

*Keeping our children safe!*



**Welcome back!**  
Hope you had a lovely summer break and managed to spend some quality family time together.

**NEW  
SCHOOL YEAR**



Welcome to all our new children and your families and welcome back to everyone else. You have all settled in nicely and this has been lovely to see.

**Hello from our Safeguarding team at Tithe Farm Primary.**

**We are here to support you all and help with advice and signposting to keep you all safe.**

**We work closely with outside agencies to ensure that you are all supported as you should be.**

**If you have any questions, please feel free to contact one of us through the main office or email [safeguarding@tithefarmprimary.co.uk](mailto:safeguarding@tithefarmprimary.co.uk)**



Safeguarding Team



Mrs Molloy



Mrs Worsfold



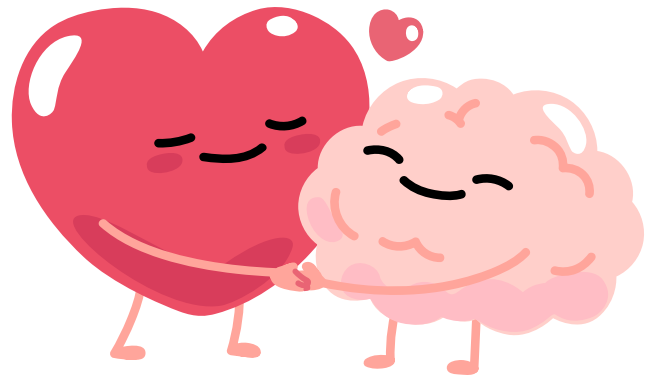
Mrs Ryan



YOUNGMINDS

**Hello  
Yellow**  
FRIDAY 10 OCT

**WEAR IT  
LOUD.  
WEAR IT  
PROUD.  
WEAR IT  
YELLOW.**



Use QR code to donate online.

Wear Yellow this World  
Mental Health Day 

This World Mental Health  
Day, wear yellow and raise  
money to show young  
people that they're never  
alone in how they feel.

Right now, the world can be  
a tough place for children  
and young people to grow  
up in – and many are feeling  
the pressure. Together, we  
can show them that things  
can get better, and that  
they don't have to face it on  
their own.





# Spotlight on: 'Parental controls'

## 1. Understand What Parental Controls Can Do

Parental controls are tools that help parents manage a child's digital experience. They can:

- **Filter content:** Block access to inappropriate websites, videos, or apps.
- **Set screen time limits:** Control how long and when devices can be used.
- **Monitor activity:** Provide reports on browsing, apps, and searches.
- **Restrict spending:** Prevent unauthorized in-app purchases or downloads.

## 2. Use Built-In Device Controls

- **Smartphones & Tablets**
  - **iOS (Apple):** Use Screen Time for app limits, downtime, and content restrictions.
  - **Android:** Use Google Family Link to manage apps, set time limits, and track activity.
- **Computers**
  - **Windows:** Built-in Microsoft Family Safety.
  - **Mac:** Screen Time also works on macOS.
- **Consoles**
  - **PlayStation, Xbox, and Nintendo Switch** all have parental control dashboards for restricting purchases, playtime, and online interactions.

## 3. Consider Additional Tools

- **Routers with parental controls** can block adult sites and manage screen time for all devices at home.
- **Third-party apps** (e.g., Qustodio, Net Nanny, Bark) offer more detailed monitoring across devices.

## 4. Balance Controls with Communication

- **Explain why controls are in place** — focus on safety, not punishment.
- **Teach kids digital literacy** (recognizing scams, being kind online, and protecting personal info).
- **As children grow, gradually ease restrictions** to build trust and independence.

