



SAFE GUARDING

BULLETIN



WELCOME...

At Guildford High School, safeguarding the welfare of pupils in our care is our highest priority. We recognise the importance of working with parents to achieve this and, in offering a termly safeguarding bulletin, we aim to share key information and advice to work together in keeping children safe in school, at home and in the wider community.

Following Internet Safety Day on Tuesday 6th February, this first issue focuses on keeping children safe online. We hope the resources provided are helpful and informative.

The GHS Safeguarding Team

Mrs Catherine Gilmore

Deputy Head Pastoral

Dear Parents,

Welcome to our first Safeguarding Bulletin, which we hope will serve as a valuable resource. Whether your daughter is in Year 7 or Year 13, we will aim to provide you with information on issues that may affect your daughter now or in the future. We recognise that each phase of adolescence brings new experiences, challenges and complexities, and we hope to include content that is relevant for everyone in our school community.

As you read this bulletin, you will notice that we have curated a list of contacts and websites that you can refer to for additional information on various topics. Whether you're seeking guidance or clarification, these resources are here to assist you.

Acknowledging the dynamic nature of these resources, we will endeavour to regularly update them to ensure they remain relevant. Additionally, we aim to highlight local services that may be particularly beneficial.

If you are aware of any groups or websites that you have found particularly helpful, but which aren't currently listed here, please email me or a member of the safeguarding team with details, and we will consider their inclusion in our next edition. As a community, we believe that this collaborative effort can become a powerful source of information for everyone.

If you have found this helpful, we would love to know as your feedback matters and will help shape future Safeguarding Bulletins. In the meantime, I wish you all a lovely half term.

Many thanks,

Catherine Gilmore



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SAFER INTERNET DAY

6 FEBRUARY 2024



Safer Internet Day 2024 will take place on the 6th of February 2024, with celebrations and learning based around the theme 'Inspiring change? Making a difference, managing influence and navigating change online'. Safer Internet Day is the UK's biggest celebration of online safety.

Each year we cover an online issue or theme that speaks to the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

ADVICE FOR PARENTS AND CARERS:

<https://swgfl.org.uk/magazine/free-advice-pages-released-for-safer-internet-day/>



Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

What Schools Need to Know about THE ONLINE SAFETY ACT

The Online Safety Act was passed into UK law in October 2023, with the aim of establishing major new layers of protection for children when they're online. The government has pledged "a zero-tolerance approach to protecting children from online harm" – and the act certainly includes more powerful legislation which should help to safeguard young people in the digital world. Our guide summarises the key points for schools ...

WHAT THE ACT WILL DO

HARMFUL CONTENT

Social media sites must rapidly remove illegal and/or harmful content such as bullying or harassing comments; pornography; and content that supports extremist activity or encourages or depicts violence, suicide, self harm or eating disorders. If they fail to do so, they can be fined up to 10% of their global revenue while their executives may even face jail time.

ANIMAL CRUELTY

Content featuring cruelty to animals is now prohibited, even if it originates from abroad (where the law may be different). Again, it is the platform's responsibility to remove this.

MORE TRANSPARENCY

Sites must be transparent about the hazards that any children using them could encounter – by publishing risk assessments for their platforms, for instance.

HOSTING MISLEADING ADVERTS

Scams and fraudulent adverts must be blocked or removed, or the hosting companies are liable to be fined.

NON-CONSENSUAL SHARING

It's now easier to convict online abusers or people who share intimate images without consent, while legislation on the criminality of deepfakes has been clarified. The new laws also relate to any individuals who even threaten to share such images. This should help to protect women and girls in particular online.

REPORTING AND FILTERING

Sites should have easy reporting mechanisms for children (or their parents and carers) to flag up problems quickly. They must also provide options to filter out unwanted content.

AGE-RESTRICTED MATERIAL

Sites must prevent children from accessing age-inappropriate material. This includes enforcing age limits and implementing robust age verification.

What this means for you

The act has some specific implications for schools: it's essential that leaders understand the new legislation's scope and limitations. The act is certainly a positive step, but as artificial intelligence and other advances in tech continue to produce new challenges, schools will still need to remain extremely vigilant.

KNOW WHERE TO GET HELP

Look out for the Code of Conduct that Ofcom is creating in response to the Online Safety Act. Note that the new legislation doesn't mean an instant change: many of its elements will only come into force at the end of 2023. An Ofcom consultation on 'protecting people from illegal harms online' will be running until February 2024.

REMEMBER THE ESSENTIALS

Remain mindful of your organisation's own online activities: the legal duty for schools to maintain appropriate software monitoring and filtering, for example, will not change.

