

# Rothbury First School Safeguarding Newsletter December 2023



## WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads at Rothbury First School  
Mrs C Auld  
Mrs H Duffield

Our safeguarding governor is Diane Pringle

They can be contacted on 01669 620283 or via email

For further information on safeguarding at our school, please look on the safeguarding page on the school website.

[RFS Safeguarding](#)

Information taken from

# NSPCC

## **BULLYING** What is bullying?

Bullying is intentional behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

Bullying can take different forms. It could include:

- physical bullying: hitting, slapping or pushing someone
- verbal bullying: name calling, gossiping or threatening someone
- non-verbal abuse: hand signs or text messages
- emotional abuse: threatening, intimidating or humiliating someone
- exclusion: ignoring or isolating someone
- undermining, constant criticism or spreading rumours
- controlling or manipulative behaviour
- making silent, hoax or abusive calls.

The following types of bullying are also hate crimes:

- racial, sexual, transphobic or homophobic bullying
- bullying someone because they have a disability.

No single sign will indicate for certain that your child's being bullied, but watch out for:

- belongings getting 'lost' or damaged
- physical injuries, such as unexplained bruises
- being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
- a change in how they are doing at school, including a dip in grades or not handing homework in
- asking for, or stealing, money (to give to whoever's bullying them)
- a change in behaviour, including being nervous, losing confidence, or becoming distressed and withdrawn
- a change in eating or sleeping habits
- bullying others.

The effects of bullying can last into adulthood. At its worst, bullying has driven children and young people to self-harm and even suicide.

Children who are bullied:

- may develop mental health problems like depression and anxiety
- have fewer friendships
- aren't accepted by their peers
- are wary and suspicious of others
- have problems adjusting to school, and don't do as well.

All children who are affected by bullying can suffer harm – whether they are being bullied, bully others or witness bullying. It's important all children get support if they are being bullied, or if they are displaying bullying behaviours towards others.

### **What is cyberbullying?**

Cyberbullying is bullying that takes place online. Unlike bullying offline, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone. A person can be bullied online and offline at the same time.

Cyberbullying can include:

- sending threatening or abusive text messages
- creating and sharing embarrassing images or videos
- trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities or friendship groups
- shaming someone online
- setting up hate sites or groups about a particular child
- encouraging young people to self-harm
- voting for or against someone in an abusive poll
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- sending explicit messages, also known as sexting
- pressuring children into sending sexual images or engaging in sexual conversations.

## How can you help if your child is being bullied?

### 1. Talk to them about bullying and cyberbullying

- If you suspect your child is being bullied, explain to them what bullying is, and ask if anything like that has happened to them. Keep calm, and listen carefully to what they say.
- They may feel really scared, embarrassed or ashamed that they're being bullied, and they may be worried about what will happen if they tell anyone.
- Once you know your child is being bullied, remember to check in with them regularly. Remind them that they can talk to you about how they're feeling whenever they want.

### 2. Let them know who they can ask for help

- If they don't want to talk to you, suggest they have a chat with another trusted adult, such as a teacher or family member.
- You could also suggest they contact [Childline](#), where a trained counsellor will provide a listening ear.
- They don't have to give their name and they can talk about anything that's worrying them.

### 3. Help them to relax and take time out

- Children and young people may lack confidence as a result of bullying. Help them find things to do that make them feel good, like listening to, or playing, music, or doing sport. Give them opportunities to help build their confidence.
- Remember to reassure them that it's not their fault and that they're loved and valued.

### 4. Report online bullying

- As well as supporting your child emotionally, there are practical steps you can take if the bullying has taken place on an online platform, such as a social media app or online gaming chat room.
- Don't stop them from using the internet or their mobile phone. It probably won't help keep them safe, it may feel like they're being punished and could stop them from telling you what's happening.
- Make sure your child knows how to block anyone who posts hateful or abusive things about them on each app or online service they use. You can usually find details of how to do this in the help or online safety area, under Settings.
- Report anyone who is bullying your child to the platform that's carried the offending comments, audio, image or video. Follow these links to contact some of the most popular social media platforms and learn more about blocking and reporting:  
[Instagram](#)   [Snapchat](#)   [WhatsApp](#)   [Facebook](#)   [Skype](#)
- [Thinkuknow](#) has advice on online safety for young people that's suitable for different age groups. The website shows children how to contact social media sites if they believe someone has posted something upsetting about them.

## How we deal with bullying at Rothbury First School



We have a number of policies which we follow in school when dealing with incidents of bullying.

Safeguarding and Child Protection Policy

Anti-Bullying Policy

E-Safety Policy

Positive Behaviour Management Policy

The following policies can be found on our website

<http://www.rothburyfirst.northumberland.sch.uk/website/policies/106284>

We take bullying very seriously and investigate all allegations immediately and thoroughly. We teach specific lessons about anti bullying during our anti bullying week. We also cover aspects of this throughout RHE lessons and our Character education assemblies.

We collect Parent view responses each year and act upon any information received to make improvements. The most recent data has been collated and shared with parents.

If you have any concerns or questions about how we deal with bullying in school, please do not hesitate to contact us.



