

## Safeguarding newsletter for Parents and Carers

### Prevent and British Values

The introduction of the Prevent Strategy last year meant that all Schools and Colleges now have a duty to be proactive in spotting the signs of radicalisation and extremism and also to ensure they are promoting British Values. At City College we are doing this in a number of ways, from testing and updating our IT security systems to rolling out specific training to all staff members and more. This Prevent training builds on a good foundation of Safeguarding training that all our staff receive to equip them in early identification of concerns, and timely reporting to ensure the support we offer is effective and appropriate.

British Values include Democracy, individual liberty, the rule of law and mutual respect and tolerance for those of different faiths and beliefs. We are embedding these values across the college and encouraging discussion and debate on these subjects amongst staff and students across various forums from class room discussion and study to organised debates.

### Neglect

Neglect is one of the most common types of referrals to the safeguarding team at City College Norwich.

Neglect is an issue that can become apparent slowly and a picture can form over time making it hard for those who are concerned to know when and how to offer support. As parents you are in a key position to be able to spot signs of neglect in your children's friendship group. It might be that you notice that one of your child's friends is always hungry or wearing the same dirty clothes everyday.

Maybe they have reoccurring head lice or maybe their parents do not appear to mind about their whereabouts or wellbeing. There are many reasons a child may come to be neglected and often it is not because their parents don't care. Neglect can be due to an inability to provide adequate care rather than a refusal to. The best way to start supporting someone you are concerned about is to gently have a conversation with them about your concerns.

If you are concerned about a young person you can go direct to Children's Services for advice and support on 0344 800 8020 and select option 1.

## Social media safety – locking down your account

The intergenerational debate about the pro's and con's of social media rages on, with many key points on both sides. Whatever your stand point knowing how to set the right security settings is crucial. Some social media sites or apps reserve the right to change your settings when they want without notifying you, would you remember how to change them back? Here are some tips on checking your settings:

- Agree a level of security with your Child for their account.
- Use the websites – some apps such as facebook don't give you access to full security settings from the app. You need to log on via an internet browser to access these.
- Need instructions? Go to youtube.com and search for "how to change security settings on..." to get a step by step guide.
- Your profile picture cannot be made private and is therefore visible to everyone, consider carefully which photo you or your child uses.
- An open, honest and ongoing two way conversation between yourself and your child about their social media, is the first and most important step to keeping your child safe online.

## Signs that a child is being groomed online

Many of these are common teenage behaviours, but keep an eye out for increased instances of changes in behaviour:

- Being secretive about who they are talking to and where they are going
- Often returning home late or staying out all night
- Sudden changes in their appearance such as wearing more revealing clothes
- Becoming involved in drugs or alcohol, particularly if you suspect they are being supplied by older men or women
- Becoming emotionally volatile (mood swings are common in all young people, but more severe changes could indicate that something is wrong)
- Using sexual language that you wouldn't expect them to know
- Engaging less with their usual friends
- Appearing controlled by their phone
- Switching to a new screen when you come near them
- Possessing items such as phones or jewellery that you haven't given them but which they couldn't afford to buy themselves
- Having more than one, or a secret phone.