

# SAFEGUARDING BULLETIN

for parents and carers

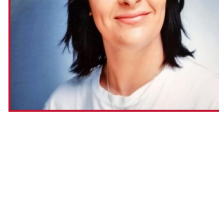
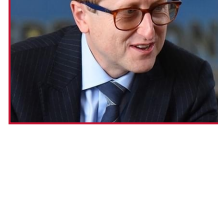


## The SET Ixworth Safeguarding Team



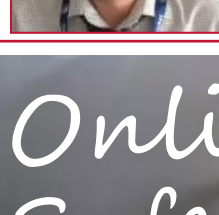
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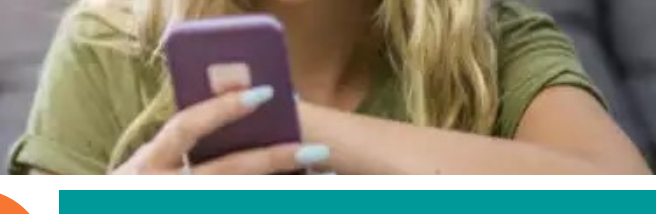
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## Online Safety



### The W App - Anonymous polls

The W App is rated as 12+ in the App store and as 'Parental Guidance' on Google Play. Once an account has been created, the user picks their school and participates in polls.

A user can choose any school (no verification takes place) and then you can see all users at that school (includes their name/year group and profile picture if that has been added). In the polls, users are asked a question (for example 'Hallway crush') and then the user selects one of four random people from that school. Whilst the app says that it is anonymous, users can purchase a membership that allows users to see who chose them in a poll.

You should be aware that this app does include in app purchases and can be linked to other social media accounts. You can block and report other users.

#### Further information

Internet Matters have produced an article outlining what you need to know about anonymous apps in general and the risks your child might face in using them, including cyberbullying. You can read it [here](#).

### Social Media Guides

The UK Safer Internet Centre have a Social Media Hub on their website that provides advice about the more popular social media platforms. For each app, it states their age requirement, the safety tools and advice available, the app's terms and conditions as well as links to further resources and advice from the UK Safer Internet Centre themselves. So, if you would like to find out more about the likes of Instagram, TikTok and Snapchat, then this hub is a great starting point:

[saferinternet.org.uk/guide-and-resource/social-media-guides](https://saferinternet.org.uk/guide-and-resource/social-media-guides)

### Nude Selfies

CEOP have published an article answering the questions that they get asked regularly regarding young people taking and sharing revealing pics of themselves, such as "is it illegal to send nude selfies?". Click [here](#) to find the article

### Meta introduces more parental supervision tools

Meta have announced new features for some of their products. Firstly, they have added parental supervision to Messenger (users must be 13+), which includes the ability to see who your child interacts with. Also, Meta have added a feature to encourage teens to set time limits on Facebook (users must be 13+) and new parental supervision features on Instagram (users must be 13+). To find out more click [here](#).

## Gaming



### Threads (13+)

Threads was launched by Meta (creators of Facebook, Instagram and WhatsApp) in July and is similar in design to Twitter. As with Twitter, users can share text posts (with images and videos) and then other users can respond to create a thread. You need to have an Instagram account to login to Threads and you must be at least 13 years old to create an Instagram account.

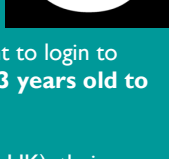
For everyone 13 – 17 years old (in the UK), their account will automatically be set as private when they join Threads. As with Instagram, users can choose specific words to filter out of replies as well as hide comments that may be offensive. Users can also unfollow, block and report a profile. Any accounts that you have blocked on Instagram will automatically be blocked on Threads as well. Users can also change their settings on Threads so other users are unable to mention them in replies.

If you have supervision set up on Instagram for your child (aged 13 – 17) then it will automatically be set up for Threads and the same settings will be applied, such as time limits and scheduled breaks. You can find out more here: <https://help.instagram.com/658522825492278>

Threads is still being developed so new functions will be added but currently you are unable to direct (private) message other users. You need to be aware that your child may come across content that is not appropriate for your child. If your child is using this app, then make sure they know how to use the reporting/blocking facilities, that appropriate privacy/safety settings are applied and they know to speak to a trusted adult should they need to.

#### Further information

[childnet.com/blog/instagram-threads-a-guide-for-young-people-and-parents](https://childnet.com/blog/instagram-threads-a-guide-for-young-people-and-parents)



### Age ratings

There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. One of the ways we can help keep our children safe online is by checking age restrictions/ratings as detailed below:

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': <https://www.bbfc.co.uk/resources/viewing-films-safely-online>.
- **Video games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration the chat facilities within games.
- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and use them yourself to check their suitability.
- **Social Media networks:** All social media networks have a minimum age rating; they are all at least

### Does your child have speech, language and communication needs?

Parent Zone understand that talking about life online that a young person who has speech, language and communication needs (SLCN) makes it difficult, so they have created a selection of visual and spoken resources to help you.

