



Monday 13th December 2021

Safeguarding, Health and Well-being Newsletter

MESSAGE FROM OUR DESIGNATED SAFEGUARDING LEAD

Attitude Determines Altitude

Dear Parent(s)/Carer(s),

At Platanos College E-safety forms a fundamental part in the education of our school community, and of our safeguarding and child protection measures.

Internet safety, online safety, cyber safety and E-Safety essentially means how to be safe on the internet. It is maximising a user's awareness of safety and security risks to their personal and private information and self-protection from computer crime.

With the right e-safety knowledge, young people can better understand the dangers of releasing personal information, as well as how to recognise unethical behaviours and how to prevent cyberbullying.

We have a whole school approach which helps ensure that all staff educate pupils how to be safe online, this involves working with our school police liaison officer, assembly presentations, safeguarding workshops and our on-going work with external organisations.

The three important areas of risk when it comes to e-safety are considering; what is appropriate content to share, who has the ability to contact me and what is appropriate conduct. Let us all work in partnership to keep children safe online.

As such, the focus of this edition of the Safeguarding, Health and Well-being newsletter is **Online Safety**.

Ms Williams

WHAT IS INAPPROPRIATE CONTENT AND HOW CAN YOU SAFEGUARD YOUR CHILD AGAINST IT?

Research by 'Internet Matters' has found that as children become more active online at a younger age, the possibility and probability that they will see something inappropriate depends on what they're doing online.

Whether it is an explicit pop-up ad on a free game, videos showcasing children's cartoon characters in adult situations, or a forum promoting self-harm, an innocent search can expose children to content that may make them feel upset or confused.

What online activities could increase the possibility that my child will see inappropriate content?

- Joining social networks before reaching the minimum age
- Playing games and using apps which are not age-appropriate
- Watching live streams which may show inappropriate content or taking part in them and unconsciously being exploited

56%

56% of 11-16-year olds have seen explicit material online according to research commissioned by The Children's Commissioner and NSPCC.

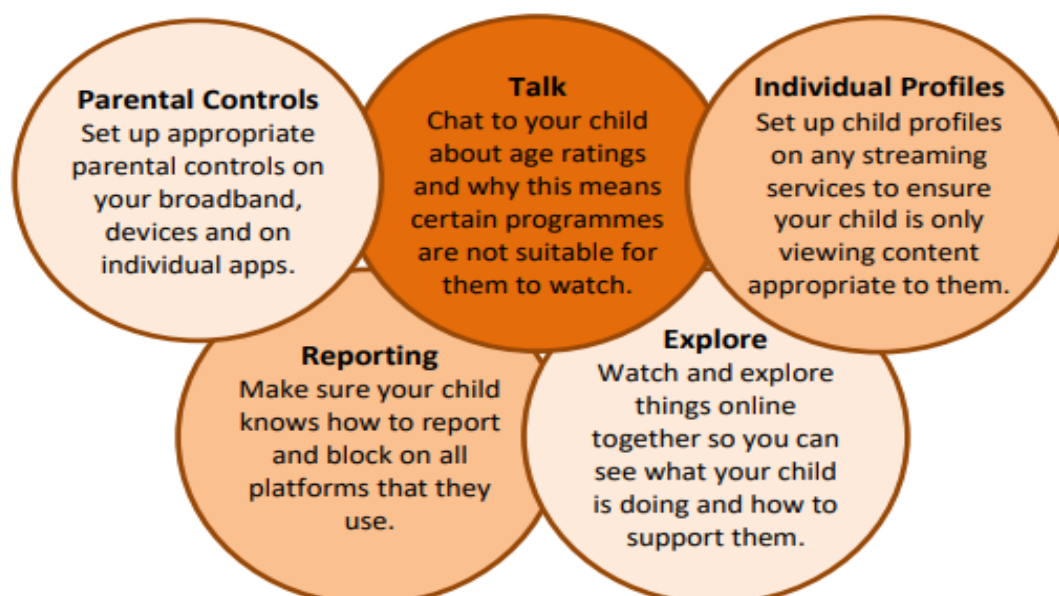
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One-third of British children 12-15 have encountered sexist, racist or discriminatory content (OFCOM)

1 in 10

One in ten children aged 8 -11 who go online said they had seen something nasty or worrying online

WHAT CAN PARENTS/CARERS DO?



The TALK checklist lists four steps that you can use to help keep your child safer online.

