



The Stable School
Safeguarding Christmas Newsletter
December 2024



We are well aware that Christmas places a high level of pressure on every family and their experiences are different from the next family. We hope that what is contained in this newsletter will be useful but if there is something which you would like further information on then please contact one of the Safeguarding Team. Economically the whole of the country is struggling to make ends meet but for some families this is even more apparent at Christmas

Email –

safeguarding@thestableschool.co.uk

Mobile - 07548 343363



AN AUTISM CHRISTMAS

Twas the night before Christmas, and all through the house...

The noises were different, with more people about.
I don't like not knowing, what to expect
I need my routine and space to reflect.

I want to keep eating, my usual food
Not talking to visitors, doesn't mean I'm rude.
I love all my presents and having no school.
But it can feel overwhelming, with new rituals and rules.

I may not react, like other children do
But I really am grateful, for my presents from you.
So be gentle with me, be patient and kind
And remember your world, looks different to mine.

Be Kind to yourself

Be Kind to yourself this Christmas, this newsletter aims to provide you as parent and carers advice, support and guidance on how to support your young person's minds and bodies to stay healthy over the festive period



For anyone who needs some support right now. ❤️

CALM - 0800585858
Mind - 03001233393
No Panic - 08449674848
Bereavement - 08088081677
PAPYRUS - 08000684141
Samaritans - 116 123
SHOUT - Text SHOUT to 85258
Abuse - 0808 2000 247
Refuge - 020 7395 7700

Stay safe this Christmas.

EMOTIONAL & MENTAL HEALTH SUPPORT

SHOUT: Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Text 'SHOUT' to 85258

YOUNG MINDS: The UK's leading charity fighting for a world where no young person feels alone with their mental health [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

CONNECTION 24/7: 24/7 helpline open to all ages. If you require urgent mental health support call 0800 652 0190 or NHS 111 and you will be signposted to the right service for the support you need.

The Bournemouth Retreat is open from 4.30-11.30pm every day and Dorchester's Retreat is open from 4.30-11.30pm Saturday-Wednesday for face-to-face drop-ins.

Community Front Rooms in Bridport, Wareham, Shaftesbury and Weymouth are open Thursday-Sunday from 2.15-9.45pm. All offer face-to-face and virtual drop-ins.

CHILDLINE: Call 0800 1111 [Childline | Childline](#) Childline is open 24 hours a day and 7 days a week.

Counsellors will listen and support you with anything you'd like to talk about. You can call for free on 0800 1111 or speak online using [the 1-2-1 chats](#). If you're deaf, you can also use BSL via an interpreter. You can also [send a message](#) after signing up for a private Childline account. They will answer your message within a day.

PARENTALK: (ACTION for CHILDREN) Down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing. [Parent Talk - Support for Parents from Action For Children](#)

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... Is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

SUPPORT & ADVICE

Family Hubs: All Family Hubs will be open up to and including the 24th December.

Kinson & West Howe, Boscombe and Poole Old Town will be open between Christmas and the New Year on the 27th, 30th and 31st December

Usual opening times for all Hubs will resume on 2nd Jan 2025

ACTIVITIES

Holiday Activities and food programme (HAF): The Department for Education funded holiday activities and food programme (HAF) provides free holiday activity places for children and young people in receipt of benefits-based free school meals, from reception year to age 16. [Holiday Activities and food programme \(HAF\)](#)

Holiday activities: [BCP FID Holiday activities](#)

BCP Libraries: [Find a library | BCP](#) An example of some events being held at Broadstone Library is attached.

BCP Mumbler – your local parenting community: [Christmas in Bournemouth, Christchurch & Poole - Bournemouth, Christchurch & Poole Mumbler](#) includes free things to do, holiday clubs etc

The Parks Foundation: [Home - The Parks Foundation](#) events and activities in local parks. Programmes of events here: [The Parks Foundation Events - Bournemouth, Christchurch & Poole Mumbler](#)

FOOD SUPPORT

Christmas holiday supermarket vouchers

The UK Government has extended the offer to provide food support during the Christmas holiday under the Household Support Fund. BCP Council Family Information Service can provide a £30 food voucher for eligible pre-school age children living in BCP.

