



# Safeguarding and Behaviour Newsletter

March 2023

**At Brampton Primary School safeguarding is everyone's responsibility.**

Brampton Primary School is committed to safeguarding and promoting the welfare of children and expects all staff, governors, volunteers, visitors, parents and carers to share this commitment.

We have a number of policies and procedures in place that contribute to maintaining high standards and practices, including our *Child Protection and Safeguarding Policy*, which can be viewed in the policies section of our website.

All school staff, volunteers and visitors are trained in safeguarding, and children know that they can speak with any adult if they have a concern. Safeguarding training includes identifying signs of physical, emotional or sexual abuse, as well as neglect. It also covers the procedures for effective reporting of safeguarding concerns.

## Reporting a Safeguarding Concern

**If you are concerned about the welfare or safety of a child, please speak to a member of the senior safeguarding team for advice and support.**



**Alex  
Wedgbury**  
Designated  
Safeguarding Lead



**Marie  
Hardie**  
Deputy  
Designated  
Safeguarding Lead



**Olusola  
Awelenje**  
Deputy  
Designated  
Safeguarding Lead



**Tracey  
Baillie**  
Deputy  
Designated  
Safeguarding Lead



**Paven  
Kettory**  
Headteacher

**You can contact the school on 020 8472 0830 or alternatively email us:  
[safeguarding@brampton.newham.sch.uk](mailto:safeguarding@brampton.newham.sch.uk)**





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## Referrals to Social Care

At BPS staff, volunteers and visitors have a duty to report concerns about a child, whether they are in need of additional support, may be at risk of abuse or have been harmed. We are strong advocates of the UN Convention on the Rights of the Child, particularly article 19: protection from violence, abuse and neglect.

In certain cases, the school is required to refer concerns to children's social care. This could be to help the family access support, such as help with housing or parenting.

Referrals may also be made if there is a risk of harm to the child. This is always done in the child's best interests, and, where possible, with consent from the parents or carers. It is appreciated that this can cause distress or anger, but it is important to remember that the statutory guidance, *Working Together to Safeguard Children*, says **"anyone who has concerns about a child's welfare should make a referral to local authority children's social care and should do so immediately if there is a concern that the child is suffering significant harm or is likely to do so."**

The goal of any referral is to help parents and

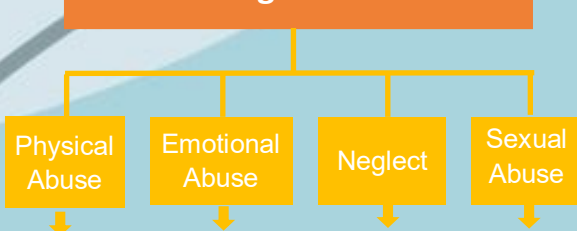
carers ensure their child lives in a safe, healthy and nurturing environment, free from harm. All professionals, whether from social care, health or education, want to work with families. Our goal is never to separate them or remove a child.

The children's social care professionals carry out enquiries sensitively and do their best to support parents and carers through what can be a challenging experience. They gather information about the current issues, what steps have already been taken and any potential barriers to success. They then offer advice and guidance on how to improve.

As a school, we support the family in any way possible, including through check-ins with the child. These are always conducted in their best interests, and staff are mindful of not disrupting lesson time or making them feel targeted. We also provide advice to parents and carers, and are always available to talk through a problem if required.

If you would like to discuss any aspect of children's social care, such as how you and your family could benefit from support, please speak to a member of the senior safeguarding team.

### Main Categories of Abuse



### Report Any Concerns

If you suspect a child is being abused or is at risk of harm, please contact the designated safeguarding lead, or any member of staff.

**If a child is in immediate danger, call the police immediately on 999.**



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## Age Restrictions for Social Media Platforms

Do you know what your child is doing online? Are you routinely talking to your child and checking what internet sites they are accessing?

It is very important to monitor and teach your child some key internet safety rules:

1) Do not post any personal information online – like your address, email address or mobile number.

2) Think carefully before posting pictures or videos of yourself. Once you have put a picture of yourself online most people can see it— is it a photo you would want everyone to see?

3) Never give out your passwords (except to your parents or carers if they want to check your accounts to keep you safe).

4) Do not befriend people you do not know.

5) Do not meet up with people you have met online. Speak to your parent or carer if someone asks you to.

6) Remember that not everyone online is who they say they are—adults sometimes pretend to be children to make friends with you online.

7) Think carefully about what you say before you post something online. Using negative language online can be a criminal offence.

8) If you see something online that makes you feel uncomfortable, unsafe or worried, leave the website and tell a trusted adult immediately.

There are also some key tips for parents and carers:

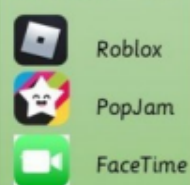
1) Use parental safety software or apps to block inappropriate internet use and monitor your child's online activity.

2) Ensure that the online games your child wants to play are appropriate to their age.

## Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

### Under 13



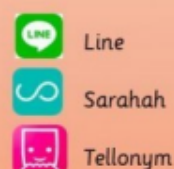
### 13+



### 16+



### 17+







'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.



### 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.



### 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.



### COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy 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.



**National  
Online  
Safety**  
#WakeUpWednesday

## 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 to 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.



<https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-inventor-deletes-app-iphone-juror-explains-addiction-feels-47986566.html>

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