Talk to your child about online sexual abuse. Start the conversation and listen to their concerns.

Agree ground rules about the way you use technology as a family.

Learn about the platforms and apps that your child uses. Take an interest in their online life.

Know how to use tools, apps and settings that can help to keep your child safe online.

The site also provides advice on spotting the signs as well as contact details for other organisations should you need any further help.

YOUR CHILD'S ONLINE LIFE

There is so much that we can do online nowadays including: playing games, chatting with others, watching TV or sharing our videos/photographs. There are many advantages to being online however, it is important that we set boundaries for young people. Setting boundaries helps young people to stay safe while being online, develops their digital resilience and understanding of what to do if anything negative happens when online.

Monitoring the ages restrictions of different online activities is important in ensuring that what our children see and do online is appropriate for their age.

Where can I find age ratings?

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': <https://www.cbbfc.co.uk/resources/viewing-films-safely-online>.
- **Video games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration user generated content within games (such as on Roblox) and the chat facilities within games.
- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and play them yourself to check their suitability.
- **Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+.

What else can I do?

- Explain the importance of age ratings to your child.
- Go online together and let your child show you what they are accessing online.
- Set up parental controls on your broadband, devices, consoles and on any individual apps that your child is using. This will reduce the chances of them accessing anything unsuitable as well as viewing inappropriate content for example whilst on YouTube.
- Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them about what they see online then they should tell you or another trusted adult.

What if my child has seen something inappropriate?

This is a useful article from 'Thinkuknow' explaining what to do and who to contact if you have any concerns:

<https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-childhas-seen-something-inappropriate-online/>

PORTFOLIO FOR LIFE (PFL) LESSONS

Portfolio for Life (PFL) lessons are delivered to pupils in Key Stage 3. These lessons teach pupils about personal, social, health and economic education as well as relationships and sex education.

Throughout Autumn term 2, pupils were taught about Living in the Wider World in their Portfolio for Life (PFL) lessons. In addition to this, pupils have also taken part in a number of workshops which were run by external organisations. The focus of the workshops this term were supporting pupils to understand how to keep themselves safe in different situations.

In Year 7, pupils learnt about British society and our rights and responsibilities as citizens.

In year 8 pupils developed their knowledge of democracy and what that means for them.

Year 9 pupils are learning about how the government works and created their own political party with their own manifesto addressing issues that directly impact upon them.

Pupils across Years 7, 8 and 9 will receive certificates for their work in Portfolio for Life lessons at the end of the term.

SAFEGUARDING EVENTS

As well as teaching pupils about safeguarding, health and well-being through the curriculum, Platanos College also delivers this through workshops and assemblies. The following **safeguarding events** have been delivered over the course of Autumn term 2:

Autumn Term 2			
Events	Year	Overview	Intent
TFL Safeguarding for travel	9	Safeguarding workshop	To educate pupils about unwanted sexual attention on public transport and to reinforce the safeguarding messages from the ongoing 'Report It to Stop It' media campaign to make young people aware of certain types of behaviour, how to deal with it at

			the time and the importance of reporting incidents of this nature.
Safeguarding Workshop	8	Workshop facilitated by the Safeguarding Management Team.	To raise pupils' awareness with an introduction to the basic understanding of safeguarding and the reporting process at Platanos College including being safe in the wider community.
Anti-bullying week	Whole school	Promotion and launch of the theme for Anti-Bullying week.	To promote anti-bullying week and the theme, by delivering lessons and workshops on anti-bullying. The launch of the anti-bullying ambassadors.
Safety First	8	The Safety-First project is a blue light collaboration from the London Fire Brigade, the Metropolitan Police, and the London Ambulance Service, to deliver prevention education messages to Year 8 pupils across all London boroughs.	To promote awareness and deliver vital educational messages about safety at home, road safety and safeguarding.
Safeguarding Workshop	10	Interactive workshop using video and discussion about harmful sexual behaviour and inappropriate sexualised behaviour.	To raise awareness and educate pupils on how to protect themselves and how to report inappropriate or sexualised behaviour.

SAFEGUARDING WORKSHOPS

Over the course of the Autumn term, a number of workshops were held across Key Stage 3.

The school's Safeguarding Team led workshops with Years 7 and 8 which aimed to support them to understand different risks and what they can do to safeguard themselves. Pupil feedback was overwhelmingly positive. The workshops will continue over the course of the academic year with pupil voice determining the topics of the next workshop.