You can find out more here: [parentzone.org.uk/TalkTech](https://parentzone.org.uk/TalkTech)



### Roblox: new checklist

PEGI rate Roblox with a 'Parental Guidance' label (icon shown right), this is because of the huge level of user generated content within Roblox. It is rated for 'Teens' on Google Play and 12+ on the App store. You can either use Roblox to create games or play games that other users have created. As a lot of the content is user generated, it may mean not all games will be suitable for your child to view/play. It is important to set up Parental controls appropriate to your child.

#### New Roblox Checklist

The 2023 Roblox Checklist created by SWGfL and the UK Safer Internet Centre in partnership with Roblox is now available to download [here](#).



[www.pegi.info](http://www.pegi.info)

## Support services

- Bereavement**  
[Home - St Elizabeth Hospice](#)  
[Nelson's Journey | Child Bereavement Help for Norfolk | \(nelsonsjourney.org.uk\)](#)  
[St Nicholas Hospice Care website](#)
- Domestic**  
[Daisy Programme & Rowan Project | Norfolk | For Survivors of Abuse Domestic abuse - Norfolk County Council](#)  
[Lighthouse | From a brighter future, free from domestic abuse \(lighthousewa.org.uk\)](#)  
[Home - NIDAS \(nidasnorfolk.co.uk\)](#)
- Drugs & Alcohol**  
[Drug and alcohol recovery | The Matthew Project | England](#)  
[Hidden Harm - Healthy Suffolk](#)  
[Helping Families Through Addiction and Abuse | Icen Ipswich](#)
- Family/ Parent/carer support & advice**  
[Home | Anglia Care Trust](#)  
[Citizens Advice](#)  
[Parent & Child Groups Suffolk - Community Action Suffolk](#)  
[Early help - Norfolk County Council](#)  
[Find a Food Bank - The Trussell Trust](#)  
[Home - Little Troopers](#)  
[The Parent Hub - Suffolk County Council](#)  
[Successful kids, happier families | Online Parenting Programme | Triple P \(triplep-parenting.uk.net\)](#)  
[The Mix Stowmarket | Youth Charity Suffolk](#)  
[School nursing - Suffolk County Council | The Source for young people in Suffolk](#)  
[Suffolk InfoLink | Listings in Families and Community](#)  
[Suffolk InfoLink | Youth Focus Suffolk Home - YMCA Trinity Group](#)
- Gender & Identity**  
[Gender identity | NSPCC](#)  
[Homepage - Mermaids \(mermaidsuk.org.uk\)](#)  
[Home - Outreach Youth](#)  
[Supporting Trans Young People \(stonewall.org.uk\)](#)

- Mental Health & Wellbeing Home - 4YP**  
[Childline | Childline](#)  
[Parents and Carers | Advice and Guidance | Anna Freud Centre](#)  
[Home - Is This OK?](#)  
[Home - Kooth](#)  
[Mental Health Foundation | Good mental health for all](#)  
[Support for young people Suffolk Mind](#)  
[Papyrus UK Suicide Prevention \(papyrus-uk.org\)](#)  
[stem4 - supporting teenage mental health](#)  
[Suffolk InfoLink | Children and Young People's Emotional Wellbeing Hub](#)  
[Suffolk InfoLink | East and West Suffolk Mental Health Support Teams in Schools \(MHST\)](#)  
[Teenage Mental Health | About Therapy](#)  
[MOODJUICE - Anxiety - Self-help GUIDE \(mcgill.ca\)](#)  
[Our approach \(noisesolution.org\)](#)  
[Parents Mental Health Support | Advice for Your Child | Young Minds](#)
- Post-16 & Jobs**  
[Rising High in Suffolk Careers \(suffolkjobsdirect.org\)](#)  
[icanbea... \(Careers & Ideas in Norfolk & Suffolk\) | icanbea...](#)
- SEND**  
[Support Groups Suffolk \(autism anglia.org.uk\)](#)  
[Home - Suffolk SENDIASS](#)  
[Stowmarket ASD Saturday Clubs - For Young People with ASD \(stowmarketsaturdayclub.co.uk\)](#)  
[Suffolk InfoLink | Suffolk SEND Local Offer](#)
- Worrying behaviours**  
[The AIM Project - The AIM Project](#)  
[Harmful Sexual Behaviour Support Service | SWGfL](#)  
[Suffolk InfoLink | Worried about your teenager?](#)
- Young Carers Project**  
[Young Carers | Suffolk Safeguarding Partnership \(suffolksp.org.uk\)](#)  
[Young Carers | Suffolk Family Carers](#)