WATCH FOR FUTURE DEVELOPMENTS

There are some issues on which the legislation remains less clear for now: whether it's possible for Ofcom to scan encrypted private messages (such as on WhatsApp) has yet to be resolved, for instance – making this an area where, for the moment, young people have less legal protection.

UNDERSTAND AND EXPLAIN

Staff should learn how to raise concerns with tech companies whose platforms contain anything upsetting or unpleasant. Students also need to be made aware of the newly strengthened laws relating to cyber-bullying, sexting or posting inappropriate content. Young people do make mistakes online – so the clearer their understanding of the possible consequences, the better.

ENGAGE WITH PARENTS

Schools should also explain to parents and carers the new possibilities that the Online Safety Act affords them in terms of protecting their children. Many parents may have previously felt that there was little they could do about changing online platforms' content; they now have a far greater level of support when complaining about a company or the behaviour of an individual.

Meet Our Expert

Luke Ramsden is Senior Deputy Headmaster and Director of Safeguarding for the St Benedict's family of schools. He is a regular speaker at conferences and writes in the TES (among other journals) on school leadership, pastoral care and safeguarding. In 2022, he was named Pastoral Leader of the Year at the National Awards for Pastoral Care in Education.



NOS National Online Safety®
#WakeUpWednesday



**National
Online
Safety**

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?
YES NO

**How does this game/app work?
Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.



Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

Do you know what your personal information is?



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7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



THE Online Safety *Act*



The Online Safety Act was passed in October of last year, a much-anticipated development that brings online safety legislation into place, with some provisions taking immediate effect. The Act brings in what is being seen as a 'new era' for internet safety, as legislation allows children and adults more control over the content they see online, and for stronger action to be taken against online harm. Social media companies will now be more accountable for illegal and harmful content seen on their platforms and will have to provide parents and children with clear and accessible ways to report problems online. Companies will also be required to prevent children from accessing harmful content by enforcing strict measures including age limitations.



DOWNLOAD THE FREE NATIONAL ONLINE SAFETY APP

If you are concerned about your child's Internet use, or you'd like to know more about how to monitor and keep things safe, then you are not alone...



<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

Please download the national online safety app to your phone. It will give you tips and information to keep you up to date. National Online Safety's FREE app is the easiest way to keep children safe online. It's a one-stop-shop for parents and educators to learn everything they need to know about the latest apps, games and devices used by children. It provides instant access to online safety education, training and updates so that parents and educators can protect their children from online harm and abuse.

BROWSE HUNDREDS OF AWARD-WINNING GUIDES

- A new guide every week as part of our #WakeUpWednesday campaign.
- Find out about the latest online platform, game or device children are talking about.
- Search for online risks and get tips for keeping children safe online.
- Learn about parental controls and how to monitor online activity.
- Share, review and download your favourite guides.

YMCA EAST SURREY

Community Wellbeing Team Parent/Carer Workshops

Proud to be part of
**Mindworks
Surrey**

The children and young people's emotional
wellbeing and mental health service

YMCA East Surrey's Community Wellbeing Team invites you to attend our free online workshops for parents/carers:

- ▶ Talking to your child and supporting them to cope with worries
- ▶ Understanding, expressing and managing emotions

These workshops are suitable for parents/carers with children aged 8+. Our Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.

For dates and times and to book your place, please visit our website:

www.ymcaeastsurrey.org.uk/parent-workshops/

f X @ YMCAEastSurrey



YMCA

Here for young people
Here for communities
Here for you

“ LET'S ALL TALK mental health

We have previously recommended 'Let's all Talk Mental Health' - a fantastic website and platform, offering insightful talks with leading experts on a variety of topics to help parents support their child through a range of experiences or difficulties. Subscription is £5 per month and the platform allows a choice of membership for 1, 6 or 12 months which can be cancelled at any time. A subscription on the Let's all Talk Mental Health hub allows you to access any of their library of 30+ recordings including the newly announced five student sessions. It also gives you access to any of the forthcoming live sessions, streamed at 8pm on Monday nights. United Learning have secured a 20% discount for parents. Please use the code [UL20](#) at checkout.



**Link below to the
'Let's all Talk Mental
Health' website:**

<https://www.letsalltalkmentalhealth.co.uk>





The Hideaway is a brand new social enterprise café, serving loose leaf tea, expertly brewed coffee and delicious sweet and savoury offerings in a unique walled garden setting, right in the heart of Guildford town centre and a 7 minute walk from GHS. The Hideaway is more than just a destination café for those in search of a hidden retreat, or a picturesque meeting place, though, it is an accredited social enterprise with a big heart.



