



**At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.**

*This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of the safeguarding and mental health issues, giving you useful links and resources to use if you have concerns. Please do not hesitate to contact us on the main school number 01384 816165 or via email on [studentssupport@summerhill.dudley.sch.uk](mailto:studentssupport@summerhill.dudley.sch.uk)*

## Underage Users on Snapchat and TikTok

Snapchat have been accused of not doing enough when it comes to removing underage users from their platforms. In preparation for the Online Safety Bill, Ofcom asked both TikTok and Snapchat for information on how many suspected accounts belonging to under 13-year-olds they had removed. Whilst TikTok came back with an average of 180,000 thousand a month, Snapchat reported only 60 per month. A spokesperson for the company told news agency Reuters that the figures misrepresented the scale of work the company does to keep under-13s off its platform but declined to provide more details on those measures. But while TikTok may have won that particular round, they've meanwhile come under fire for being too slow on their moderation of eating disorder and suicide content. More than two dozen organisations, including the NSPCC and the Molly Rose Foundation, have written to the platform, urging them to strengthen their policies on this after research suggested that the app's algorithm pushes this type of harmful content directly to teenagers using TikTok.

## British Sign Language Week

From the 13<sup>th</sup>-19<sup>th</sup> March it is British Sign Language Week. This year the campaign is all about "Protecting BSL" Their aim for Sign Language Week is to celebrate and educate the British public about British Sign Language (BSL), to encourage more people to start learning our beautiful, unique, visual language, and to protect and preserve BSL for future generations to come. BSL want to show people across social media how easy it is to introduce themselves in BSL, and to build a movement of BSL allies who appreciate our beautiful, unique language and will help us break down barriers and end language deprivation for Deaf people. If you would like to read more on BSL week please look at this link <https://signlanguageweek.org.uk/>

## A fifth of teenagers watch pornography frequently and some are addicted UK study finds

A major new survey of British schoolchildren's attitudes to pornography has found significant numbers of young people aged between 14 and 18 are watching it frequently, with some becoming addicted to sexually explicit content. the study by Dignify, a charity that researches sexual abuse, spoke to 4,000 children between the ages of 14 and 18 in Hertfordshire. It found that 22% of students had viewed porn on multiple occasions. Of those, one in five said they had a porn habit and one in 10 said they felt addicted. Those who watched more than once were more likely to report having acted out something they first saw in pornography videos. Please follow this link If you would like to read more [A fifth of teenagers watch](#)



**Mrs Sprouting**  
Designated  
Safeguarding  
Lead



**Mr Randle**  
Deputy  
Safeguarding  
Lead



**Ms Gordon**  
Deputy  
Safeguarding  
Lead



**Mr Quirke**  
Deputy  
Safeguarding  
Lead



**Mr Cresswell**  
Deputy  
Safeguarding  
Lead



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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Online  
Safety®**

#WakeUpWednesday