



# E-Safety and Anti-Bullying Champions Newsletter



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## Welcome

Welcome to the Pan-Dorset E-safety and Anti-Bullying champions newsletter. We hope this newsletter will help you to stay up to date with current issues in E-safety and Anti-Bullying and allow champions to share information and best practice. Please contact the SSCT to obtain or share information.

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## NSPCC/O<sub>2</sub> Parents E-safety helpline



Let's keep kids safe online

The new NSPCC (working in conjunction with O<sub>2</sub>) Parents E-safety helpline is now up and running.

Parents can get advice on anything they're not sure about, including:

- setting up parental controls on computers or other devices
- help adjusting privacy settings
- understanding social networks
- concerns about online gaming

The helpline is a free number: 0808 8005002

More information can be found at

<http://www.nspcc.org.uk/>

## Counter extremism resources

The London Grid for Learning has created a new counter-extremism resource in association with Sara Khan from the counter-extremism and women's rights organisation *Inspire*.

The open access video resources aim not only to build confidence and support the safeguarding of young people (online and offline), but also to facilitate discussion on respect, tolerance, community cohesion and shared values. The resource can be accessed from <http://counterextremism.lgfl.org.uk/>

### Safer internet day 2016



The theme for next year's Safer Internet Day has been announced: Play your part for a better internet.

Globally, Safer Internet Day is celebrated in over a hundred countries, coordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres across Europe.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet. Get involved to play your part!

### New Parent info site for parents and schools

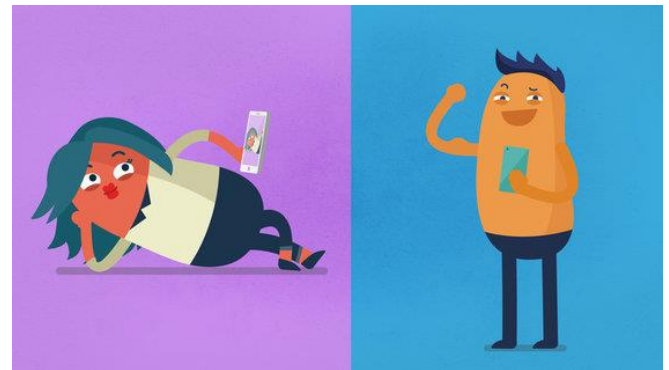


Parent Info is a collaboration between The Parent Zone and CEOP. Its aim is to improve children's wellbeing and resilience. Parents can use the site directly and schools can host the content on their own website and use it in any other ways (in letters to parents etc) that they want.

This service is free and covers a wide range of subject matter, from difficult topics about sex, relationships, the internet, body image and peer pressure to broader parenting topics like 'how much sleep do teenagers need?'

The site can be accessed at <http://parentinfo.org/>

### CEOP – New films. Nude Selfies: What Parents and Carers Need to Know



This series of four short animated films for parents and carers offers advice on how to help keep children safe from the risks associated with the sharing of nude and nearly nude images. Parents can download them directly from <https://www.thinkuknow.co.uk/parents/> or professionals can download lesson plans and other materials to help them to run a session from <https://www.thinkuknow.co.uk/Teachers/Resources/>

The videos aim to empower parents and carers by helping them:

- Understand young people's motivations for sending nude selfies
- Plan to respond positively and constructively if they find out their child has shared a nude selfie
- Gain confidence and skills in initiating preventative conversations
- Identify risky behaviours or situations, and know when to seek help
- Know how to get help if a child is at risk after sharing an image

### E-safety practice in schools

Evidence from 5500 schools completing the South West Grid for Learning's 360° E-safety Review tool shows that in 2014, it was found that the strongest areas for schools are around filtering and policies, and the weakest are youth engagement, community engagement and training of staff and governors.

Read more at the [UK Safer Internet Centre blog](#)

### Anti-Bullying week 16-20 November 2015



Anti-Bullying Week 2015 is nearly here. The aims this year are to:

- Empower children and young people to make a noise about bullying
- Help parents and carers have conversations with their children about bullying
- Encourage 'talking schools' where all children and young people are given a safe space to discuss bullying and other issues that affect their lives, and are supported to report all forms of bullying
- Equip teachers to respond effectively when children tell them they're being bullied; and
- Raise awareness of the impact of bullying on children's lives if they don't tell anyone it's happening, with a focus on the impact on mental health.

