



Safeguarding 'is everyone's responsibility'

Welcome to our Safeguarding newsletter which has been put together to support parent and carers to share valuable information and support.

We will deal with key themes such as online safety, anti-bullying, mental health and welfare to name a few. We hope you find the information useful and would welcome any feedback you have.

Our guidance is produced by our local safeguarding board— <https://www.staffsscb.org.uk/Home.aspx> alongside useful website listed below.

Safeguarding contacts at Eton Park Junior



Mrs Phillips	Mrs Kay	Mrs Gilbert	Mrs Plimmer	Mrs Fotheringham
Lead	Deputy	Officer	Officer	Alternative Lead

You are always encouraged to contact your school Safeguarding Officers,

alternatively contact First Response -0800 1313 126 If a child is immediate danger—999

The NSPCC has an excellent website that can support you in keeping your own child safe or can offer advice if you have growing concerns around the care of children you know or are living close by.

<https://www.nspcc.org.uk/>

<https://www.kidscape.org.uk/>

<https://www.ceop.police.uk/>

<https://www.thinkuknow.co.uk/>



NSPCC



**If you require any help with any of the topics on our Safeguarding Newsletter,
please speak with a Safeguarding Officer for help and advice**



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top tips

- ⇒ Set a good example with your own device use
- ⇒ Have discussions about the risks that they may face based on their online activities
- ⇒ Put in place a family agreement and agree an appropriate length of time they can use their device
- ⇒ Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
- ⇒ Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
- ⇒ Use tech tools and parental control to manage the time they spend online and the apps they use
- ⇒ Get the whole family to unplug and create 'screen free' zones at home
- ⇒ Together find apps, site and games that will help children explore their passions and make screen time active
- ⇒ For younger children find ways to combine touch screen use with creative and active play
- ⇒ Encourage children to self-regulate the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing
- ⇒ Teach your child about online safety, ensure they know how to report inappropriate images or issues but to also encourage them to tell you about what they have subjected.

Screen time is the amount of time that someone spends using a device or computer, watching television or playing on a games console. Although managing this is important, focusing on the type of activities that children are doing online is essential. A recent report suggested using the Goldilocks method - 'not too little, not too much but just the right amount'.

Although there are reports that screen time actually have some advantages such as building their knowledge, enhances team work and creativity, but also comes with many downfalls like online safety issues, effects on sleeping patterns, effects on the brain development and ultimately effects on behaviours.



Social network platforms like YouTube, Instagram, Facebook, WhatsApp, and Snapchat all have age restrictions.

Remember there is a reason for these age restrictions, and this is usually to prevent harm to your child and to avoid your child being subjected to content that is not deemed suitable.

Snapchat—Age 13 years



WhatsApp—Age 16 years



Instagram— Age 13 years



Facebook—Age 13 Years



Tik Tok—Age 13 years



YouTube—Age 13 with parent permission



Therefore you may be surprised to discover that as your child is Junior School age, it has not deemed appropriate for your child to be using any of these platforms above. You may also be surprised to discover if a child is subjected to certain inappropriate behaviour this may be deemed a Safeguarding issue that must be investigated.