

Safeguarding over Christmas



Parental Controls



Here is our annual reminder that over Christmas we expect there will be some new technology received by the children. Please remember to check parental controls to ensure the content that your child/ren can access is age appropriate. You can also set screen time restrictions if you wish.

On entertainment platforms, such as Netflix, Amazon Prime, Disney+ etc., you are able to set parental controls to ensure the films/ TV series available are age appropriate.

Social Media – Teen Accounts

Did you know that some social media platforms have 'Teen Accounts', including Instagram and Snapchat? These accounts are automatically set to a higher level of privacy and protection. They can limit unwanted contact, show content that is age appropriate and help manage their time on social media. They are automatically set to private.

Parents can supervise the app use and control the settings. For example, parents can monitor their child's messaging, set time limits and block access at certain times, e.g., at nighttime.

For more information visit the website for the app your child/ children use.

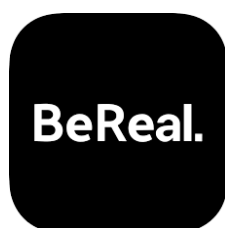


Common Sense Media

A website where parents/carers can look up specific apps, games, films and TV shows to find out what they are about and if they are suitable for your child. They also have helpful information and a Corona Support Hub. www.commonsensemedia.org/reviews



BeReal App



is mainly a platform for posting images. Users will be able to add 'friends' on their profiles. The app will alert the user that they have two minutes to post a picture of themselves at that moment. If the user does not post an image, they will not be able to see their 'friends' images of the day. This could cause the user to panic and feel the pressure to post an image. Another concern could be users do not know their 'friends' in real life, only virtual.

Think! Road Safety

Think! Road Safety campaign this year is 'Drink a little, risk a lot'. In 2022, an estimated 1,920 people were killed or seriously injured in collisions where drink driving was a factor. Young men are over-represented in drink drive casualties yet are less likely than the general population to say that drink driving is risky. Please speak to your young people about the risks of drink driving or getting into a car with someone they believe has had a drink. For more information visit: [Drink a Little. Risk a Lot. – THINK!](#)



Think! Also campaigns for children and young people to 'Be Bright, Be seen'



This time of year, there is reduced visibility for drivers and people walking/ cycling near roads are even more vulnerable.

Think about a brighter coat or clothing. Reflective clothing, sashes and accessories are a great way to improve visibility.

It is the law to have clean, working lights on a bike at night, white on the front and red on the back.

At night, choose routes and cross places that are well lit.

Wellbeing

If your child would like to talk to someone outside of the family over Christmas, they can contact ChildLine on 0800 1111 or online via a messaging service or BSL interpreter.

If you would like some advice regarding Mental Health, you can contact Young Minds on 0808 802 5544 or www.youngminds.org.uk/contact-us

childline

**ONLINE,
ON THE PHONE,
ANYTIME**

childline.org.uk
0800 1111

If you have any concerns over Christmas, please email **safeguarding@maryhare.org.uk**. We are closed between 20th December– 6th January and will pick up emails on our return to school.

If you have an urgent concern about a child, please contact your local Children's Services or the Police.

Merry Christmas to you all and a Happy New Year