



Stanburn Primary School



Safeguarding Newsletter Summer

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead, Child protection officer or Deputies straight away.

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:



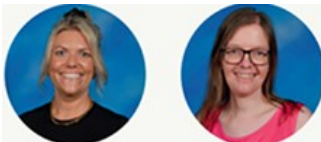
Designated Safeguarding Lead

Mrs R. Malik



Child Protection Officer

Mr M. Lynch



Deputy Designated Safeguarding Leads

Mrs K. Hartland

Miss C. Crane

The Safeguarding Team oversee and coordinate all aspects of the school's work to ensure that children are kept safe.

They regularly attend training to ensure their skills and knowledge are up to-date.

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):

Dear Mums, Dads and Carers,

Welcome to the latest edition of our Safeguarding Newsletter. We are in the second week of the summer term and the Easter holidays seem a distant memory now!

The aim, as always is to bring you all the latest, relevant help and advice on issues that we feel are of importance. Studies show that children and teens are more stressed today than ever before. At Stanburn, we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood

In this issue we will focus on keeping children safe on snapchat, healthy friendships and ways to reduce anxiety in children.

Mrs R. Malik (Designated Safeguarding Lead)

Useful websites



www.thinkuknow.co.uk



www.saferinternet.org.uk



www.nspcc.org.uk/onlinesafety
www.nspcc.org.uk/onlinesa



www.childnet.com



www.childline.org.uk



www.internetmatters.org

Useful contacts

[Harrow Safeguarding Children Partnership](#) 020 8901 2690

[Childline](#) 0800 1111

[NSPCC](#) 0808 8005000



Spotlight on Safeguarding

Keeping your child safe on Snapchat: A parent's guide

Many children become more engaged with social media at a young age and Snapchat is one of the most popular apps among them. It is important to note that the minimum age requirement for using Snapchat is 13 years old. While Snapchat can be a fun way for children to stay connected with friends, it also comes with risks.

What is Snapchat?

Snapchat is a social media app that allows users to send photos, videos and messages that disappear after being viewed. It also includes features like Stories, Snap Maps and AI chatbots.

Risks of Snapchat

While Snapchat can be enjoyable, there are risks parents should be aware of:

- **Disappearing messages:** disappearing Snaps encourage children to participate in more risky behaviour. They might send things that they wouldn't usually as they know it will disappear.
- **Stranger danger:** strangers can contact your child if their privacy settings are not secure.
- **Snap Maps:** this feature shows a user's location in real-time, which can put children at risk if not managed properly.
- **Inappropriate content:** children may come across content that is not age appropriate.
- **Pressure to maintain "Streaks":** Streaks (sending Snaps daily) can create unnecessary pressure and anxiety for children.

Safety features parents should know

Snapchat has built-in safety features that can help protect your child. Here are some important ones:

- **Privacy settings:** go to Settings > Privacy Controls to ensure only friends can contact your child and view their content.
- **Ghost Mode on Snap Maps:** this hides your child's location from others. Enable this by going to Snap Maps and selecting 'Ghost Mode'.
- **Report and block:** teach your child how to block or report inappropriate content or users.
- **Family Centre:** Snapchat's parental control tool allows you to see who your child is communicating with while respecting their privacy.



Spotlight on Safeguarding

Friendships play a vital role in childhood development and helping children recognise and navigate healthy relationships is essential. By staying engaged and supporting your child, you can empower them to build strong, positive friendships that enrich their lives.

Helping your child navigate healthy friendships

As children grow, friendships become a central part of their lives. While most friendships are positive and supportive, some can become unhealthy and even coercive. Coercive controlling friendships can be difficult to spot, but they can have a significant impact on a child's well-being, confidence and self-esteem.

What is a coercive controlling friendship?

A coercive controlling friendship is one where one child exerts power over another in a way that is manipulative, pressuring, or emotionally harmful. Unlike typical fallouts or disagreements, these friendships involve ongoing patterns of control and intimidation.

Some common features may include:

- One friend making all the decisions and expecting the other to comply
- Threats of exclusion or withdrawal of friendship unless demands are met
- Emotional manipulation, such as making a child feel guilty for spending time with others
- Pressure to do things that make them uncomfortable
- Name-calling, teasing or undermining self-confidence
- Making the child feel responsible for the other's emotions or actions

Signs your child maybe in a coercive controlling friendship

If your child is experiencing a controlling friendship, they may show some of the following signs:

- Increased anxiety or stress about seeing a particular friend.
- Changes in mood or self-esteem, such as becoming withdrawn or overly worried about pleasing one person.
- Loss of other friendships or reluctance to spend time with different friends.
- Secretive behaviour or reluctance to talk about their friendship.
- Fear of upsetting their friend, even when the demands are unreasonable.

HOW YOU CAN SUPPORT YOUR CHILD
IF YOU SUSPECT YOUR CHILD IS IN A COERCIVE CONTROLLING FRIENDSHIP, HERE ARE SOME WAYS TO HELP:

- 1 Encourage open conversations**
Create a safe space for your child to talk about their friendships. Ask open-ended questions like, "How do you feel when you're with this friend?" or "Do you feel comfortable saying no?"
- 2 Help your child recognise unhealthy behaviour**
Teach them to identify red flags in friendships and reinforce that healthy friendships should be equal, respectful and supportive.
- 3 Boost their confidence**
Encourage activities that foster self-esteem and friendships with different groups of children.
- 4 Teach assertiveness skills**
Role-play situations where they practice saying "no" or setting boundaries in a respectful way.
- 5 Encourage a wider social circle**
Help your child form friendships with different peers to reduce reliance on one person.
- 6 Speak to school staff if needed**
If the situation is affecting your child's well-being at school, reach out to their teacher for support and guidance.

The_Enlightened_Parent

Encourage your child to reflect on their friendships and ask themselves:

"Do I feel happy and safe with this friend?"

"Can I be myself around them?"

"Do we respect each other's choices?"

Spotlight on Safeguarding

Ten ideas proven to help anxious children:



Quiet Hugs: Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety so sitting quietly with lots of cuddles and empathising can often work better.



See your calm space: Remember a time when you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.



5x5 Grounding: See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.

Draw your anxiety: Draw a picture of what you are worried about.



Blow bubbles: Research has shown that taking 10 deep breaths resets the automatic nervous system and helps to calm the amygdala in the brain. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or a straw and balled up paper offer other ways to do the same.



Pet a furry friend: Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10-15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.



Jumping Jacks: Anxiety often causes shallow breathing. Asking your child to do an exercise forces them to take deep breaths that can reset the anxious feelings.

Remember past success: Encourage your child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it may be hard.



Problem solve the fear: Help your child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst, can help calm

Destroy the worry: Have your child write their anxiety on a piece of paper, then tear it up and throw it away.

