

Wishing you all a
HAPPY AND HEALTHY 2025

Welcome to our half termly Newsletter, We hope you all had a good break.

Some of our children have been very proud to tell us that they got new smart phones for Christmas. Smart phones can help keep in contact, give a piece of mind if for example your child is walking to school and give access to the internet. However as I am sure you are aware Smart phones do come with there dangers too. To keep your child safe ensure boundaries and limitations are in place. Keep you r child safe while keeping them in the loop with the online world.

4 RECOMMENDATIONS FOR SETTING BOUNDARIES WHEN GIVING YOUR CHILD THEIR FIRST PHONE:

1. Parental access:

- Passwords shared
- Regular checking of social media and messaging services
- Approval of apps before download

2. Phone free time:

- Daily limits
- Phone free activities
- Designated time set aside for phone use, then returned to a central place when not in use

3. Phone free areas:

- Phones are not to be taken into bedrooms or bathrooms
- Phones turned off and stored in a central place (for charging), 30 minutes before bed

4. Conduct:

- Respect and kindness shown whilst using it the phone
- Open dialogue and no secrecy about what it is been used for



Safeguarding Team



Mrs Molloy



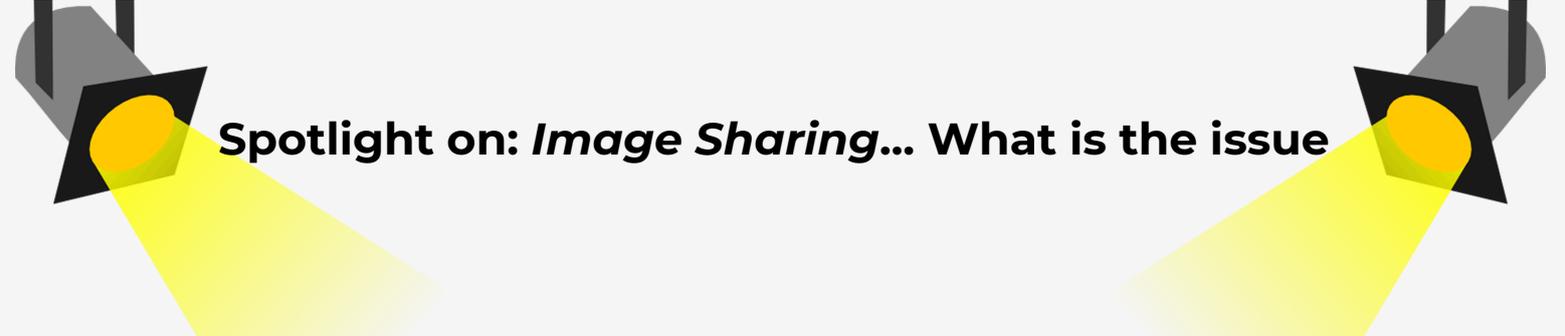
Mrs Worsfold



Mrs Ryan

INSIDE THIS ISSUE:

- PHONE SAFETY
- SPOTLIGHT: IMAGE SHARING
- WHAT TO DO IF...
- ONLINE SAFETY



Spotlight on: *Image Sharing*... What is the issue

Identity theft.

Cybercriminals can use your children's personal information to impersonate them, or commit financial fraud

Exposure to predators

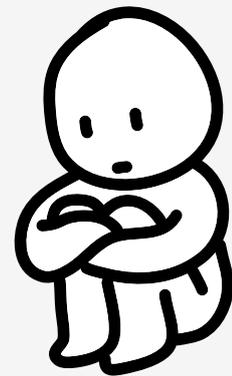
Children's Photos are used to identify them and make them vulnerable to predators. School logos on clothing can identify where the child will be during the day. This also gives the predator a 'common interest to start conversation'

Online harassment.

Inappropriate images can be used to bully or abuse children. This can have a longlasting psychological effect on a young person

Damage to reputation

Inappropriate images can be shared publicly



Negative repercussions for children and young people

Image sharing online can impact job prospects when they are older and create privacy issues.

Negative Impact on your child's mental and physical health

Image Sharing can cause:

- Body Image issues
- Eating disorders
- Low Self-esteem
- Humiliation
- Loss of control
- Fear
- Anxiety
- Self harming
- Suicidal ideology



How can we help keep our children safe?

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called ‘sexortion’ (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person’s reputation. This can lead to bullying, social ostracism and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It’s crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It’s vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years’ experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [what-parents-need-to-know-about-sharing-intimate-images](https://nationalcollege.com)

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What do I do if.....

We are often asked what to do if someone suspects a child is at risk of harm.

If the child attends our setting then please come and speak with one of the safeguarding team where we can advise and signpost you accordingly.

If the child is not in our setting or speaking to us is not an option EG. School closed/ danger is imminent then follow the following pathways.

If a child is in imminent danger call 999

If the child is at risk of significant danger you can call
(dependant on the Childs address):

Central Beds Integrated Front Door 0300 300 8585

Luton Mash 01582 547653

Bedford Borough Integrated Front Door 01234 718700

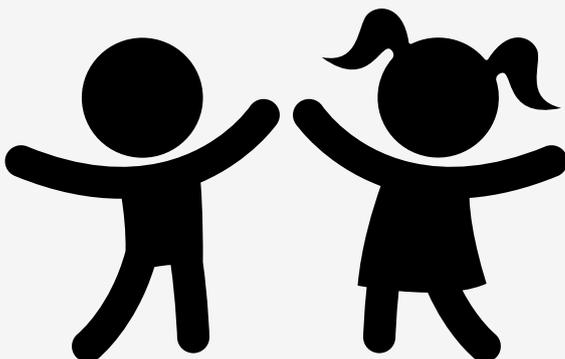
Emergency Duty Team 000 300 8123

Or follow the link below where you can report through the NSPCC

Report child abuse

Our voice Helpline is currently available 10am–4pm Monday to Friday. You can still email help@NSPCC.org.uk or complete our report abuse online form at any time for free. You don't have to say who you are.

Contact us



*Together we can
keep children safe*

Contact:
01582 865047
safeguarding@Tithefarmprimary.co.uk