



Keeping you safe!

Year 7-8

Thank you for looking at this safeguarding update, it is really important to all of the inclusion team that you are empowered with the knowledge to keep yourself and others safe, and you know where to go to if you need support!

I hope you have a safe and happy Easter holiday

Ms Holding



Online safety

This month Buckinghamshire county council ran training for DSLs (Designated safeguarding leads), of which I am one, and shared the following national statistics –

- 74% of children had experienced inappropriate content on the internet
- 79% of gamers experienced online bullying
- 81% (79% in 2019) of children (12-15 years old) had potentially harmful online experiences in the last 12 months

The impact of covid amongst young people has increased your vulnerability, some of you maybe feeling isolated, some bored. Boredom can increase risky behaviours and some of you maybe looking for excitement or escape, which makes you more susceptible and vulnerable to comments, grooming and acts of hate.

- What to do if you have concerns? - Talk to your parent(s), when in school speak to or email your tutor, report concerns to Ceop, get advice <https://www.childnet.com/young-people/secondary>



Digital wellbeing

- Top Tips

1. Be conscious of how going online makes you feel and whether different activities have a positive or negative impact on your emotions.
2. Make use of wellbeing tools to manage your time online and manage notifications to make your experiences more positive.
3. Make your feed a place of positivity and follow accounts that make you feel good. You can see other posts by visiting profiles and pages directly, instead of them popping up in your feed.
4. Practise self-care and make time for yourself. Try out different offline activities and find one that leaves you feeling recharged – whatever works for you!
5. Sometimes being online can be overwhelming, but having people who want to support you is invaluable. Reach out if you need to – getting help is a sign of strength, not weakness.

Privacy settings

- Top Tips

1. Use privacy settings wherever possible to help protect your online accounts and the content you share on them.
2. Ask a friend to help you check your privacy settings when you first create an account by looking at your profile without adding you and seeing what is visible to the public.
3. Check which parts of your profile aren't protected by privacy settings like your profile picture and username, and think carefully about what you share here.
4. Review your privacy settings regularly and explore all the options that are available on the services you use.
5. Even if you have a private account, always think carefully about what you say and do online and how it might reflect on you or make other people feel.

Gaming

- Top Tips

1. Balance gaming and 'screen time' with more physical activities away from the device so that it does not affect your studies, sleep, diet and health.
2. Be careful with what you share with other players and remember that not everyone will be who they say they are.
3. Report and block other players that try to bully or harass you when gaming online. Keep any evidence of the incident, and speak to someone you trust about what has happened.
4. Remember that many video games are designed to make money, so think carefully about any purchases and speak with a parent or carer about setting up spending limits.
5. If a game stops being enjoyable at any point, take a break, and return to it when you are ready.



Mental health – don't suffer in silence, get support:

What is on my mind?
It's not always easy to tell...

lonely
peaceful
afraid
anxious
hopeful
determined
EMPOWERED
hurt
supported

Mental health affects us all. If you're a young person and in need of resources, information or support then visit us at:
onmymind.info

Anna Freud National Centre for Children and Families

Anna Freud National Centre for Children and Families

It's okay to be me.

onmymind.info

Anna Freud National Centre for Children and Families

What is **ON MY MIND?**
Want to know?



Anna Freud National Centre for Children and Families

INFORMED
EMPOWERED
SUPPORTED

What is **ON MY MIND?**
Want to know?
Visit onmymind.info

Discover free, digital resources supporting young people aged 25 and under with their mental health



Seek help -
remember it is
tutor first, but
every member
of staff is here
for you!



Tell for a friend!
True friends speak up when they are concerned
about a friend



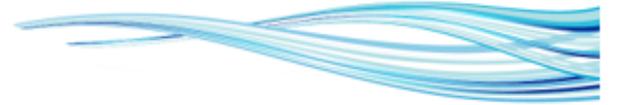
- speak to your tutor (or a member of staff)

When you are back at school here is the team of Safeguarding leads:



Sir William Ramsay School

EMPOWERING EVERYONE TO ACHIEVE



SAFEGUARDING AT SIR WILLIAM RAMSAY SCHOOL

If you are concerned about the safety or welfare of a student, please contact reception immediately and ask for:



Ms E Holding (Designated Safeguarding Lead)

01494 815211 ext.205



Mrs S Hilton (Deputy Designated Safeguarding Lead)

01494 815211 ext.285



Mrs N Renyard (Deputy Designated Safeguarding Lead)

01494 815211 ext.362



Mrs E Wolfenden (Deputy Designated Safeguarding Lead)

01494 815211 ext.207



Mrs H Dell (Deputy Designated Safeguarding Lead)

01494 815211 ext.203



Mr C Brown (Safeguarding Governor)

