

# Safeguarding Newsletter

## Autumn Term

### Issue 1

Many thanks to those of you who responded to the safeguarding parental survey — as a result of the feedback, we shall focus on Online Safety in this edition.

What is safeguarding?

Safeguarding is:

Protecting children from maltreatment

Preventing the impairment of children's mental and physical health and development

Ensuring that children grow up in circumstances consistent with the provision of safe and effective care

Taking action to enable all children to have the best outcomes

Safeguarding is everyone's responsibility and our pastoral teams monitor and support each student in their care. Any concerns should be directed to your child's form tutor in the first instance.

Should the concerns be of a more serious nature, they will be picked up by Mrs King or Mrs Searby, our safeguarding team. They can be contacted directly on [esafe@beths.bexley.sch.uk](mailto:esafe@beths.bexley.sch.uk). This mailbox is monitored during term time only.



Mrs King



Mrs Searby

## Social media influence

Young people spend a lot of their time online. They can be negatively, and positively, influenced by people on TikTok, Instagram and YouTube. One influencer to negatively influence, particularly boys, is Andrew Tate.

The Key have written a factsheet to increase parental awareness of this man, whose posts containing hatred and discrimination against women have led to a large following online.

Factsheet available [here](#).

## Cyber Security

Cyber security is important because smartphones, computers and the internet are now such a fundamental part of modern life. From online banking and shopping, to email and social media, it's more important than ever to take steps that can prevent cyber criminals getting hold of our accounts, data, and devices.

Further guidance and support can be found via this [link](#) and [this one](#).

## Sextortion

Sexually coerced extortion or 'sextortion' is a type of blackmail where someone tries to use intimate, naked or sexual photos or videos of you to make you do things you don't want to do. Sometimes, these photos or videos are taken without your knowledge, and the person blackmailing you uses them to force you to pay money or do something against your will.

Further information can be found [here](#).

## Social media apps

Young people spend a lot of time using social media apps to communicate with each other and create a personal profile online. As parents, we cannot always be sure about the content or use of these apps. Below are some common games/apps with a guide to each of them, which I hope you will find useful:

[Among Us](#)

[Anime](#)

[Discord](#)

[EA Sports FC](#)

[Facebook](#)

[Instagram](#)

[Roblox](#)

[Snapchat](#)

[Spotify](#)

[Telegram](#)

[TikTok](#)

[Whatsapp](#)

[X \(formerly Twitter\)](#)

[YouTube](#)

## 12 Scams of Christmas

The 12 Scams of Christmas video has been put together by KCC of 12 of the most popular scams at Christmas, from "fake emails" to "why does your designer jumper smell."

[The 12 Scams of Christmas from Kent Trading Standards and Kent Police \(youtube.com\)](#)

Stay Alert and Stay Aware and have a Merry Christmas

### Social media emojis

Young people sometimes use emojis whilst communicating with their friends. Please see [link](#) to understand some of the emoji slang in use by young people.

### Mental Health—Faith and belief communities

In recognition of London being the most religiously diverse region of England, Good Thinking has collaborated with members of eight faith and belief communities to develop bespoke wellbeing resources.

Londoners have told Good Thinking that there is no 'one size fits all' solution when it comes to their health – they want information and support that reflects how they live and what their values are. They have worked with a diverse range of faith and belief communities across London to co-create tailored wellbeing content.

Click the link to find guides, videos, blogs and podcasts about mental wellbeing from the eyes of different faiths and beliefs, along with Good Thinking resources.

[Wellbeing resources for faith and belief communities](#)

### Next time.....?

We are keen to hear any feedback from our first newsletter. Please let us know of any topics you would like to see next time, or any feedback you would like to provide using this [link](#).

### Support over the holidays

Please find below some links to organisations providing support over the Christmas period:

#### Mental Health:

[Kooth](#)

[Samaritans](#)

[Childline](#)

[NHS Choices](#)

[Shout](#)

[Mind](#)

#### Food Banks:

[Bexley](#)

[Dartford](#)

[Greenwich](#)

[Bromley](#)

### Restaurant deals/cheap meals for kids

Moneysaving expert has collected together information regarding some cheap eating out options over the holidays, as per link below:

[Kids eat 'free' or for '£1'](#)