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Part of the Nebula Partnership

20 April 2023

Dear Parents/Carers

We have become aware this week of groups of children using a number of social media platforms, where inappropriate and, at times, offensive material has been shared. Alongside this, some of the messages that are also being shared are unkind and designed to cause upset. Although these instances are occurring outside of school, they have an impact on relationships within school and can cause significant distress and anxiety. Staff have spent a large amount of time this week unpicking events and speaking to families and children.

As a school, we cannot monitor online activity in the home and outside of school hours. To that end, I ask for your support in monitoring your child's activity to keep them safe online. Pupils are made aware of how to keep themselves safe online during our PSHE and computing lessons, but we need to work together to cover all bases. We will be re-covering certain aspects of our online safety to reaffirm what the best course of action to take is when they see messages or content which they know are not appropriate.

My strongest advice would be to remove all platforms of social media, unless you monitor and check it regularly to ensure responsible use. This advice is offered with the sole intention of keeping pupils safe online. If you are unsure what your child is messaging or who they are speaking to online, then again please find out and monitor their online content.

The legal UK age for WhatsApp is 16, Skype and Facebook is 13. They have these age restrictions for a reason. I fully appreciate what a useful tool it can be for keeping in touch with friends and family but would ask, as parents and carers, to help police any groups your child is in. I also appreciate that 'Fear of Missing Out' is an element of why some pupils are in a group; nevertheless, we have suggested they leave a group if they are uncomfortable with it.

Please do have a look at the following link which give lots of really good advice and monitoring tips for ensuring your child is safe: <https://parentshield.co.uk/monitoring-whatsapp/>



The Nebula Partnership

You can access National Online Safety online via any device – including via a smartphone app. To download this, please go to: <https://apps.apple.com/gb/app/national-online-safety/id1530342372>

Answers to frequently asked questions can be accessed at: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

Thank you for your support.

Yours truly,



Gyles Longhurst
Head of School



The Nebula Partnership



How we've worked with primary schools this term...

Crucial Crew: We attended the Breckland area Crucial Crew and spoke to 715 year 6 pupils about staying safe online. 92% of these pupils said they had a mobile phone or device that can connect to the internet. Online gaming was the most popular activity for these young people, with 82% saying that they enjoyed doing this.

Say No. Don't Go: We are continuing to enjoy delivering our "Say No. Don't Go" presentation about the risks of County Lines with year 6 students as part of our Safer Schools pilot. This has been so successful, and there has been so much demand for a presentation like this for primary school-aged children, that we have extended the offer to some other primary schools and local Beat Managers have used this resource in schools in their areas.



How we've worked with secondary schools this term...

Key Messages: Our Key Message presentations continue to be popular in secondary schools. Our Safer Schools Support Workers have got stuck in delivering these across the county. The stats for the Spring Term look like this:

- Year 7 Internet Safety – 3063 young people reached.
- Year 8 – County Lines and Knife Crime – 3994 young people reached.
- Year 9 – Grooming and Child Sexual Exploitation – 2426 young people reached.
- Year 10 – Abuse In Relationships – 3330 young people reached.

Decision-Making Programme – We have been piloting a Decision-Making Programme this term which aims to support young people to make positive choices about their behaviour. We've really enjoyed working with these small groups of young people this term!

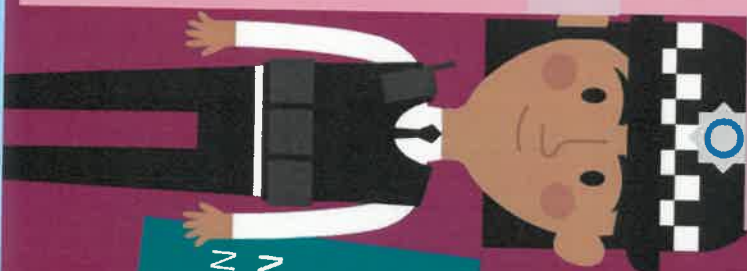
Virtual Work Experience: We are looking forward to running our Virtual Work Experience programme during the weeks 10th to 14th July 2023 and 17th to 21st July 2023. For students in year 12 who have applied for this, watch this space!

Safer Schools Newsletter

Spring Term 2023

Hi everyone! Here's an update on what we've been up to in the Safer Schools and Youth Engagement Teams this Spring Term 2023.

If you have any comments or questions about the newsletter, please email sspteam@norfolk.pnn.police.uk
Norfolk Constabulary Safer Schools Team



Remember, safeguarding young people is everyone's responsibility #SaferSchools
Norfolk Police
Non-emergency 101 / Emergency 999

Further information about online safety can be found on the National Online Safety website [here](https://www.nos.org.uk). You can also download their app for even quicker access to information about a range of apps and games and issues to be aware of if you allow your child to use these.

For information about setting up parental controls for your children online, go to the NSPCC website [here](https://www.nspcc.org.uk).

As young people's use of the internet is increasing, so too are mental health issues. If you know a young person who is suffering, encourage them to go to www.kooth.com (for 11 – 25-year-olds), where they will find resources and online forums and can receive support from mental health professionals. There is also a service for people aged 18+. Go to www.qwell.io for this.

Other Useful Information

Online Safety. Some of the biggest problems our Safer Schools Police Officers face in schools are centred around young people's internet use. From sharing inappropriate content, for example nude images, to accessing harmful content, such as dangerous "trends" on social media, we have seen it all. In fact, a quarter of all incidents dealt with by our Officers in schools, between September 2022 and January 2023, involved the internet and 100% of grooming incidents occurred online.

We delivered an online safety webinar for parents and carers on 9th February 2023 (Safer Internet Day). If you were unable to join the webinar and would like more information about keeping young people safe online, we have uploaded the video to YouTube. Please find it [here](#).

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Norfolk Constabulary Facebook