## ONLINE SAFETY

We recently held an online safety parents workshop. The feedback from those who attended was very positive.

*'Thank you so much for the Online Safety Workshop, delivered by Mrs.Auld. We already know quite a lot about the subject from both our professional and personal experience, but we found this session to be informative and helpful, and would recommend it to all parents and carers. The session was delivered perfectly and highlighted many excellent resources available, We feel confident our child is in good hands. Thank you.'*

Here are some of the statistics relating to online safety that were shared at the meeting.

# Ofcom Media use and attitudes report 2023

YouTube was the most used online platform among 3-17-year-olds (88%), followed by WhatsApp (55%), TikTok (53%), Snapchat (46%), Instagram (41%) and Facebook (34%). Use of WhatsApp, TikTok and Snapchat increased from 2021, while Facebook was less popular this year (down from 40%).

Parents and children identified positive benefits of being online, especially in relation to learning and to building and maintaining friendships. Compared to last year, children were more positive about social media; more likely to say that it makes them happy all or most of the time and that it helps them feel closer to their friends

Almost all children aged 3-17 (96%) watched videos on any video-sharing platform (VSP), although the types of content they view varies by age

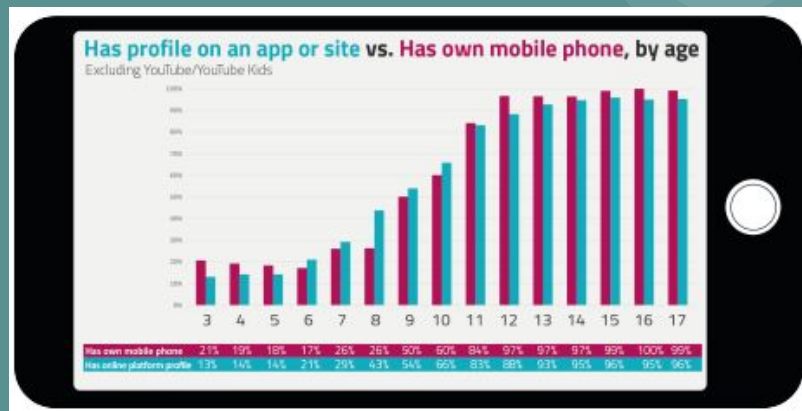
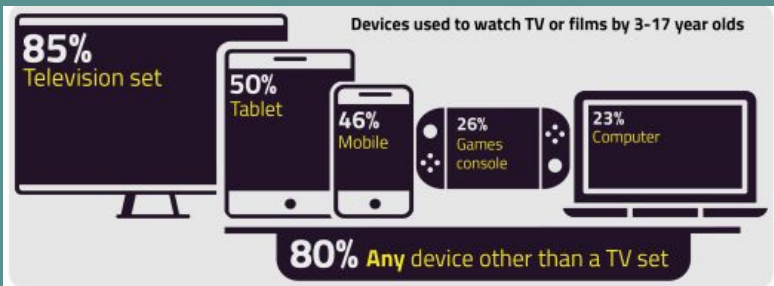
Mobile phones (69%) and tablets (64%) were the most-used devices to go online among 3-17-year olds overall. Older children (12-17-year-olds) were most likely to use mobile phones to go online, while those aged 3-11 were most likely to use a tablet for this purpose.



Playing video games - A key reason children aged 3-17 said they played was to 'hang out with friends' (24%) On top of this, our study found that children aged 8-17 used games as a way of playing with (55%) and chatting with (47%) people they knew. Of more concern is that 25% played with, and 22% talked to, people they didn't know outside the game.

While most children aged 3-17 (85%) viewed TV programmes or films via a TV set, a large majority (80%) watched this type of content via other devices, including half who used a tablet, and 46% a mobile phone. Additionally, these devices, including TV sets, were used to watch other forms of video content, such as live streams and user-generated content.

Children were more likely to experience being bullied via technology than face-to-face: 84% of 8-17s said they had been bullied this way (i.e., via text or messaging, on social media, in online games, through phone or video calls, or via other apps and sites) compared to 61% being bullied face-to-face