To get more information, download a campaign pack or purchase anti-bullying week wristbands, stickers and posters visit

<http://www.anti-bullyingalliance.org.uk/anti-bullying-week/>

### E-safety and Anti-Bullying work with children & young people with special educational needs and disabilities

Children and young people with special educational needs (SEN) and disabilities are more likely to experience bullying than their peers and for all children with SEN or disability bullying is a real issue. The common difficulties are:

- negative attitudes to disability
- negative perceptions of difference

- it is more difficult to resist bullies due to their disability
- they are more isolated due to their disability
- they do not understand that what is happening is bullying
- they have difficulties telling people about bullying

There are already many anti-bullying resources available to support children and young people with SEN and disabilities.

In addition, there may be additional issues for young people in relation to E-safety.

One of the actions of the Dorset Safeguarding Children Board anti-bullying and e-safety group is to scope what help and resources are available and if anything else is required in these two areas. If you would be interested in being involved please contact [sarah.badley@dorset.pnn.police.uk](mailto:sarah.badley@dorset.pnn.police.uk) or [s.j.goddard@dorsetcc.gcsx.gov.uk](mailto:s.j.goddard@dorsetcc.gcsx.gov.uk) for further information.

### Dorset E-safety and Anti-Bullying conference – 12 October 2015

Prior to the national anti-bullying week, there is a Dorset Children's Safeguarding Board E-safety and Anti-bullying conference for young people and professionals on the 12<sup>th</sup> October.

Young people will be able to attend a range of workshops including one on E-safety and adults will be able to attend workshops including one looking at the Police triage system for schools incidents, which includes bullying.

The event is free of charge with refreshment provided, but delegates will need to bring their own lunch.

For more information contact Pippa Fowler – Email [p.j.fowler@dorsetcc.gov.uk](mailto:p.j.fowler@dorsetcc.gov.uk) (Telephone 01305 228303). Closing date for bookings Friday 2nd October

### The Work of Anti-Bullying Ambassadors at Sir John Colfox School

The Anti-Bullying Ambassadors have worked hard since they were formed in 2014 to help combat and deal with bullying in our school and in our local community. In school, we started by forming a small group of ambassadors who attended a training day run by the Diana Award in Budmouth, and since then have expanded the group and our numbers. In our early stages, we rewrote the anti-bullying policy, produced questionnaires and 'safety maps' given to students in tutor time to fill out to describe where they did and did not feel safe in school, as well as making a box for students to fill out statements about bullying so it can be dealt with appropriately. Drop-in sessions were organised and held at lunch for people in school to come to us and talk to a member of our group instead of an adult as we felt having a place to access us would be a good idea. We also designed our own School ties so we were more noticeable in case people needed help. Once we had set up these starting points, we also spoke in assemblies to tell the school about the work we do, therefore giving them another support net to go to when they need help.

On a larger scale, we have started to get more involved with the local Primary Schools, encouraging them to set up student led initiatives such as ours in their schools, and improve the bond between Primary and Secondary education. We visited multiple schools to give presentations about us, and then ran a training day of our own. During the course of this day, we organised activities and booklets for the children to do, and also gave them time at the end to decorate and make their own drop-in boxes to take to their own schools and start up their Ambassador schemes. We discussed the different types of bullying, how this

makes people feel, and how to avoid and help people who are affected by this kind of behaviour. The day was a success, and we hope to host more and go further to strengthen these links between us and our surrounding Primary Schools.

Another achievement we as a group are proud and humbled by is the fact we were awarded the 'Teenager Award' by the Dorset Police for all the work we have done. This was totally unexpected, and we were so honoured. Other students in our group have received internal awards for their work, such as the school Leadership Award and an award for buddying in our school.

Our next school year will hopefully come with new ideas and opportunities for the Anti-Bullying Ambassadors to do even more for our school. Currently, a fundraising event based off of 'Saturday Night Take Away' is being organised to raise money for Anti-Bullying work, and we are continuing to work with the younger year groups to get them involved in the work we do, and help them become more aware of the dangers and consequences of bullying in and out of school. Some of our Ambassadors have in fact been working with Year Sevens for this reason, and this is something we would like to continue going into the new school year. Although we have not yet fully planned what else we would like to achieve, we are sure that we will continue doing our best to help fight bullying in any and all ways we can, and are looking forward to doing so in due course.

Written by one of the Ambassadors. For more information contact Sue Chudley at Sir John Colfox

### Safer Schools and Communities Team Education and Training for Professionals

The SSCT provides training for professionals in the following areas:

E-safety, including Protecting Young People Online, Safer Digital working Practices and CEOP ThinkUKnow

Anti-bullying, including Anti-homophobic bullying

Drugs and the law

Preventing Violent Extremism

Restorative practices

Child Sexual Exploitation