Year 9 pupils took part in Prevent workshop which was run by an external organisation. Prevent Duty is part of the national counter terrorism strategy and forms part of all schools wider safeguarding duties. This is part of a series of workshops that will be delivered by Reveal Theatre Company. The workshops explore extremist ideologies, British values and the Equality Agenda using dramatic techniques, presentations, discussions and drama games.



The Year 10 workshop at the end of this term focused on raising awareness amongst pupils about harmful sexual behaviour as well as inappropriate sexual behaviour. This was delivered by the school's Safeguarding team. Pupils explored and discussed different scenarios and used problem-solving to address the issues that emerged.



The workshops also supported pupils by equipping them with strategies in order to manage situations and encouraged them to speak to adults to address any concerns they may have. Important issues such as peer pressure were addressed and pupils were able to discuss how to manage difficult situations with their peers both on and off-line.





#ANTIBULLYINGWEEK

ANTI-BULLYING AMBASSADORS

At Platanos College, our Anti-Bullying Ambassadors play an important role in the school community. They promote positive attitudes and behaviours towards others amongst our school community. The aim of our Anti-Bullying Ambassadors is to create an inclusive culture at Platanos College for all of our pupils to be part of.

[Year 7 Anti-Bullying Ambassadors](#)



Our Anti-Bullying Ambassadors have been trained as part of “The Diana Award- Anti-Bullying Ambassador” programme this academic year. To date, our Anti-Bullying Ambassadors have launched themselves within the school and have supported pupils to understand the important role that they play. They have delivered assemblies; organised and promoted ‘Anti-Bullying week’ and have promoted the theme of inclusivity within our school community.

Our Anti-Bullying Ambassadors have been given a badge so that other pupils can identify who they are and they wear an Anti-Bullying sash at lunchtimes to make them easily identifiable.

Year 8 Anti-Bullying Ambassadors



What does an Anti-Bullying Ambassador in Platanos College do?

- Support pupils who are experiencing bullying by speaking to them and helping them to report issues
- Help teach pupils about staying safe online
- Support other pupils and help create a sense of belonging amongst all pupils in our school community
- Lead lessons and assemblies on anti-bullying
- Promote the anti-bullying agenda in Platanos College
- Help pupils to understand the different types of bullying

Year 9 Anti-Bullying Ambassadors



WHAT DO OUR PUPILS HAVE TO SAY ABOUT OUR SAFEGUARDING WORKSHOPS?

Pupil voice from the safeguarding workshops and assemblies this term has been overwhelmingly positive. Here is what some of our pupils have had to say.



"I thought that the workshop was really fun. I learnt what to do if anything happens and who the safeguarding team are. I am looking forward to our next workshop!"

Sarah, Year 7



"It was good because we all came together and were able to express our feelings about how we want to be treated".

Anisa, Year 7

“It was good to learn about the safeguarding team and who to go to for help. This benefited me as I am now educated properly about safeguarding and what to do if I need help”.

Uche, Year 7



“I enjoyed the safeguarding workshop”.

Isaac, Year 7





"It was good to learn about safeguarding because it told us who to go to for help when you're in need. I learnt that you can get hurt both physically and mentally".

Ibrahim, Year 8



"I found the safeguarding workshop useful because it taught me how to be safe online. This is important because there are lots of strangers who might try to deceive you into doing something that you do not want to do".

Rasai, Year 10



"The safeguarding workshop was useful because it educated me on being safe online and being careful online. This was useful as I will use these strategies that I learnt to stay safe in the future".

Meaad, Year 10



“The safeguarding workshop was useful because it taught me about how unsafe the internet can be. Being more aware of these dangers has helped me to stay safe online”.

Amira, Year 10



“The safeguarding workshop was useful because it taught me about online safety. It also helped me to become more aware of my surroundings on the internet and keep me safe from strangers on social media”.

Nubia, Year 10

Feedback from Year 10 pupils on the harmful sexual behaviour workshop.



“I think that this workshop is important and addressed important issues which young people go through.”

Anastasia, Year 10



"The workshop has been fun. It has informed me about many new things. I am sure that this workshop will help many people."