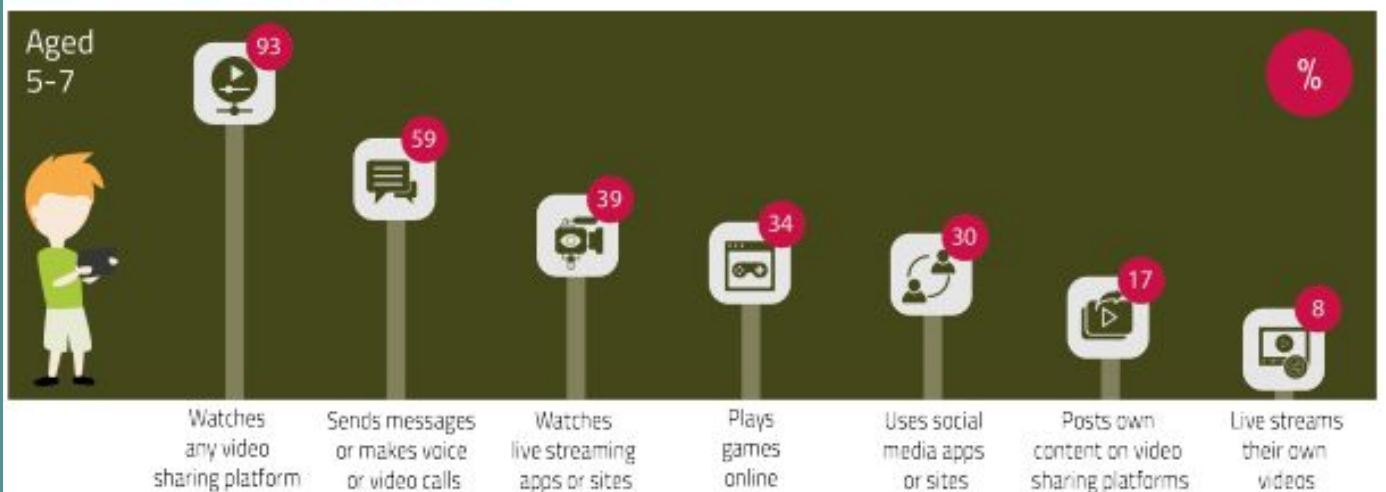


## Online activities of 3-4-year-olds



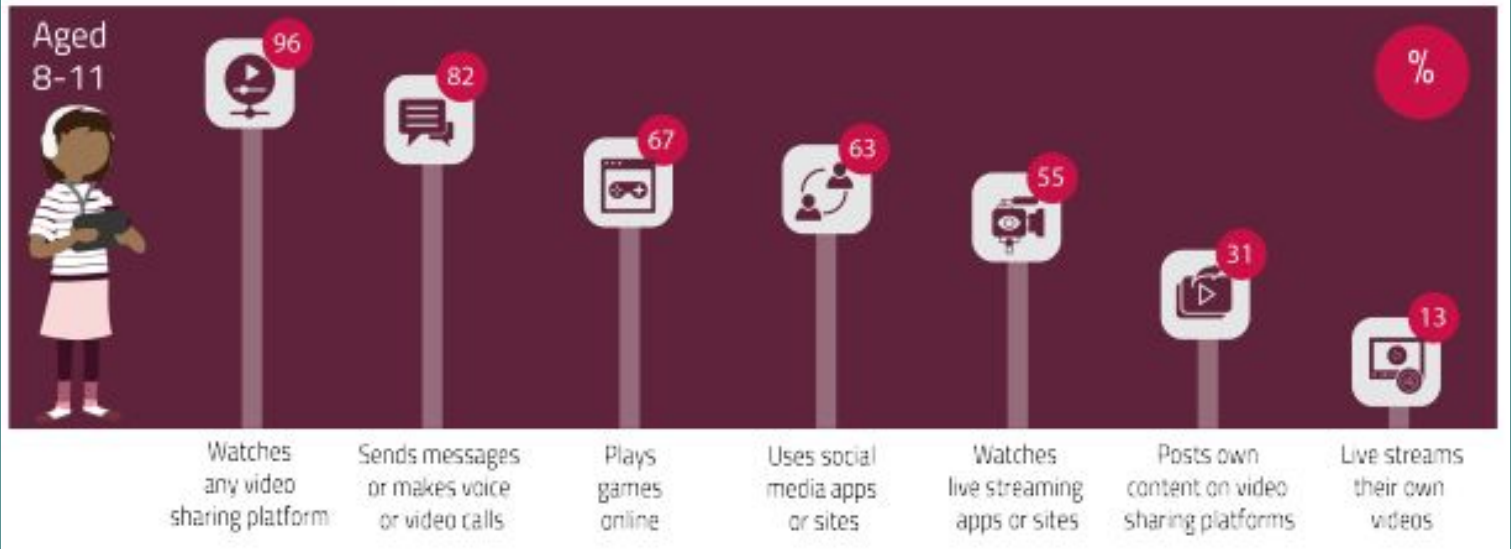
Children aged 3-4 went online mainly to watch videos (92%) and were more likely to do so than in 2021 (89%). YouTube was by far their most-used app (87%), and they were more likely to use YouTube Kids (51%) than the 'main' YouTube site (31%). Just under two-fifths of 3-4-year-olds (38%) had their own profile on YouTube, and 14% had a profile on at least one other app or site.

## Online activities of 5-7-year-olds



Again, Youtube is the most popular app for this age range. Nearly two fifths (39%) of 5-7-year-olds had their own profile on YouTube. Their use of several apps, including TikTok (25%) and Instagram (14%), fell this year, unlike for older children.

## Online activities of 8-11-year-olds



Children aged 8-11 were also more likely than younger children to interact with others by messaging or calling via an app or site, playing video games online, or watching live streams. The increase in children who used social media apps at this age was reflected in the types of apps they had profiles on. It was most common for 8-11-year-olds to have profiles on TikTok (32%) and WhatsApp (32%), ahead of YouTube (27%) and Snapchat (24%).



# 12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

## CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

## NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

## CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

## WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

## TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

## WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

## WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

## BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

## ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

## SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

## GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

## GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday