



CHENEY SCHOOL
Think for yourself, act for others

Headteacher: Mr Rob Pavey

Cheney School
 Cheney Lane
 Headington
 OX3 7QH

Tel: 01865 765 726
 Email: office@cheney.oxon.sch.uk

Safeguarding Newsletter

October 2020

Cheney Safeguarding Team



Mr Bampton- Designated Lead
LBA@cheney.oxon.sch.uk
 01865 755309
 07365 273633



Mrs Conway- Deputy Designated Lead
TC@cheney.oxon.sch.uk
 01865 755218



Mr Nelson- Deputy Designated Lead
HNE@cheney.oxon.sch.uk
 01865 755103



The Power of Technology- Mobile Phones

Starting, or being at, secondary school can be a natural point for parents to feel the need to buy their child a phone. However, with **20%** of children already having seen hate messages online and only **47%** of them knowing how to protect their own privacy online, understanding if children are ready and how to put boundaries in place for mobile phone usage, is a growing concern for parents.

With mobile technology continually developing and the internet being at such easy access for children, it is important that we are monitoring their internet usage. We know the arguments and that an open internet connection brings with it risks - not just your child's use of it, but the way other people use it that may directly affect them. This short overview will provide you with some key tips and support methods in keeping your child safe whilst online and using their own mobile phone.

Who can support?



www.ceop.police.uk
 To report any concerns



www.thinkuknow.co.uk
 For advice and guidance



Talk to **Cheney Staff**
 for advice or support



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Screen Time

Battles over screen time and devices have become a stressful part of family life. Recent research has revealed that it's not so much the length, but the nature of the screen time that matters.

The University of Oxford examined 120,000 UK 15 year olds and found out that among most teenagers who were the lightest tech-users, it was found that increasing the time spent using technology was linked to improved wellbeing- possibly because it was important for keeping friendships. In contrast, among the heaviest users of technology, any increase in time was linked to lower levels of wellbeing.

Sexting

Sexting is the sending of indecent images (pictures and/or videos) of yourself or others. It can happen on any electronic device that allows the sharing of media and messages including phones, tablets and laptops

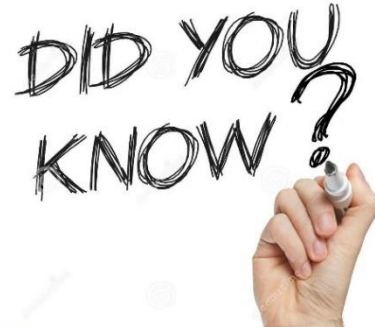
*It is an offence to make, distribute, possess or show any indecent images of anyone under the age of 18, even if the content was created with the consent of that young person. **Section One of the Protection of Children Act 1978.***

Children could be criminalised for possessing and sending these images of others or themselves. Schools have a statutory duty to report any incidents of this nature to the police. Schools are currently educating children around this topic and the potential dangers this could present.

Online Bullying

With the rise of mobile phones and hand-held devices, social media has become a part of everyone's life and the use of social media has seen the growth of online bullying and harassment.

We are focussing on this very serious issue and working closely with The Police and other external agencies to address this unacceptable behaviour. As a parents/carer, please support us in taking positive steps to protect your child when they use their mobile phone or computer. Please ensure that your child does not respond, blocks the person sending these messages and alert the social media site. Try and document the bullying with a screenshot of the message or photo as you may need this as proof. Then report this to the police and the school.



TOP TIPS

- **If you are paying for the mobile device/contract, you should have access to this.** Set an expectation that you will check the phone to see if your child is meeting your expectations for its usage. **Don't forget to check their apps and messages!**
- **Set time limits:** you may want to set certain times when the mobile phone can be used at home and our advice is to ban mobile phone usage before bed.
- Consider apps that can help you to easily limit functionality on a smartphone. **Look at apps such as OurPact or NetNanny.**
- Ensure that you are checking the **Parental Control Settings** on your TV's and Wifi.
- **Educate and teach your children about internet etiquette and addiction.** It is important that you share why it is important to treat others with respect when online and how phone addiction can impact on their daily lives.