

# Safeguarding

## over the summer



### 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](http://www.commonsensemedia.org/reviews)

## Cyber-bullying

Unfortunately we find that online bullying can increase over the summer holidays.

### What is cyberbullying?

Cyberbullying is bullying online and can take many forms such as sending malicious messages, leaving nasty comments, excluding somebody from a group chat, blackmailing or setting up a fake profile. Cyberbullying can take place across many different platforms such as WhatsApp, Snapchat and on games such as Roblox and Minecraft.

### What should I do if my child is being bullied online?

If your child is being bullied, try to stay calm and let them know that it is not their fault. It is always useful to keep evidence of any online bullying and inform their school so that they are aware. Show your child how to block and/or report any users/content and review their privacy settings to limit what others can see. You may also wish to set up any parental controls that are available. Further information There is a vast amount of information available online about cyberbullying. The following links provide further information on types of online bullying, how to support somebody who is being bullied and who you can contact if you need any further advice or support.

- [www.childnet.com/help-and-advice/online-bullying](http://www.childnet.com/help-and-advice/online-bullying)
- [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)
- [www.youngminds.org.uk/young-person/coping-with-life/bullying](http://www.youngminds.org.uk/young-person/coping-with-life/bullying)

Group Chats are available on various messaging apps, social media apps and in some games. When your child is part of these groups, they may not know all the other members and it may even include people that they have previously blocked. Your child may come across inappropriate content and bullying can take place within these groups. Talk to your child about how they speak to others online and encourage them to talk to people online with kindness, like they would if they were face-to-face.

The NSPCC provide further information about group chats here:  
[www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps](http://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps)



## Summer Water Safety

### WELLBEING



[www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing)

## Childline

If your child would like to talk to someone outside of the family 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 make an appointment with your GP. You may need to register your child as a temporary patient.

**childline**

ONLINE,  
ON THE PHONE,  
ANYTIME  
[childline.org.uk](http://childline.org.uk)  
0800 1111



If you have any concerns over the summer please contact the school office on 01635 244200 or email [safeguarding@maryhare.org.uk](mailto:safeguarding@maryhare.org.uk)