To be eligible for a voucher, children must be aged 0 to five, have not yet started school, **live in Bournemouth, Christchurch and Poole** and currently meet at least one of the following criteria:

- your child is attending and receiving [two year old funding under the receiving certain benefits](#) criteria at an early years setting in Bournemouth, Christchurch or Poole in the autumn term
- your child is getting three and four year old funding at an early years setting in Bournemouth, Christchurch or Poole in the autumn term and is currently in receipt of [Early Years Pupil Premium funding](#).
- currently open to social care and / or early help and of pre-school age.

🔔 The application form closes at 11pm on Sunday 5 January 2025.

If you received food vouchers for the October half term holiday and have not received an email advising that you are still eligible, please contact the Family Information Service on 01202 093131 to discuss, rather than complete the application form. It may mean that your child is no longer eligible under that criteria, and the team will advise of alternative solutions/actions.

🔔 Vouchers for school aged children will be issued directly by the school.

Online Safeguarding

With the prevalence of smartphones and online gaming, children and young people often spend their time over the Christmas holidays digitally connected to both friends and strangers.

These devices are often top of lists for young people and can provide fun for not only them but also the whole family. The catch is, of course, that anything with access to online platforms bring risks of [cyberbullying](#), [scams](#), and [seeing content no appropriate for children](#).

A parent or caregiver plays a key role in children stay safe online. Any games or gadgets should be checked for safety and appropriate content, while communications and hours spent on them should be monitored.



3 WAYS DEVICE USAGE CAN NEGATIVELY IMPACT CHILDREN



EFFECTS ON BEHAVIOUR



Just like any addiction, the use of devices can easily become a habit for children. This may lead them to neglect spending time with friends and family, and might cause them to become upset if they are asked to put away their devices to participate in other activities.

EFFECTS ON SLEEP

Electronic devices emit blue light that can deceive the brain into believing it's daytime. As a result, using these devices before bed or during the late hours of the night can significantly impact sleep quality, which can have a negative impact on a child's behaviour, both at home and at school.



EFFECTS ON THE BRAIN



Spending too much time looking at screens can negatively impact a child's ability to engage with traditional learning experiences. This may lead to difficulties focusing on non-electronic activities, such as those found in school. Additionally, children may avoid activities that promote the use of their imagination and social skills.

THE_ENLIGHTENED_PARENT

Establishing New Tech Boundaries for Children

Before you give your child a new piece of technology or device, there are five boundaries that can be very useful to set up:

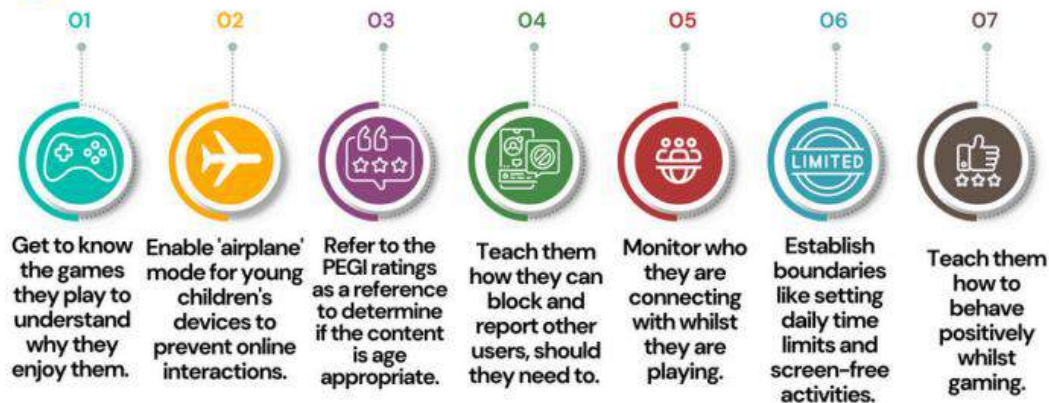
1. Establish clear expectations beforehand: It's important to help your child understand that the boundaries you are putting in place are for their own benefit. You care about the time they spend on their devices and the content they access.
2. Set parental controls before handing over the device: Research the device you have so you are aware of the safety features. Have these in place before your child gets the new device.
3. Agree on a level of monitoring: Your child should agree to you monitoring their device regularly, having access to their passwords and controlling which apps they download.
4. Schedule screen-free time and limit usage: This could include setting aside time before bedtime, during family meals and during specific family activities.
5. Model healthy device behaviours: This could include setting aside your own screen-free time and putting your phone down when interacting with your child.

Gaming: Important considerations for parents

1. **Addiction and time management:** Many games are designed to be incredibly engaging, encouraging players to continue playing to achieve new levels or collect rewards. Without proper boundaries, this can lead to excessive screen time, interfering with school responsibilities, chores, and other essential daily tasks.
2. **Impact on mental health:** Excessive gaming has been linked to heightened levels of stress, anxiety, and even depression, particularly when it becomes a primary coping mechanism for real-world challenges. Over time, this can affect self-esteem and emotional resilience.
3. **Social isolation:** While many games offer online interactions, too much gaming can sometimes replace face-to-face friendships and family time. Children may choose gaming over in-person socialising, leading to feelings of loneliness.
4. **Exposure to inappropriate content:** Numerous games feature violence, strong language, or mature themes. Even titles marketed for younger audiences can expose children to content that may not be suitable. Multiplayer games might also subject kids to negative behaviours from others, such as cyberbullying or inappropriate remarks.
5. **Sleep disruption and health issues:** Gaming late into the night can disrupt sleep patterns, resulting in fatigue, poor focus, and irritability. Prolonged periods of sitting can also impact physical health, leading to issues like eye strain, headaches, and a lack of exercise.



How to keep your child safe whilst gaming



Discovering the World of Roblox

Roblox is a popular platform that provides users with a diverse selection of games to choose from, as well as the opportunity to connect with others online. It combines the concept of gaming with social media. With over 50 million games created by the community of players, there is no shortage of options to explore. Users can add new friends and communicate with them while playing.

However, there are also risks associated with using Roblox. Some games may be created by adults, potentially exposing children to inappropriate content. Additionally, users can communicate with others while playing, which could lead to grooming, bullying, or unwanted contact. Despite these risks, Roblox does have a level of moderation and offers a range of safety features to protect children.

Roblox



How to Support Your Child When Using Roblox

1. Have your child sign up with the correct age on their account to enable certain safety features by default.
2. Utilise Roblox's game restriction setting to limit the games your child can access. Create a list of games that you find appropriate for your child.
3. Control who your child communicates with on the app by restricting chat to friends only or disabling it altogether.

What Parents & Carers Need to Know about SETTING UP NEW DEVICES FOR CHILDREN

At Christmas, millions of lucky children will be excitedly ripping the wrapping off new phones, tablets, computers or consoles. However, in the rush to let young ones enjoy their shiny gadgets, many parents neglect to set these devices up safely – increasing the chances of children going online and stumbling across adult content, making expensive downloads or installing unsuitable apps. A little time configuring the device properly can save a lot of anguish later. Here are our top tips to ensure that a dream gift on Christmas morning doesn't turn into a nightmare by New Year.

PASSCODES FOR IPHONE/IPAD

If your child's getting their own iPhone or iPad, you can set parental controls that make it difficult for them to access inappropriate content or download expensive apps. Once the device is set up, go to the Settings app and tap Screen Time, then select Use Screen Time Passcode and enter a passcode. Keep it to yourself so your child can't switch the protection off.

SCREEN TIME SETTINGS ON IPHONE/IPAD

Once you've set a Screen Time Passcode, you can adjust various safety settings. You could, for example, only allow communication with people from the Contacts app, place restrictions on App Store purchases and apply age limits to movies, music and web content. There are many more protective options available within the Screen Time settings section.

FAMILY LINK FOR ANDROID

Parents can manage Android phones and tablets, as well as Google Chromebooks, through Google's Family Link app. This gives your child some independence (and their own Google account) but lets parents monitor which apps are being used, set limits on content and ensure that parental permission is required to install apps. Look for Family Link in the Google Play Store.

ADD A CHILD TO FAMILY LINK

The easiest way to add a child's device to Family Link is to set it up with its own Google account. It's a good idea to create this before they use their new phone, tablet or Chromebook. Once they're logged in, open the Family Link app on your phone, press "+" in the top right and add a new family member using their Google account details. Then follow the on-screen instructions.

FAMILY SHARING ON A MAC

Families using a Mac get similar screen time options to iPhone and iPad users. Again, if you're setting up a Mac for a child, make yourself the main admin and add them as a user. This is handled through Apple's Family Sharing service, which not only allows you to put controls on child accounts but share apps and other purchases with them too. Search 'family sharing' at <https://support.apple.com>.

PLAYSTATION PARENTAL CONTROLS

With parental controls for the PS5, you'll need a PlayStation Network account (as the 'family manager') and the child will need their own account, which they should sign in with on the console. This all needs to be set up in advance, so you might want to do it before the big day. Go to PlayStation.com and search 'family account' for instructions.

DISCUSS IT WITH YOUR CHILD

If you're planning to implement any kind of restriction or protection settings on your child's new device, we'd recommend having a discussion with your young one first about what these controls do, and what they are for. If you try to impose parental controls surreptitiously or with no advance warning, don't be surprised if your child tries to find a way around them.

SET AN ADMIN ON PCS

On Windows PCs and laptops, it's important not to let your child share a general user account or be the main admin on the device. If you're booting up a new family PC or a child's own device, set it up using your own account details and you'll become the admin by default. Then set up children with their own separate account. Settings > Accounts > Family & Other Users > Add Other User.

SET WINDOWS LIMITS

Once your child's account has been created, a parent admin can go back into the Family & Other Users menu and apply limits to it. These include restricting screen time, the type of games and apps that can be installed, web filters and more. Microsoft also includes reporting tools which, for example, can email you with a weekly summary of your child's activity on the device.

TREAT AN XBOX LIKE A PC

The same control settings you use for a PC can be used to apply parental controls on an Xbox. Again, once your child is signed into the Xbox with their own account, you can then monitor and regulate their activity from a PC or web browser. Microsoft's dashboard allows you to manage voice communication through the console, so you can limit who can contact your child, for example.

INSTALL XBOX FAMILY SETTINGS

If you don't have a PC, but your child does have an Xbox, it might be easier to use the Xbox Family Settings app for iPhone or Android. Here, you can restrict console screen time (particularly handy if the console is in a bedroom), restrict communication and monitor the types of game being played. There's also a feature where you can allocate spending money for games or in-game purchases.

STAY VIGILANT

It's important to remember that none of these methods is 100% foolproof. Nobody will ever invent flawless filters or parental controls – not least because what's unacceptable to some parents is perfectly acceptable to others. So although devices' parental controls will help to keep your child safe online, they work best side by side with good old-fashioned parental vigilance.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



What Parents & Educators Need to Know about LEGO FORTNITE

Epic Games have recently introduced three new game modes to Fortnite: Rocket Racing, Fortnite Festival and, finally, Lego Fortnite: a survival game using official Lego characters. There are lots of great mechanics that encourage creativity in children, but – as with any online game – it's important to stay aware of the potential risks.

WHAT ARE THE RISKS?

MONETISATION

Lego Fortnite utilises a similar online item shop to the main Fortnite game. When this title was released, the makers introduced thousands of Lego versions of the original game's character skins. Owning an original Fortnite cosmetic means you also own the LEGO version at no extra cost, but the addition of these extra versions could potentially spark new interest in young players, making it more tempting to pay real money for these in-game accessories.

ONLINE PLAY

LEGO Fortnite can be played online, as with the base game. While a player's LEGO world is private when it's first created, they can then invite anyone on their in-game friends list to play with them, if any strangers are on this friends list, they can be invited onto their server. Thankfully, Epic Games has implemented a solid reporting system, as well as tools to kick other players from the game.

FEAR FACTOR

There is no explicit violence in Lego Fortnite, but there is a lot of combat. While the battles in Lego Fortnite remain very cartoonish and child friendly, a lot of the action unfolds inside dark caves, with spiders, skeletons or scary-looking monsters. The game can get a little spooky at times, which could potentially scare younger players.

COMPLEX GAMEPLAY

Lego Fortnite is a survival game, though it's not as simple as something like Minecraft. There are lots of different crafting stations and loads of items to use or combine (including various rarities to seek out and harvest). The gathering and crafting elements of the game can get quite complicated and confusing, which could be a source of frustration for some younger players.

Advice for Parents & Educators

LEGO IS FRIENDLY

Much like real Lego, this game is incredibly inviting. It's friendly, fun and accessible: a younger player could still enjoy this title even if they'd never played Fortnite before. With sanitised violence, it's a far more family-friendly gaming experience all round – worth bearing in mind if you're concerned about children and young people being exposed to violent or frightening content.

SET LITTLE CHALLENGES

As we've noted, the game is a lot more difficult than it may seem, which could be frustrating or upsetting for some younger players. While the game does a good job of setting realistic targets for players, it can still feel overwhelming. If parents suggest smaller challenges – such as building a house – children can flex their creativity, express themselves with their builds and feel a real sense of accomplishment.

PLAY TOGETHER

Take some time to play the game together. Not only will it help with some of the complicated tasks, but it's also just a fun pastime. Playing with family members also reduces the potential for younger players to invite strangers to enjoy the game with – if any are on their friends list. Furthermore, playing with children will let you more effectively limit their time spent on the game. Instead of "switch it off", you can now say "let's play some more later!"

MONITOR SPENDING

If a child has provided their parents' email address and been given consent to make in-game purchases, it's worth keeping an eye on how much gets spent on the in-game currency, V-Bucks. It's very tempting to buy character skins in LEGO form, as a way of expressing yourself and looking cool and unique. As you may know already, the average skin costs between ££-18, which can add up very quickly if not tracked and limited. Keep in mind that you can make it necessary to enter a PIN code to validate every purchase using the game's parental controls, and you can prevent the game from saving your payment information whenever you make a purchase. Furthermore, players under-13 automatically have their spending limited to \$100 (£78.55) per day.

Meet Our Expert

Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality, augmented reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



#WakeUpWednesday

The National College

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be in conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides are now part of our broader digital safety curriculum. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know

FORTNITE

AGE RATING
PEGI
12

WHAT ARE THE RISKS?

Fortnite was launched back in 2017, but it remains massively popular – with more than 850 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic 'skins', music tracks and LEGO items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) and can also be purchased from the game's store for real money.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like Family Guy and Avatar: The Last Airbender to comic book characters including Batman to other games such as Street Fighter. This means you could have children asking questions about the monster from Alien or Geralt from The Witcher a little sooner than you otherwise might have.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the 'party chat' feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as fishing mini-games and dancing emotes. Machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

Advice for Parents & Educators

MATCH GAMING TIMES

Younger players tend to play Fortnite with their friends. With that in mind, it could be worth speaking to the parents and carers of a child's social group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

USE UPDATES AS REWARDS

Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 and are also available as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for completing chores like tidying their room.

BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game: make sure any young player knows this.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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Users of this guide do so at their own discretion. No liability is entered into. Release date: 12.04.2023 Last reviewed: 30.10.2024

...MSG ME...

What Parents & Educators Need to Know about

WHATSAPP

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients; not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends for example) containing other people that they don't know.

CHAT LOCK

In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID authentication. They subsequently developed an additional feature – 'Secret Code' – where users set a unique password for their locked chats. Unfortunately, this function creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of (such as age-inappropriate material).

COMMUNITIES AND GROUPS

A community is a collection of related groups on WhatsApp. They can consist of thousands of users. Communities can often be used by scammers to target large groups, hoping someone clicks on their link or responds to their requests. In communities and groups, there are multiple ongoing conversations, which results in pressure to respond. Members – even if they are not each other's contacts – will be able to see any messages sent into the group.

'VIEW ONCE' CONTENT

The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Educators

EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if a child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

DISCUSS GROUP CHATS

Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a 'Locked Chats' folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any 'view once' content, it could be helpful to ask them why.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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What Parents & Educators Need to Know about YOUTUBE KIDS

YouTube Kids is an easily accessible, child-friendly version of YouTube, offering a colourful and easy-to-navigate environment which is suitable for young children. Although YouTube Kids is obviously intended to be an extremely child-friendly platform, it's still raised concerns over its advertising policy, as well as inappropriate content seeping through the curation process.

SETTING UP

- 1 Download the YouTube Kids app and connect to it with your own YouTube account.
- 2 Input the child's name, age and birth month.
- 3 Select the type of videos you want to include for them, based on their age and your own personal choice.
- 4 If you decide to approve the content yourself, the app will present you with sample videos to accept and reject.
- 5 Once you've made your choices, the app is ready for the child to use!

Advice for Parents & Educators

REMOVE ADVERTISEMENTS

Adverts on YouTube Kids are as pervasive as they are on its parent app; if you'd prefer a child wasn't exposed to ads, a paid subscription to YouTube Premium removes adverts on YouTube Kids. It's worth remembering, though, that this won't block adverts or promotions which creators include in their videos – and children are still able to watch channels belonging to fast food or toy companies.

BE WARY OF UNSUITABLE CONTENT

YouTube Kids has a lower chance of showing unsuitable material than YouTube, but there have still been reports of malicious users deliberately uploading inappropriate content. It's important to communicate openly with children if they're exposed to any inappropriate content, to help them feel more comfortable coming to you in the future. It's also a good idea to report inappropriate clips, which can be done by tapping the three dots in the corner of the video.

DISABLE THE SEARCH OPTION

YouTube Kids allows you to disable the search feature, which may be useful in preventing a child from unintentionally finding age-inappropriate content. Doing this will also give you more control over what younger users can watch. It's also worth noting that setting an age limit will ensure that children are only exposed to recommended videos that have been deemed suitable for their age group.

RESTRICT VIEWING TIME

The YouTube Kids app provides the option of setting up a timer to monitor and limit a child's daily usage; it automatically stops the video when it reaches the pre-set time. It may be best to make use of this feature to prevent screen addiction, which can potentially lead to youngsters staying up too late, affecting their mood and concentration the following day.

MONITOR WATCH HISTORY

YouTube Kids has also made it possible for parents and carers to see what their children are watching on the app by clicking on the 'Recommended' icon on the top right of the home screen. It may also be worth having a look at what the child has recently watched by clicking on their history tab. The red bar on the video shows how much of the video they've watched.

WATCH TOGETHER

It's important to make YouTube Kids a fun and positive experience for children. This may require some time being spent finding channels and content that young people will enjoy and benefit from. Try introducing family sessions where you can share the most enjoyable videos that you and the child have recently watched. This can be a great way of giving you both new things to talk about.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic, accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at <https://nationalcollege.com/guides/safety-over-the-festive-season>

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Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

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*Merry Christmas and a Happy new year from
The Stable School.*

Any safeguarding concerns over the festive period
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