

Safe At Summerhill

At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.

This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of the safeguarding and mental health issues, giving you useful links and resources to use if you have concerns. If you have concerns or ideas for future topics please do not hesitate to contact us on the main school number 01384 816165 or via email on studentssupport@summerhill.dudley.sch.uk

How to be a good listener

Opening up to somebody about your mental health can be scary, even if it's somebody you trust. Read Tara's story here where explains how her mum made the process easier, and shares her tips for how to be a good listener.

Mental ill-health is not something to be ashamed of. It can be helped by medication and talking therapy, like a broken leg can be fixed with a cast and physiotherapy. Opening up about your mental health is a big step to recovery, as it helps you realise how many people you have supporting you. Also, talking about your mental health lifts a weight off your shoulders, as you realise that you're not alone and many people will be there for you while you get better.

<https://www.youngminds.org.uk/young-person/blog/how-to-be-a-good-listener/>

What is Sextortion?

In today's digital age, young people are increasingly vulnerable to online threats, and one such menace is sextortion. Sextortion is a cyber-enabled crime that exploits a young person's trust and seeks to control them through the threat of public humiliation. It can happen to anyone, but it is particularly prevalent among teenagers and young adults. Shockingly, this is a 1058% increase since the pandemic. It is therefore crucial for parents and safeguarding professionals to understand this crime and take steps to protect young people from falling victim to it. Sextortion typically begins with an innocent online connection. A young person may encounter someone on a social media platform, a dating app, or even a gaming platform like Roblox. They bond over shared interests, and the online friendship becomes a regular interaction. – if you would like to read more please follow this link [what-is-sexortion](#)

What Parents & Carers Need to Know about Whatsapp

WhatsApp is the most widely used messaging platform on the planet, with over two billion users (forecast to become three billion by 2025), across more than 180 countries. The majority of those people (70%) open the app at least once a day – but what exactly are they seeing? Contact from strangers, fake news and convincing scams are all among the service's well-documented hazards. According to Ofcom, WhatsApp is used by more than half of 3- to 17-year-olds in the UK (including one in three from the 8–11 bracket), despite its 16+ age restriction. If your child hops onto WhatsApp to stay in touch with friends or family, check the below guide to the service contains the key details you'll need to support them in doing it safely.



Mrs Sprouting
Designated
Safeguarding
Lead



Mr Randle
Deputy
Safeguarding
Lead



Ms Gordon
Deputy
Safeguarding
Lead



Mr Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe;
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/107709839562332> | https://faq.whatsapp.com/36100588188245/?helpref=hc_tnav | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>