Once the school day ends, The Hideaway closes to the public to be transformed into a social space for young people from across Guildford Borough; a safe space to make friends, build relational connections with youth workers and cultivate vital social and emotional skills.

matrix



Volunteers Needed

10-11 year olds in Guildford Need Your Help!

Can you spare 2 hours a week to be a mentor to a child?

Our 'School Transition Project', supporting children transition from Primary to Secondary School, is looking for new volunteers to start in April.

School Transition Project

BE A COACH!

- 2 hours a week
- Full 1:1 training and support
- Inspire and empower a child
- Make a difference in your local community
- 30% discount at The Hideaway Cafe

Register your interest today

Email harrietdewey@matrixtrust.com

For more information visit:
www.matrixtrust.com

NSPCC

..... NEED-TO-KNOW GUIDES

Positive Parenting

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

EVERY CHILDHOOD IS WORTH FIGHTING FOR





GUILDFORD
HIGH SCHOOL

SENIOR SCHOOL

DIRECTORY

SIGNPOSTING

FOR PUPILS IN SCHOOL

WHO SHOULD I TALK TO?

ANYONE - Ideally, a **TRUSTED** adult.

Sometimes things happen... it helps to talk.
We may find ourselves worrying about...

WORK

Friends

HOME

Health

Here are some ideas of people you could talk to:

- Parents
- Form Teacher
- Head of Year
- The School Nurse
- Dr Clayton, our school doctor
- Katie Alexander or Diana Greig, our school counsellors
- Any teacher or adult at school
- Telephone Childline 08001111
- Text "Shout" 85258
- **SPEAK OUT** App on School Intranet. You can use this anonymously to report anything.

The Aspiring Girls website has a list of helplines able to offer support for a range of circumstances. Go to mental health & wellbeing - additional support.

Mrs Laurie, Mrs Gilmore, Miss Sloan, Mrs Whybro / Mr Williamson, Mrs Hughes and Miss Lovegrove (in the Junior School) are the Designated Safeguarding Leads in school and will be able to support and advise you.



Your sanctuary – Surrey based charity for children / women domestic abuse

Your sanctuary are a Surrey based charity supporting survivors of Domestic Abuse. They offer sanctuary, support and empowerment to anyone affected by Domestic Abuse. All our services are confidential.

<https://www.yoursanctuary.org.uk>



**CYP
HAVEN**

CYP Haven offers a safe space in Guildford for children aged 10-18 to talk about any worries in a friendly and confidential environment. See website for location and times.

<https://www.cyphaven.net>

YOUNGmINDS

Young Minds

Offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health.

<https://www.youngminds.org.uk/parent/parents-helpline/?scrlybrkr=6a6b2477>



“ LET'S ALL TALK mental health

A fantastic website and platform, offering insightful talks with leading experts on a variety of topics to help parents support their child through a range of experiences or difficulties.

<https://www.letsalltalkmentalhealth.co.uk>



Mindworks help and support children and young people in Surrey who are feeling very sad, worried, angry or upset. They also provide help for parents.

<https://www.mindworks-surrey.org>



**Free emotional and
mental health crisis line
Call: 0800 915 4644**



Run by the NSPCC, Childline offers a wealth of advice for parents, children and young people. It is an excellent website brimming with resources and information as well as a helpline available 24 hours a day, 7 days a week.

<https://www.childline.org.uk>

NSPCC

Speak out. Stay safe.



The NSPCC is the UK's leading children's charity. They provide training and resources for parents, carers and teachers in safeguarding and child protection.

<https://www.nspcc.org.uk>



Run by Guildford Borough Council, the Hive is nestled behind the trees along Park Barn Drive, just by Kings College School. The centre is an accessible space and open to everyone of all ages. The space celebrates bringing people together and providing our communities with somewhere to get together, enjoy and be inspired.



eikon

Eikon is a Surrey charity offering workshops and resources for parents and teachers to help young people feel safe and supported.





Building futures Transforming lives

The Hope service is dedicated to supporting and empowering young people, their families, carers and networks to enable them to reach their potential by offering a collaborative and therapeutic learning environment..

<https://www.hopeservice.org.uk>



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS is a confidential suicide prevention advice. Contact HOPELINE247. Click on the link for details on what services they provide. Advice can be sought via text, phone or email.

<https://www.papyrus-uk.org/?scrlybrkr=6a6b2477>





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