



## Safeguarding & Child Protection at Ellesmere Port Catholic High School

May God grant you peace and serenity this holiday season. Good will, good health, and good tidings for the new year to come. From our family to yours, we wish you a blessed Christmas and New Year. We hope you have prosperity, joy, and moments of light during life's challenging times.

Amen



### Safeguarding Newsletter

Autumn 2024

Consent.... "permission for something to happen or agreement to do something".

It's natural for children and teenagers to be curious about sex and relationships. But for some parents and carers, their child starting a new relationship is worrying.

It is important that young people understand what a healthy relationship is...A healthy relationship is one where your child:

- feels safe
- respects their partner and feels respected
- trusts their partner and is trusted
- can be honest
- can maintain good communication with their partner
- can stay calm during arguments
- has an even power balance with their partner (eg they're similar ages)
- shares an understanding of consent with their partner.



### Talking to children about consent.

Discussing sex and relationships with children can help keep them safe and empower them to recognise the signs of abuse. We have advice to help you start the conversation below. It can also help to speak to teachers at your child's school about the topics being covered in sex and relationships education. Then you could consider how to talk about this at home.

When talking to your child about sex and relationships, it's really important that you:

- ⇒ help them to feel supported by listening openly and non-judgementally let them know they can talk to you if anything has happened that they're upset by.
- ⇒ Talking to your child about sex while they're still in primary school will help you to work out their level of understanding and encourage them to ask questions.
- ⇒ Don't lecture your child.
- ⇒ Talk together and listen.
- ⇒ Start the conversations early
- ⇒ Talk to them about consent and the law

### Designated Safeguarding

#### Lead

Mr Colin Jones

#### Deputy Designated

#### Safeguarding Lead

Mrs Carly Hughes

#### Useful Acronyms and

#### Vocabulary

**CEOP** - Child Exploitation and On-line Protection Centre

**CYC**—Cheshire Young Carers

**CAMHS** - Child and Adolescent Mental Health Services

**KSCIE** - Keeping Children Safe in Education

**RSE** - Relationships and Sex Education

**ELSA** - Emotional Literacy Support Assistants

#### Useful Websites

[youngminds.org.uk](http://youngminds.org.uk)

[nspcc.org.uk](http://nspcc.org.uk)

[childline.org.uk](http://childline.org.uk)

[cheshireyoungcarers.org](http://cheshireyoungcarers.org)

[ldas.org.uk](http://ldas.org.uk)

[papyrus-uk.org](http://papyrus-uk.org)

### Are all your contact details up-to-date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details for you.

# Dealing with sextortion

internet  
matters.org

## What to do if someone targets you

**Sextortion is when someone threatens to share or distribute sexual images of you unless you do what they demand.** These could be images you took, that they took without you knowing (such as during a video call) or images they created with AI.

If someone targets you, **here are 6 tips to help:**

### Speak to an adult you can trust

Yes, it might be embarrassing but it's not your fault and **they will understand and help you.**



### Report directly to police

**Call 101** for non-emergencies or visit **CEOP's safety centre.**



### Stop communication

**Stop talking to the person who is threatening you,** asking you to send more images or asking for money.

### Keep the evidence

**Don't delete any conversations from those threatening you;** these are evidence of what has happened. Take screenshots of any profile information, usernames, email addresses or any other messages from the offender.



### Avoid sending money

Offenders may tell you that if you don't pay, they will share the images widely. But this is designed to scare victims. **Don't pay, but ask for help and support.**



### Keep records

If an image is shared, **keep a record of any websites and URLs** where it is. This will help the police and other organisations remove the content.



## Remember:

You are not the only person that this has happened to. When you report sextortion, you will not be judged. People will understand someone has targeted you, and that you need help and support.



## HOW TO MAKE YOUR TIKTOK PROFILE PRIVATE

**CHANGING THE SETTINGS**

1. Tap 'Settings and Privacy' from the menu.
2. Tap 'Privacy'.
3. Toggle the button to 'Private Account'.

**PRIVACY**

1. Tap the profile icon at the bottom right of the screen.
2. Tap the 3 lines at the top right of the screen.

**DO SOME CHECKS**

Take a look through your followers, remove anyone that you don't know in person or that requested you out of the blue.

**WHO CAN SEE YOUR INFORMATION**

Double check what can be seen from another account. Is any personal information visible in the bio of the profile?

## HOW TO TEMPORARILY DEACTIVATE YOUR ACCOUNT ON TIKTOK

**LOG IN**

1. Log in from the app or computer/browser.
2. Click the profile icon at the bottom right of the screen.

**CHANGING THE SETTINGS**

1. Tap 'Settings and Privacy' from the menu.
2. Tap 'Account'.
3. Tap 'Deactivate or Delete account'

**DEACTIVATE**

7. Choose 'Deactivate account'.
8. Follow the confirmation instructions.

**FINISHED**

Your TikTok account is now deactivated for 30 days before it will be permanently deleted .

You can reactivate at any time by logging in.

