



RADLETT
PREPARATORY SCHOOL

Safeguarding Newsletter

Dear Parents and Carers,

We welcome you to the Spring edition of our Safeguarding Newsletter, where you will find lots of helpful information and links.

At Radlett Preparatory School, safeguarding and promoting the welfare of children is everyone's responsibility.

If you have any concerns about a child's welfare or safety, please speak to a member of the school's Safeguarding Team.

What's new this term:

NSPCC

At the beginning of the Spring term, the NSPCC promoted their 'Speak Out, Stay Safe' campaign. All year groups participated in virtual assemblies where they were introduced to Buddy, the green speech bubble mascot, who reminded pupils to keep safe and speak out if they need to.

There were lots of opportunities for discussions built into the assemblies, and pupils also spoke about responsible adults they can turn to, both in and out of school, if ever they need to.

Pupils in the Upper School (Years 5 and 6) had extra workshops, run by NSPCC members. These were informative and thought provoking.



If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team:



Mrs Foster— Designated Safeguarding Lead (DSL)



Mrs Warren —Deputy Designated Safeguarding Lead (DDSL)



Ms Collings (DDSL)



Mrs Wolpert (DDSL)

NSPCC PANTS

Another campaign from the NSPCC which the infant children are made aware of is the PANTS Campaign. During their Jigsaw lessons and general discussions, the children are taught the importance of what PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help



If you would like to learn more about the NSPCC's Talk PANTS campaign, please follow the link below for more information.

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

Children's Mental Health Week

This year, Children's Mental Health Week was celebrated from the 6th to the 12th February 2023. The theme was: 'Let's Connect.' To show how the whole school is connected, every child made a paper chain. These were all linked together and displayed in the hall. Lots of positive discussions were had throughout the week in classrooms and during Jigsaw lessons.

[Schools - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)



FOCUS ON: FAMILIES FIRST

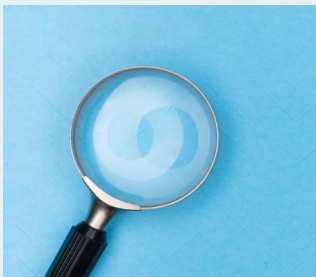
Families First is a name used for services that work together to support families in Hertfordshire. These can also be referred to as early help services. All families experience difficulties at some point and Families First can provide early help and information to prevent things from worsening.

Families First is for all families in Hertfordshire with children under the age of 18 or 25 if they have a learning need or disability.

Areas they can help with:

- Parenting
- Mental and physical health problems
- Drug or alcohol dependency
- Domestic abuse
- School related concerns – such as your child is not attending school
- Debt problems
- Risk of becoming homeless.

For more information on Families First, please use the link to the left, or speak with a member of the Safeguarding Team.



[Families First \(hertfordshire.gov.uk\)](https://hertfordshire.gov.uk)

Internet Safety Week

The theme this year was: 'Want to talk about it?'

We marked this event with class activities for all children from Year 1 to Year 6.

Mrs Patel used weekly ICT lessons to teach Years 1 and 2 about online safety. Children from Years 3 to Year 6 filled in a Safety Internet Day 2023 form whilst in class, and discussed appropriate websites and amounts of time spent online with their class teachers.

Please remember to visit the NOS website for further information.

[National Online Safety | Keeping Children Safe Online in Education](#)

Age Restrictions of Social Media Apps

We would also like to remind you of the age restrictions of social media apps. Please be mindful that social media apps are not appropriate for pupils under the age of 13. Below are the age restrictions for the most popular apps:

WhatsApp—16 years +
Instagram—13 years +
Facebook—13 years +
Snapchat—13 years +
TikTok—13 Years +

We also advise that you monitor children's use of the internet to ensure they are not accessing inappropriate content.

Important Numbers

Herts Police

0845 3300 222 (main switchboard)

999 (emergency calls)

101 (non-emergency calls)

NSPCC

0808 800 5000

Childline

0800 1111

Herts Domestic Abuse Helpline

08088 088 088

Useful links:

- [Families First \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk/families-first)
- [PEGI – Pan European Game Information – age restrictions, parental controls](#)
- [Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)
- [Families in Focus – Looking forward together](#)

Coming up next term.....

- Feedback from Y6 Positive Minds Workshop
- More information on the 'Changing Me' Jigsaw topic for all year groups

Contact the Safeguarding Team on:

01923 856812 or safeguarding@radlettprep.co.uk

For a copy of our school's Child Protection and Safeguarding Policy 2022, please follow the link below or visit the 'Policies' page on the school website. [CHILD-PROTECTION-SAFEGUARDING-REVIEW-SEPT-23.pdf \(radlettprep.co.uk\)](#)

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, rivaling 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 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.

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.

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 'beauty' 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).

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.

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.

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. Additionally, it's important to be cautious about Shared Stories as this allows people who are not on your contact list access to the post.

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.

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.



Source: Status of Most Social media and young people's mental health | Life in Use - Children's Communications Report | <https://support.snapchat.com/en-US/Help/Privacy-and-Security/parent-reviews-107.com> | Independent.co.uk, <https://mail.bbc.com/links/snapchat-educator-snap-maps/young-peoples-safety-commissioners-2021>, Young People and Sexting - Abuse and Behaviour Research Findings from the United Kingdom, New Zealand and Australia.



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