

# Safeguarding Newsletter

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## WELCOME

to the sixth issue of Tapton School's Safeguarding Newsletter.

In this issue I am sharing a range of resources from campaigns to help with transition to secondary to the dangers of the Internet of Things. I hope you find these resources useful.

*Kath Tabani*

## Transition to Secondary School

Moving from primary school to secondary school is an exciting time of life, but for many children it can also be a daunting prospect. A new, much bigger school can offer greater independence, such as the first smart phone, and a world of opportunity.

However it also means new teachers, new subjects and potentially a whole new set of friends. [Starting Secondary School](#), a new campaign from BBC Bitesize aimed at 10-12 year olds, their teachers and parents, will shine a light on the great potential of starting afresh in secondary school and also offer practical advice and emotional support to help take the stress out of taking the next big step.

## Image sharing: resources for teens and parents

### Has your child shared a nude selfie?

If you've found out your child has shared a revealing pic or video, don't panic. There are plenty of ways to stop things getting out of hand. It's important to keep things in perspective and plan how to talk to your child. Remember, however stressed and anxious you are feeling, they are probably feeling more so. Watch [these films](#) at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) to find out what you can do.

If your child shared a picture or video because they were threatened, pressured, or forced to, [report to CEOP](#). CEOP can help protect your child. It is never too late to get help.

## Honour Based Violence and Forced Marriage

We were very pleased to host a training session recently which was delivered by Karma Nirvana on this important topic. [Karma Nirvana](#) is an award winning charity that runs a national helpline to support victims in immediate danger.

# The Internet of Things

Do you or your family own any of these items?

- smart speakers,
- smart meters (for home electricity and heating),
- and wearables such as fitness trackers.

If the answer is yes then you are connected to The Internet of Things, often referred to as IoT. These connected devices can be activated using voice commands, or controlled by downloading and using an app or via a Bluetooth connection.

Connected devices and toys can be found in most homes, and have changed how many of us go about our daily lives and how children interact and play and experts predict that there will be over 26 billion connected devices in our homes worldwide by 2020.

## What are the risks associated with the Internet of Things?

Although connected devices and toys provide children with opportunities for learning and interactive play, there are risks associated with the Internet of Things. For example:

- Concerns have been raised about whether these devices are collecting **too much personal information** from children.
- Some children (either accidentally or on purpose) are able to search for and access **age-inappropriate material** via a connected device such as a smart speaker.
- Children may make **'in-app purchases'** and spend money, which is often taken from their parents' bank account without their knowledge or consent.
- Some of these devices may be more vulnerable to hacking and monitoring, as there are currently no security standards in place for connected devices.

[This article](#) from thinkuknow.co.uk has a look at the risks of the IoT and how to minimise them.

# Teenagers and Alcohol

Research indicates that the average age a person first tries alcohol is now **13**.

Alcohol can have serious effects on developing brains and bodies, as well as leaving teenagers vulnerable to unsafe situations.

Drinking alcohol is seen as something teenagers are expected to do as part of growing up but starting to drink so young is more damaging than many teenagers realise.

## Why do teenagers drink?

It's easy for adults to dismiss teen drinking as a straightforward act of youthful rebellion but the reasons teenagers start drinking can be complicated and varied. Peer pressure can be a major factor in contributing to drinking for the first time as teenagers feel the pressure to keep up with their friends to fit in.

## How to talk to your teenager about alcohol

The best way to talk to your teenager about alcohol is to sit them down and have an open, honest talk. If possible, try and talk to them before you suspect they've started drinking. The first step to getting the tone right is to make it a conversation rather than a lecture. Listen as much as you talk. This encourages young people to pay attention and open up too.

As a defence teenagers can say it's unfair that parents lecture them about drinking but drink alcohol themselves. You can agree that large amounts of alcohol are harmful to anyone, but also you can say that young people seem to be more vulnerable in some ways.

It's really important that you don't come across as judgmental, critical or disapproving of what they say.

You can get more information [here](#).



### Common Sense Media

To learn more about the games or apps your children are using, Common Sense Media covers thousands, which includes advice and reviews from other parents:

<https://www.commonsensemedia.org>



### Internet Matters

Tons of age-specific related information created specifically for parents. Includes information to set up devices.

<https://www.internetmatters.org>



### School

The school your child goes to is a wealth of information. If you're not sure or don't know where to turn to, they can and will help. Find out what your child does in school about online safety so that you can replicate the same advice at home.

[www.taptonschool.co.uk](http://www.taptonschool.co.uk)

These websites have useful information to help keep you and your children safe online. You can also find some useful information about the apps your children are likely to use [here](#)