#lovesaid #romancefraud #onlinefraud #catfish

## HOW TO MAKE YOUR SNAPCHAT PROFILE PRIVATE

**CHANGING THE SETTINGS**

2. Tap 'the gear' from the top right of the screen.

**PRIVACY**

1. Tap the profile icon on the top left of the screen.

**DO SOME CHECKS**

3. Scroll to the 'Privacy Control' section.
4. Tap 'contact me'.
5. Check the 'Friends' button.

**WHO CAN SEE YOUR STORY?**

6. Back in 'Privacy Controls' tap 'view my story'.
7. Tap 'my friends' option to ensure only friends can see your stories.

## HOW TO CHANGE YOUR USERNAME ON SNAPCHAT

**LOG IN**

1. Log in from a computer or mobile device.
2. Click the profile icon on the top left of the screen.

**CHANGING INFORMATION**

3. Tap the 'Settings Gear' on the top right corner.
4. Scroll to the 'My Account' section.

**EDIT YOUR INFORMATION**

5. Change User Name
6. Change Name

**REVIEW YOUR CHANGES**

7. Double check your choices and tap 'Next'.
8. Enter your password to confirm the changes.

**FINISHED**

Your profile should now be untraceable to past scammers. Be aware of any new requests.

#lovesaid #romancefraud #onlinefraud #catfish

# The SHARP System

## The SHARP System (Student Help Advice Reporting Page System)

**SHARP** allows young people to report any incidents which occur within the school and local community anonymously and without fear. Aside from the reporting tool **SHARP** delivers educational content to raise awareness on a wide range of subjects including: Bullying, Health, Community Issues, Weapons and Hate Crime.

### So Why Use SHARP?

There are many reasons why young people decide not to talk about incidents, whether that is due to not wanting to talk face to face, lack of confidence, scared, peer pressure or scared in case someone sees them talking to or seen in the schools office but to name just a few.

**SHARP** is a web based tool which is personalised to each school together with a photograph of a member of staff who is trusted and well known within the school. The **SHARP** System promotes inclusion, safeguarding, e-safety and provides additional opportunities for students to report their concerns.

*SHARP is available through the school website.*



## Check 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. Being online can be great but it is important that we set boundaries for our children to keep them safe whilst they explore being online, develop their digital resilience and understanding of what to do if anything negative happens when online.

So how can we help keep our children safe? We can start by checking age restrictions/ratings. **It is important that we follow these to ensure that what our children are doing or seeing online is appropriate for their age.**

### Where can I find age ratings?

Films: The British Board of Film Classification (BBFC) rate films.

This page includes a link to a 'Parents' Guide to Age Ratings':

[Viewing films safely online | CBBFC](#)

**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 user generated content within games (such as on Roblox) and chat facilities within games.

**Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and play them yourself to check their suitability.

**Social Media:** All social media networks have a **minimum age rating**; they are all at **least 13+**.

### What else can I do?

- Explain the importance of age ratings to your child.
- Go online together to see what your child is accessing.
- Set up parental controls on your broadband, devices and on any individual apps that your child is using. This will reduce the chances of them accessing or viewing anything unsuitable.
- Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them then they should talk to you or another trusted adult.

## Via – Young People – Cheshire West and Chester

Are you worried about your drug or alcohol use?

We can offer you free, friendly and non-judgmental support for you or your family.

If you're 18 years old or under and live or study in Cheshire West and Chester, we're here to help.

- \* You can get advice and information around your health and wellbeing.
- \* You can have private and confidential sessions with your own support worker (in-person and online).
- \* We can help you to make better decisions about your drinking or drug use.
- \* We can help you get other support you might need.

We can meet at a location that works for you – such as your school, college, youth club or a safe space in your local community – and at a time that suits you.

Get in touch

Phone: 0300 303 4549

Email: [cwacyp@viaorg.uk](mailto:cwacyp@viaorg.uk)

**If there is anything that you would like more information on please let us know and we can share it in our safeguarding newsletter.**

[C.hughes@epchs.co.uk](mailto:C.hughes@epchs.co.uk)





[Road casualty data](#) shows that the number of child pedestrian casualties doubles between the ages of 9 and 11, with incidents more likely to happen during drop-off and pick up times

THINK! 'Safe Adventures' focuses in on the top 3 risky behaviours (based on the top contributory factors assigned to child pedestrian casualties) :

- Pedestrian failure to look / distraction (friends and mobiles).
- Pedestrian careless, reckless or in a hurry.
- Safe place to cross (including parked cars and behind buses).

**PLEASE DO NOT STOP OR PARK ON THE YELLOW ZIGZAGS....KEEP OUR STUDENTS SAFE!**

**Parking restrictions outside schools are there to keep you and your children safe. Parking inconsiderately can put people in danger and you also risk being fined.**

Local charities that support mental health during the Christmas period

**SAMARITANS:**

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)

**Shout:**

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

**NHS Choices:**

Mental health services are free on the NHS. To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.

For life-threatening emergencies, call 999 for an ambulance.

**Childline:**

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

**Young Minds**

Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

**Barnardos**

For some children and young people, these problems will pass over time, but others may need a bit of extra support to help them get back on track.

That's why we offer a wide-range range of mental health support services for children, young people, and their families.