

Welcome to our latest edition of the Newsletter from the Hampton Gardens Safeguarding Team. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. In this issue, we discuss some invaluable guidance and advice about how to keep your children safe online. There is also an extra support services section to help families through the cost-of-living crisis that we still find ourselves in. Enjoy the half term. The Safeguarding Team.

January saw the launch of the NSPCC's latest campaign which aims to give adults practical advice on what to do if they are concerned about a child and offers training on how to spot and report abuse.

The last year has seen the NSPCC's adult Helpline experience a 14% increase in the number of contacts about in-person sexual abuse. From April 2022 to March 2022, the Helpline spoke 8,347 times with adults expressing concerns about the issue compared to 7,338 the previous year. The Helpline's child protection specialists have also taken thousands of contacts over the last year relating to other issues also: physical abuse, emotional abuse and about neglect. The extent of children at risk is likely to be more than half a million children in the UK experiencing abuse or neglect a year.

The NSPCC believe that abuse and neglect are preventable and that everyone can play their part in keeping children safe – the main reason for them launching Listen Up, Speak Up!

The campaign has been endorsed by Olympic cyclist, Sir Bradley Wiggins, who last year spoke out publicly about being groomed by his training coach when he was thirteen years old. Bradley kept his experiences hidden and struggled to cope, he said that if someone had spotted that he was suffering and had spoken out, he might have been able to get the help and support he needed much earlier.

The NSPCC's long-term aim is to reach at least million people in communities and organisations across the UK to equip them with practical advice and confidence to know what to do and who to speak to if they're concerned a child might be experiencing or is at risk of abuse or neglect.

DOTS – address the barriers to people acting on concerns:

**D**on't ignore it

**O**bserve the situation

**T**hink: If not you, then who?

**S**peak Up?

Listen Up, Speak Up <https://www.nspcc.org.uk/support-us/listen-up-speak-up/> will encourage people to take an engaging and informative, FREE ten-minute online training course followed up by a series of emails from experts with actions people can take to help keep child safe.

LISTEN UP, SPEAK UP - NSPCC

One dad who called the NSPCC Helpline said:

“My 5-year-old sons told me he's being abused. He told me his step-dad has been visiting him in his bedroom at night and hurting him; when I ask more details he shuts down and looks away. I noticed he cries so much when I drop him off at his mum's house, but I didn't think it could be a sign something's wrong.”

## PUPILS FEEL UNSAFE – TOP 5 PLATFORMS

New research has uncovered the top five platforms young people feel the most unsafe whilst using. [The Pupil Safeguarding Review](#) investigated the effectiveness of school safeguarding policy, with an aim of understanding whether pupils feel safe in a variety of settings.

Pupils most commonly feel unsafe whilst using:

- Roblox (15%)
- Snapchat (12%)
- Instagram (7%)
- TikTok (6%)
- Fortnite (4%)

INEQE online safety experts have compiled a comprehensive guide to help parents and carers understand why children and young people might feel unsafe on these platforms and what you can do to help them have better online experiences. Click to see advice [top 5 platforms](#)

[Pupil Safeguarding Review.](#)

[The Pupil Safeguarding Review: Top 5 platforms pupils feel unsafe using - Ineqe Safeguarding Group](#)

## THE DARK WEB

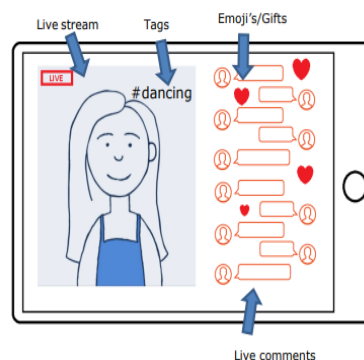
The Dark Web Explained has been created by the National Crime Agency in along with the Children's Society and Marie Collins Foundation. The resource has been developed in response to recommendations from research which found that many professionals, parents, and carers do not understand the Dark Web and don't feel confident to talk to a young person about it should they need to. The Dark Explained consists of a short informational film with separate fact sheets. The resource will help you to understand what it is, why some young people might want to access it and to feel confident in having conversations. The film and fact sheet should **NOT** be shared with your child.

**It is intended for professionals, parents, and carers only. It is strongly advised you do not have conversations about the Dark Web with your child if they are not already using it.**

[Thinkuknow/parents/dark web](https://thinkuknow.org.uk/parents/dark-web/)



### Live Streaming: Factsheet for professionals



#### Live in 3...2...1

Live streaming, sometimes known as "going live", is the broadcasting of live videos over the internet. Videos are unedited and are viewed in real time- similar to Live TV.

#### Why do people live stream?

Sharing videos instantly can feel exciting. Some people use live streaming as a way to showcase their talents, campaign about an issue or to spontaneously share their thoughts with an audience.

#### Watching live videos?

The clue is in the name – live streaming is live, which means there is no opportunity to edit or think critically about the content before it's posted online. Anyone with a camera-enabled device and access to the internet can create and share a live video. This can make live videos unpredictable and very difficult to moderate. Therefore, it's possible for young people to see inappropriate content that could shock or upset them - even if they didn't initially set out to watch that type of video.

