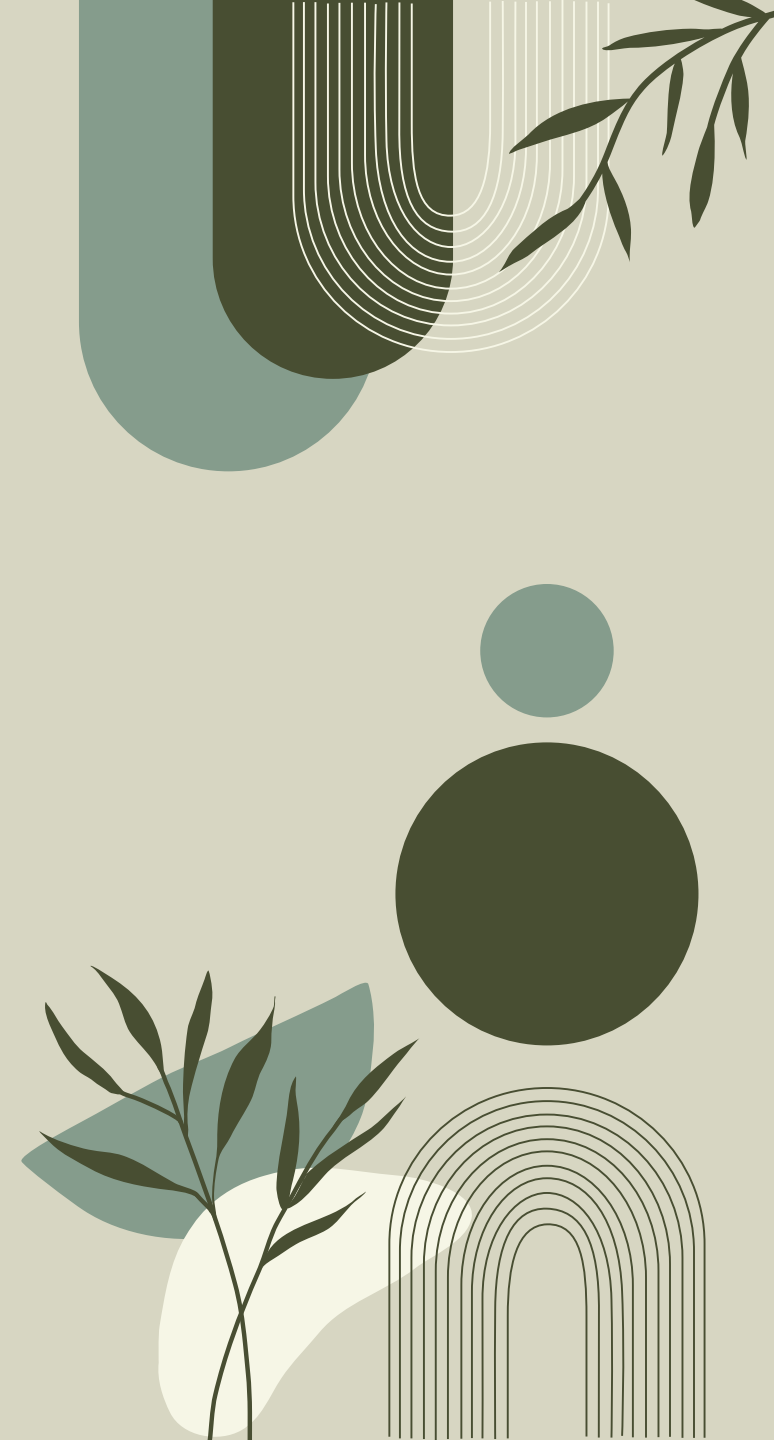


Safeguarding Newsletter 3 – Summer 24

- Who you can talk to...
- Keeping your child safe on You Tube
- Mental health - Yoga





If you need to talk



Safeguarding Team:

Designated Safeguarding Lead – Mrs M Cork

Deputy Designated Safeguarding Leads – Mr J Fielder, Mrs E Howells, Mrs H Brennen

Head teacher – Mr Fielder

Deputy Head/SENCO/Mental Health Lead – Mrs Cork

Assistant Head teachers responsible for Curriculum – Mrs Howells, Mrs Brennen

Phase leads – EYFS Mrs Lloyd

KS1 Mrs Harden

Lower KS2 Mr Turver

Upper KS2 Mr Hassard





Keeping your child safe on You Tube

Videos that look like they're child-friendly can include violent or disturbing content, and it's difficult to catch all of these videos before children see them. The inappropriate videos may be suggested videos, or appear in search results.

Adults may use YouTube to contact children and 'groom' them into sharing explicit pictures or videos of themselves. Children might see videos with extremist content. Children can share personal information, e.g. the street they live on or their school, which could put them in danger

5 steps you could take:

- 1) Take on 'restricted mode' to help hide any videos that may have inappropriate content.**
- 2) Keep auto play turned off and manage recommendations**
- 3) The minimum age for children to register and share content is 13. Remind your child not to share personal information in videos or comments.**
- 4) Check for comments on videos that your child uploads**
- 5) Flag inappropriate videos and comments to You Tube**



Sources that could help

YouTube Help

<https://support.google.com/youtube#topic=9257498>

Reporting and enforcement, YouTube

https://support.google.com/youtube/topic/2803138?hl=en&ref_topic=6151248

More updates on our actions related to the safety of minors on YouTube, YouTube Official Blog

<https://blog.youtube/news-and-events/more-updates-on-our-actions-related-to/>

Exclusive: Adults using YouTube to groom children into making inappropriate videos, 4 News

<https://www.channel4.com/news/exclusive-adults-using-youtube-to-groom-children-into-making-inappropriate-videos>

Supporting Mental Health – Yoga

Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.
Mother Teresa

Useful contacts

Young Minds – Mental health charity for children/ parents and young people
<https://www.youngminds.org.uk/>

The Youth Enquiry Service – counselling and mentoring -
<https://yesyouthenquiryservice.org/>

SET CAMHS – Providing specialist mental health support for young people in Essex -
<https://www.nelft.nhs.uk/set-camhs/>

SNAP – Supporting families of children with additional needs –
<https://www.snapcharity.org/>

Essex Young Carers – Support for children and young people under 18 who provide regular care to a family member –
<https://youth.essex.gov.uk/young-people/young-carers/>

NSPCC - Support with keeping children safe –
<https://www.nspcc.org.uk/keeping-children-safe/>

There For You Advisory Service – supporting individuals and families being investigated or involved with their local Authority Children's Services Department, as well as providing additional family support -
<https://there-for-you-advisory-service.com/>

Childline www.childline.org.uk

Samaritans www.samaritans.org

