



### **What is Safeguarding?**

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- acting to enable all children and young people to have the best outcomes.

### **Child Protection**

Child protection is part of the safeguarding process. Child protection means: focusing on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

### **Sexual Harassment in schools**

OFSTED completed its investigation into sexual harassment in schools and colleges—a large scale review of safeguarding in respect of this one issue. After speaking to over 900 pupils, it became clear to OFSTED that there is a significant issue with sexual harassment in education and the associated gender violence consequences. Here is the link to OFSTED's report

<https://www.gov.uk/government/publications/sexual-violence-and-sexual-harassment-between-children-in-schools-and-colleges>

#### **What is Sexual Harassment?**

Sexual harassment in general is any unwanted sexual attention online and off line that can cause physical, emotional/mental, psychological or economic harm to the victim.

#### **Can this happen in Primary School?**

Research suggests that more than a third of sexual abuse reported by any age children is perpetrated by their peers (Child on Child Sexual Abuse) - with girls being the victim in the majority of cases. Sexual violence and sexual harassment can occur between two children of any sex. They can also occur through a group of children sexually assaulting or sexually harassing a single child or group of children. It is important that we teach all children (boys and girls), of all ages, what is acceptable interaction and what is not, and then what they must do if any unwanted sexual attention happens to them.

#### **What can we do to teach children appropriate interaction?**

Boys and girls mix together in every social environment, at every age and many children will never experience sexism, harassment or abuse based on gender. To ensure that our youngest children know how to keep themselves safe we must encourage an open honesty about their experiences so that they know it is always safe to disclose to a trusted adult. Parents and staff should make sure they model the best ways of showing respect between the genders and challenge any attempt by family members, friends, other parents and organisations to undermine that work

#### **What do we do at Huntingdon Academy?**

At School, we encourage children to be open about their experiences so that they know it is always safe to disclose concerns to a trusted adult. We aim to create an environment that teaches boys and girls how to behave respectfully towards each other, and how to respect personal and physical boundaries.

Through our Jigsaw lessons, we ensure the children develop an age appropriate awareness of this theme, including understanding how to show respect to themselves and others. If children understand their own bodies, the terminology to use and why certain words are not appropriate, they will speak more knowledgeably and respectfully to each other.

## Operation Encompass

Our school participates in a national scheme called 'Operation Encompass', which is a joint partnership between Nottingham City Police and schools. One of the principles of Operation Encompass is that all incidents of domestic abuse are shared with schools, not just those where an offence can be identified. This system has been established to help schools provide in-school support to children who have been present at, exposed to or involved in any domestic abuse incident. We know that children can be significantly harmed, physically and/or emotionally, during these situations, and that it also negatively affects their learning and behaviour. Therefore, as part of the Operation Encompass procedure, and to help mitigate the resulting negative impact, the school receives an email the morning after a child has been witness to, or involved in, any reported domestic abuse incident. We are then able to use this information to provide the right support to any child and their family as and when it is needed.

## Be Bright, Be Seen

We are always mindful for the safety of our children near to roads and conscious of how vulnerable they can be. At this time of year, there is reduced visibility for drivers and pedestrians and as a result, your child can become even more vulnerable near to roads. To help raise your child's awareness of this issue, we have included a flyer with safety tips so you can discuss with your child how important it is to be visible when near roads. It emphasises how wearing brightly coloured clothing shows up well in daylight but as it gets dark, reflective clothing and accessories are far more effective in highlighting pedestrians through car headlights or street lamps.

**5 top tips on how to  
BE BRIGHT & BE SEEN**

- 1** Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2** If you're out and about when it's dark, wear reflective gear to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3** Don't forget to accessorise! Even small items such as clip-on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4** If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5** Of course, 'Being Bright' isn't the only way to stay safer. If you're out at night, choose routes and crossing places that are well lit and remember to always use the Green Cross Code.

For more road safety tips, games and videos, visit the Tales of the Road website at [www.direct.gov.uk/talesoftheroad](http://www.direct.gov.uk/talesoftheroad)

**Be Bright,  
Be Seen**

**THINK**

## Prevent incidents by observing the following **Pedestrian Safety Tips**



### **Be Seen**

1. Wear bright colours
2. Wear reflectors
3. Carry flashlights
4. Walk facing traffic



### **Be Smart**

1. Watch for drivers turning at intersections
2. Always cross at designated crosswalks
3. Never cross once the signal has turned yellow or red
4. Make eye contact with drivers
5. Remove headphones
6. Stay off your phone



www.abbypd.ca



## **Be Safe**

Stop, look, listen.

## **Children's Mental Health**

Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be really hard. Signs of anxiety in children can sometimes look like normal behaviour, particularly in older children who can keep their feelings to themselves. It's also natural for children to feel stressed or anxious about the challenges that come with going to school. Whilst these experiences can be very difficult, they're different from longer term anxiety, which affect how a child feels every day. It can help to think about what's normal for your child and if you've noticed signs that they've been behaving differently recently. Signs of anxiety in children can include:

- ❖ becoming socially withdrawn and avoiding spending times with friends or family
- ❖ feeling nervous or 'on edge' a lot of the time
- ❖ suffering panic attacks
- ❖ feeling tearful, upset or angry
- ❖ trouble sleeping and changes in eating habits.

### **Ways to help a child who's struggling include:**

Letting them know you're there for them and are on their side

- ❖ Being patient and staying calm and approachable, even if their behaviour upsets you
- ❖ Recognising that their feelings are valid and letting them know it's okay for them to be
- ❖ honest about what it's like for them to feel this way
- ❖ Thinking of healthy ways to cope, which you could do together, like going for a walk,
- ❖ breathing exercises or mindfulness
- ❖ Encouraging them to talk to a trusting adult at their school - especially if they're finding
- ❖ it hard to talk at home.
- ❖ Take care of yourself and get support if you need to. Try not to blame yourself for
- ❖ what's happening and to stay hopeful about your child's recovery.

## **Useful phone numbers**

Children and Families Direct: 0115 876 4800

ChildLine: 0800 1111

Nottingham Prevent Team: call 101 ext. 800 2963/2965 or ask to speak to the Prevent Team.

Carers Federation, Action for Young Carers project: 0115 962 9351

NSPCC whistle blowing helpline: 0800 028 0285

FGM helpline: 08000 283550

Samaritans: 0115 941 1111

Report to CEOP if you are concerned that an adult is behaving inappropriately towards a child on the internet: [www.ceop.police.uk](http://www.ceop.police.uk)

Safer Internet - Tips, advice, guides and resources to help keep your child safe online  
0344 800 2382

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

## **Who can help?**

Every school has a 'Designated Safeguarding Lead'.

At Huntingdon Academy, this is Miss Yarnell, Mr Middleton, and Mrs Riley.

Attendance and medical help – Mrs King

Our Safeguarding governor is Mrs Ros Murphy.

If you have any concerns in relation to safeguarding, please feel free to speak to a member of our team.



### The 12 Online Safety Tips of Christmas

# FOR CHILDREN WITH NEW DEVICES

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!




- #### 1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It helps to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).
- #### 2. SET UP 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.
- #### 3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.
- #### 4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.
- #### 5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.
- #### 6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.
- #### 7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.
- #### 8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.
- #### 9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.
- #### 10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.
- #### 11. STAY AWARE OF THE SURROUNDINGS

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.
- #### 12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



**NOS National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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