



SAFE AT Summerhill

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

Emergency Alert

If anyone has a secret mobile phone hidden from an abusive partner, remember to switch off or put in airplane mode etc. as described below, or the phone will be activated with the loud alert on the evening of 23/04. The alert will say "This is a test of Emergency Alerts, a new UK government service that will warn you if there's a life-threatening emergency nearby. Mobile phone masts in the surrounding area will broadcast an alert. Every compatible mobile phone or tablet in range of a mast will receive the alert. Your mobile phone or tablet does not have to be connected to mobile data or wifi to get alerts. You can opt out of emergency alerts, but the government advises you should keep them switched on for your own safety. To opt out:

Search your settings for 'emergency alerts'.

Turn off 'severe alerts' and 'extreme alerts'.

If you still get alerts, contact your device manufacturer for help.

What is an AI Chatbot

Chatbots are a type of artificial intelligence designed to interact with users in a conversational manner. Unlike Googling a question, an AI Chatbot gives more context to the answer. So, instead of providing a list of links or a short sentence or two for an explanation, chatbots can give an extensive answer that you can build on and refine through conversation. With pre-programmed knowledge of billions of pieces of information, the chatbots can be asked to provide statistics, write code and even come up with creative prose. You can also ask questions that are very specific, something that can be tricky to do on a search engine! If you would like to read more follow this link [Introduction to ChatGPT and AI chatbots - Safer Schools \(oursaferschools.co.uk\)](https://oursaferschools.co.uk)

A Review of Harmful Content Online

it is not difficult to imagine harmful or abusive behaviours being present on social media. What can be challenging to deal with is the presence of popular online personalities or influencers who become well-known and even famous for exhibiting this behaviour over online platforms. This is especially concerning when children and young people begin to view this harmful content online. Our online safety experts have recently received reports of children as young as 11 quoting online personality Andrew Tate at school, even resulting in acts of violence towards female peers. We have taken a closer look at who Tate is, as well as the behaviours he encourages. However, we know that this represents a larger issue in our world (both online and offline) in how harmful behaviour like misogyny, violence against women and minorities, and sexual misconduct is dealt with and portrayed online. To help parents, carers, and safeguarding professionals approach these issues in their communities, we have included information and advice. Please follow this link to read more [A Review of Harmful Content Online - Safer Schools \(oursaferschools.co.uk\)](https://oursaferschools.co.uk)

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have harmful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



**National
Online
Safety**

#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>