

WORKING TOGETHER TO SAFEGUARD DAWLEY BROOK

At Dawley Brook Primary School, we are aware that it is everybody's responsibility to keep our community safe for those that live and learn within it. This safeguarding newsletter, aims to help staff, parents, and children alike to be aware of safeguarding and mental health issues, giving you useful links and resources if you have concerns.

THE BLACK COUNTRY EMOTIONAL SUPPORT HELPLINE

The Black Country Emotional Support Helpline is a freephone service for those in need of support, reassurance and understanding.

This telephone based service is open 365 days and no referral is required.

Anyone experiencing emotional distress or Carers, friends or family who require support about someone they know can contact the service on:

 0808 802 2288

 dudleyhelpline@rethink.org

 Monday - Thursday :
6.00pm -3.00am
Friday :
6.00pm - 3.00am
Saturday - Sunday :
2.00pm – 3.00am

SAFER INTERNET DAY

This week we have been celebrating all things internet safety at Dawley Brook Primary School especially on Tuesday when it was Safer Internet Day.

With a theme of "Together for a better internet", the day calls upon us all to join together to make the internet a safer and better place for all, and especially for children and young people.

Parents and carers play a big role in this. To support you, I have included a poster about 'How to create an environment for kids to talk' based on the resources provided by www.internetmatters.org.

As well as this poster there is a wealth of resources to help you discuss safety with your children.



How to create an environment for kids to talk

1

- Talk with children from an early age to make it easier to maintain good communication
- Have bitesized conversations that are relevant to them



2

Choose the right time

- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3

Open up and share too



- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported

4

Create a safe space for your child

- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them



What to talk about

Online reputation

- Understanding how online activity creates a 'digital footprint' that lasts forever
- Being a [good digital citizen](#) e.g. treating people like you would face to face
- Thinking before posting



Critical thinking

- Making them aware that some people hide behind fake profiles
- [Being critical about what they see](#)
- [online as not everything is true](#)
- Agreeing digital boundaries to allow them freedom to make informed decisions

Personal safety

- What a secure social media profile looks like
- Create strong passwords for every online account

Resolving online issues

- Tools and strategies to deal with issues they may face online such as cyberbullying or seeing inappropriate content
- Where & how to [report an issue](#) – encouraging them to speak to an adult
- Keeping info private on devices and apps they use with [privacy settings](#)

Best of the net

- What they enjoy most about their favourite apps or sites
- The coolest [sites and apps](#) among
- their group of friends
- Talking about things online you can enjoy together and ways to stay involved in their digital world

Free tools to promote conversations

Digital Matters

Use the Once Upon Online storytelling activities to discuss how children can get help and from where, along with how to manage different aspects of their online lives.

The Online Together Project

This interactive quiz provides guidance on how to talk about tough issues like gender stereotypes and online safety.

Find the Fake

Discuss what misinformation online looks like and what children can do to make sure they think critically about what they see online.