Keiran, Year 10



"The workshop has been really helpful as it didn't only tell me about what to do if I'm in an uncomfortable situation, but it also taught me how to deal with certain situations. It taught me about inappropriate and appropriate online behaviours. I enjoyed that staff and pupils were able to discuss such a sensitive topic in such a mature way. This workshop has really enlightened me on how to act in certain situations."

Dior, Year 10



"In my opinion, the workshop was extremely valuable in terms of the information it gave on how to deal with situations where you have been pressured into doing things. It educated us on what to do and what not to do".

Cristovao, Year 10

ARE ALL OF YOUR CONTACT DETAILS UP TO DATE?

Please ensure that the school office has all your current contact details, especially your current mobile phone number and email address and advise us immediately if any of your details change. If we do not have your correct details, this is a safeguarding issue. We must be able to contact you in case of an emergency.

If there are any changes, please let us know by informing the main office as soon as possible or email info@platanoscollege.com

MEDICAL CONSENT

If your child is required to take medication during the school day, please ensure that you complete the medical consent form.

ACCESSING EXTERNAL SUPPORT

There are a number of different services available to parents/carers. Some of the services available to support your child's well-being are:

Mental well-being

'Young Minds' Parents Helpline

Below are a series of links that offer advice and support to parents/carers on supporting their child's mental well-being.

- <https://www.youngminds.org.uk/parent/a-z-guide/> - Parents A-Z Guide for support – Young Minds
- <https://www.youngminds.org.uk/parent/supporting-your-child-during-the-coronavirus-pandemic/> - Supporting your child during the coronavirus pandemic – Young Minds
- <https://www.youngminds.org.uk/parent/survival-guide/> - How to help your child – Young Minds
- <https://www.youngminds.org.uk/parent/starting-a-conversation-with-your-child/> - Starting a conversation with your child – Young Minds

ONLINE SAFETY

Online safety

It is more important than ever that parents/carers know what your child is doing online and to understand more about it. You can get more information and resources from helpful website including:

www.saferinternet.org.uk

www.thinkuknow.co.uk

www.net-aware.org.uk

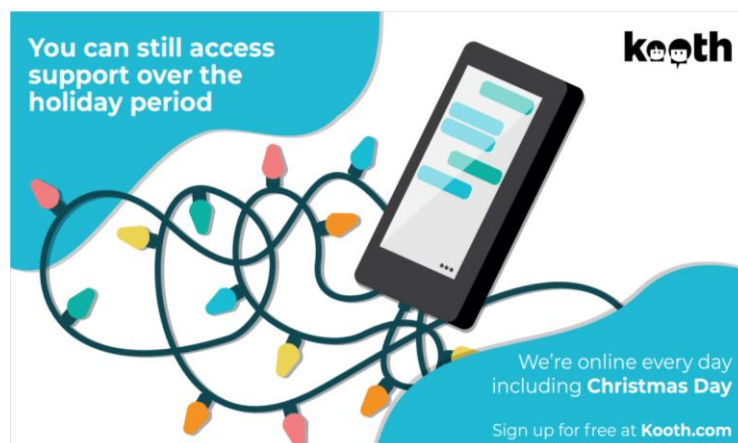
www.internetmatters.org.uk

www.childnet.com

KOOTH



Kooth provides free online counselling support for young people and will continue to offer support over the Christmas period. Please go to www.kooth.com to access this.



PARENT/CARER WORKSHOPS

As part of our safeguarding, health and well-being agenda, Platanos College will continue to run parent/carer workshops.

We would like to consult parents/carers about the workshops. Please follow the below if you would like to attend a workshop.

<https://www.surveymonkey.co.uk/r/8GYNC3>

We thank you in advance for taking the time to do this.

PARENTAL VIEWS

At Platanos College, we are proud to work in partnership with our parents and carers. As such, we invite you to share your views as to what you would like to see in our *Safeguarding, Health and Well-being* newsletter.

Equally, we invite you to share anything that you would like to add to the newsletter. This could include how you have dealt with health and well-being matters.

Please send your suggestions to parentsafeguarding@platanoscollege.com

TWITTER

We are on Twitter! If you want to see our latest successes as they happen follow us @platanoscollege.

#attitudedeterminesaltitude

CONTACT INFORMATION

If you are concerned about a child, please contact the Safeguarding Team using the below e-mail addresses:

- pupilsafeguarding@platanoscollege.com
- parentsafeguarding@platanoscollege.com
- safeguardingconcerns@platanoscollege.com

Please note that if a child is in immediate danger, you should call the police.