

GHS INCLUSION INSIGHT

GHS Inclusion Insight is a way of keeping the school community connected with one another, by sharing up to date information and activities ,to promote and support a holistic approach safeguarding, and well-being.

LGfL

SIX TOP TIPS

For Parents To Keep Your Children Safe Online

SafeguardED

Most parents & carers think their children and young people spend too much time on devices. DON'T FEEL BAD! Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See parentsafe.lgfl.net for more.

Get your children to show you their apps and games

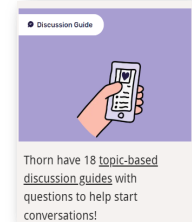
You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for [Common Sense Media](https://www.commonsensemedia.org) reviews.

Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch [Newsround](https://www.bbc.com/news/health-60888888) together and talk about how they feel - there is guidance from [Childline](https://www.childline.org.uk) to help you.

TALKING TO CHILDREN ABOUT LIFE ONLINE

Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lgfl.net



Thorn have 18 topic-based discussion guides with questions to help start conversations!



PARENTSAFE

Keeping your children safe: online & beyond

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Source: Children and parents: media use and attitudes report 2024

Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy

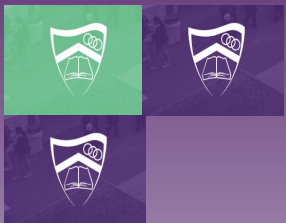
Digital Family Agreement



LGfL DigiSafe®

Download it at parentsafe.lgfl.net/digital-family-agreement

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Notices

We will endeavour to provide up to date information all the times, so please keep an eye on the VLE for any new notices .

Support during school hours: If you feel you need support form pastoral, mentor or counselling teams, or the CP team, then please ring the school reception during school hours. Alternatively, students can see Ms Adhami, who will then be able to advise.

AHT Inclusion Lead (DSL)- Ms Nayyar

DDSL/Mental Health Lead- Ms Adhami

CLA Coordinator/CP officer- Ms Thomas

Parent Ambassador/CP officer– Ms Sierkowska

AHT Behaviour/CP officer– Mr Dhindsa

Support outside school hours:

Do you need someone to talk to? Is there something making you unhappy or unsafe? Are you victim of bullying or cyber bullying Are you worried about a friend? Is anyone hurt or in danger? See the box to the right.

Looking Ahead

- **Stem4-Parents expertly navigate the online world**

<https://training.stem4.org.uk/courses-for-parents-carers/>

- **Anti Bullying Week 11th-17th of November 2024**

Raising awareness about bullying, its impact on individuals, and the importance of preventing bullying in schools, communities, and online spaces

- **Advice and guidance for parent:**



Schools website

www.greenfordhighdchool.ealing.sch.uk

Child Line 0800 1111 www.childline.org.uk

NSPCC 08-8 800 5000 www.nspcc.org.uk

FGM line 0800 028 3550 www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm/

Frank 0300 123 6600 www.talktofrank.com/

Mental health and well-being free advise service

<https://www.kooth.com>

Young Minds youngminds.org.uk

Shout 85258 is a 24/7 UK text messaging service for immediate support Text SHOUT to 85258

CEOP www.thinkuknow.co.uk

The Samaritans 116123 www.samaritans.org/how-we-can-help/contact-samaritans

Crime Stoppers 080055511 www.crimestoppers or call 111 or 999

HOPELINEUK call 0800 068 41 41 or text 0778 620 9697

SPEAK CAMHS Helpline Children and Adolescent