#### Work with young people who are thinking about live streaming?

Whilst live streaming can be fun, it's important to affirm to young people that live videos posted on the internet can remain there forever. They can be recorded, screen shot and shared without permission. Encourage young people to think carefully about what they choose to stream if they decide to go live. When something is live, young people can be more susceptible to acting on impulse- doing something 'in the moment' they might later regret.

Some apps allow viewers to comment on a live video as it is broadcast. Often, the person in the video can read the comments as they are live streaming and can feel a pressure to respond to comments as they are aware they are being watched.

Adult offenders sometimes use tricks and dares to coerce young people into performing acts that involve nudity on camera; sometimes offering them online gifts or 'game points' in exchange for videos. Younger children can be particularly susceptible to these tactics as it can be difficult for them to spot manipulative behaviour in others and stand up to pressure. It is important to remind young people that if someone asks them to remove clothing or do anything sexual, stop and tell someone. No matter who instigated the conversation or what's been said, it is never the young person's fault. Encourage them tell an adult and report to CEOP.

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them more likely to stick to it in the long term.

## Meet Our Expert

Rebecca, a member of NASIT (National Specialist In-School Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



**NOS** National Online Safety®  
#WakeUpWednesday



## **Find out what support you can get with the cost-of-living crisis.**

### **Citizen's Advice Bureau (CAB)**

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or organising other financial support
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/) website or contact your local branch to book an appointment.  
<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/>

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### **Check you're paying the right amount of tax**

Make sure you're on the right tax code. If you aren't, you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

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### **Claim any benefits you're entitled to**

Use one of these benefits calculators to determine whether there are any benefits you could be claiming:

[Turn2us](#)

[Policy in Practice](#)

[Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds (meaning you're not entitled to the majority of welfare benefits)

You may be able to get benefits paid early if you need cash urgently – this is known as 'a short-term benefit advance'. You will need to contact the Department for Work and Pensions (DWP) office at 45 Bridge St, Peterborough PE1 1HF.

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### **Check you've received all the government's cost-of-living payments**

The government's [cost-of-living payments](#) are available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment but haven't received one, [report a missing payment](#) to the government.

**Be aware of scams!** If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost-of-living payment, **do not talk to them or send a reply**. Get more information on [cost-of-living scams](#) on the Money Saving Expert's website.

### **Check if your child is entitled to free school meals (FSM)**

If your child is eligible for FSM you need to get them registered. This will allow them to get a free meal at school and, as a school, we'll get extra funding (known as the pupil premium) to support your child's learning.

Go to [this government website](#) to check if your child is eligible.



The [Holiday Activities and Food Programme](#) – access to food and activities over the school holidays. Note that if your child is eligible for free school meals (see above), they'll also qualify for this programme

[Help with transport to school](#)

[Help with school uniform costs](#)

### Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)

Find your local food bank: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)

Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low-cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best-before date, but is still safe to eat)

Become a member of a community shop. These organisations sell food to their members at a reduced price. Some shops are free to join if you meet certain criteria, and others ask for a small contribution. Find out if there's one near you by checking these websites: [Community Shop](#), [Your Local Pantry](#), [Community Grocery](#)

Get more tips on free and cheap meals from [Which](#)

### Replace or repair household items at a low cost or for free

Check if you can get broken household goods replaced or repaired by your local community.

Get free household goods on [Freecycle](#)

Get help with DIY repairs at a [Repair Cafe](#)

### Further information

- › Contact [StepChange](#) for debt advice
- › Contact [Shelter](#) if you're having issues related to housing
- › Contact the [Salvation Army](#) for emergency assistance
- › See if you're eligible for [grants from Turn2us](#)
- › Single parents can get support from [Gingerbread](#)

## YOU'RE NOT ALONE

There is help out there for you. If you're struggling or feel overwhelmed reach out to the services below:

### Anxiety Helplines and Services

SHOUT text line 24/7 - Text SHOUT to 85258

No Panic Helpline Everyday 10am-10pm - 0300 772984

Anxiety UK Helpline - Mon-Fri 09:30am-5:30pm 03444 775 774



### Crisis Support numbers

First Response Service: dial 111 and select option 2 (open 24 hours/7 days a week)

Young Minds Crisis Messenger: text YM to 85258

Samaritans: dial 116 123 (open 24 hours/7 days a week)

Childline (under 18s): dial 0800 1111

### Young Person Services

Centre3 3 - [www.centre33.org.uk/](http://www.centre33.org.uk/)

Kooth - [www.kooth.com](http://www.kooth.com)

The Kite Trust - [www.thekitetrust.org.uk](http://www.thekitetrust.org.uk)

Your Local GP

### Some Further Websites or Apps you might like to try:



MindShift

Cambridgeshire & Peterborough C&YP Mental Health

KeepYourHead



Tel: 0333 4141 809

email: [help@centre33.org.uk](mailto:help@centre33.org.uk)