

Safeguarding Newsletter

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WELCOME

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

February 10th sees the beginning of Safer Internet week. This issue has news of resources that you can use to help keep your children safe online.

Kath Tabari

Childline - not just a phone call

The Childline website has lots of valuable information, but one area I like is their Calm Zone. The activities aim to help children feel better when they're feeling anxious, scared or sad. Although children could be encouraged to visit the website themselves, these are good techniques for adults use with children. Ideas include: breathing exercises, a 'let it go' box and creating a 'sense drawer'.

Go to the Childline website [here](#):

Creating a Positive Digital Footprint

CEOP (Child Exploitation and Online Protection command) collaborate with ParentZone to produce some really great resources for parents and children. A [recent article](#) written by Rachel Rosen explains how you can help your children to create a positive digital footprint and make their online presence work for them. You have probably heard that compromising photos or inappropriate comments on social media could hurt their chances of finding a job or getting into university. Lots of employers and universities admit to looking up applicants online, it's better to have a positive digital presence than none at all. A thoughtful and carefully curated digital footprint that highlights your child's skills and interests could help them stand out in a good way.

Safer Internet Week Free To Be

Safer Internet Day is on the 11th February 2020!

Safer Internet Day 2020 will be celebrated globally with the theme: **Together for a better internet.**

You can use these [free resources](#) to talk to your children about online safety this Safer Internet Day. This pack includes activities, conversation starters and information to help parents and carers talk to their children about how to navigate the issue of online identity in a digital age in a safe, responsible and respectful way.

NSPCC Need-to-know: is my child ready to be left alone?

Parents and practitioners often ask at what age a child can be left alone at home. Use [this helpful guide](#) from the NSPCC to help you decide if your child is ready to be left alone.

A guide to social networks, apps and games

Do you know which apps your children have on their phones? Do you know what they do? What are they for? The [NSPCC](#) have produced a useful guide to 53 of the latest apps. Yes 53!

The guide is produced in partnership with 02 and tells you what you need to know to keep your children safe online.



I picked one of the apps to show you what the resource can tell you. When you click on the app it tells you what the app is and how people interact with it.

Mixer



Mixer is a video streaming app and website from Microsoft. Users can live stream themselves playing games on their Xbox, computer and mobile, as well as watching other people play. It also lets you chat to other players or join their game.

13+ Official age rating

There's a handy info graphic which will alert you to any dangers the app poses.

At a glance

Kids use this to...



Expert view of the risks...



The O2 Guru tells you how to make the app safer to use and you can find out everything you need to know.

A graphic with a dark blue background. At the top right is the O2 Guru logo. The main title 'O2 Guru top tip' is in white. Below it, on the left, is a purple box with white text. On the right is a photo of a man in a blue shirt standing in a stylized cityscape.

O2 Guru top tip

Set the 'Catbot' to high

'Catbot' is the chat moderation feature which defaults to the lowest setting. With your child, go to the 'Broadcast Dashboard' and choose 'High'. This will keep the chat free of offensive and inappropriate language.

What you should know

Mixer is an app and website that lets you live-stream videos, like [Twitch](#). It's particularly popular among gamers. In 2019, a lot of popular streamers moved from Twitch to Mixer which could mean a lot of their fans move platforms as well. Why not ask your child if they've heard or used it?

Different content has [different age ratings](#) and users will be warned before they see mature content. But it's easy to click ok and watch this anyway. A lot of the games being streamed contain mature theme, including violence and sexual content. You can also easily chat to other users without moderation.

For these reasons, we think it's best to regularly check in with your kids to see if what they're watching is appropriate.

Check out our top tips for staying safe on Mixer below.

Top tips for staying safe

Think about the age rating	▼
Explore it together	▼
Talk to your child about what they're sharing	▼
Let your child know they can talk to you	▼
Explore the chat settings	▼
Show your child how to report	▼

Finally I'd like to reinforce the NSPCC's advice. Nothing is more important than having open, regular conversations with your child which will help you to really understand and explore the online world together.

Read more [here ...](#)