## 5. Practical Tips for Parents

- **Set rules together** — involve your child in deciding limits.
- **Keep devices in shared spaces**, especially for younger kids.
- **Regularly review privacy settings** on apps and social media.
- **Be a role model** — show healthy screen habits yourself

# USEFUL WEBSITES AND LINKS

This is a useful website regarding social media, age restrictions and children's maturity levels: [Thinkuknow](#)

[Parent safe](#)

[NSPCC](#)

[Your Internet Matters](#)



## HELP, ADVICE AND RESOURCES FOR PARENTS AND CARERS

[Get Safe Online](#)



[Child Net](#)

[CEOP](#)

[Think you know](#)





## 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

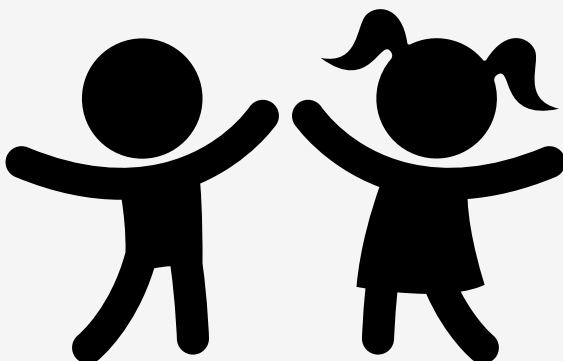
Emergency Duty Team 000 300 8123

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](mailto: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](mailto:safeguarding@Tithefarmprimary.co.uk)

# How to Set up PARENTAL CONTROLS for PRIVACY iPhone

The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

## How to make changes to privacy settings

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

1 Open 'Settings'

2 Tap 'Screen Time'

3 Tap 'Content & Privacy Restrictions'

4 Scroll to 'Privacy'

5 Choose the settings you wish to restrict

6 After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

## How to prevent changes to other settings/features

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.

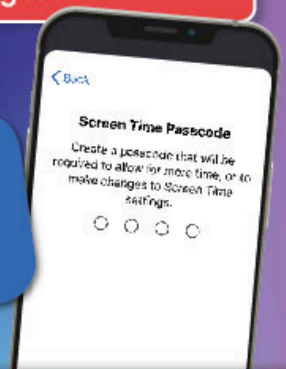
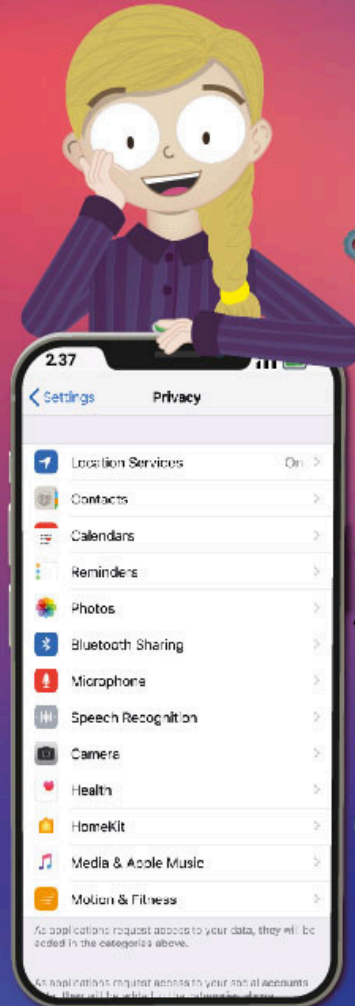
1 Open 'Settings'

2 Tap 'Screen Time'

3 Tap 'Content & Privacy Restrictions'

4 Scroll to 'Allow Changes'

5 Select 'Allow' or 'Don't Allow' on the settings for which you wish to enable or disable changes



# 10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

## 1 KNOW THE TYPES



While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

## 2 COVER ALL DEVICES



Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

## 3 DON'T NEGLECT SHARED TECH



While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

## 4 CONSIDER TIME CONTROLS



Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

## 5 BLOCK APP SPENDING



Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

## 6 NO CONTROLS ARE PERFECT



Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately *will* slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

## 7 MIND THE GAPS



There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

## 8 KEEP THINGS SECURE



Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

## 9 REVIEW CONTROLS REGULARLY



Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

## 10 KNOW WHEN TO LET UP



The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

## Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alpr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



#WakeUpWednesday

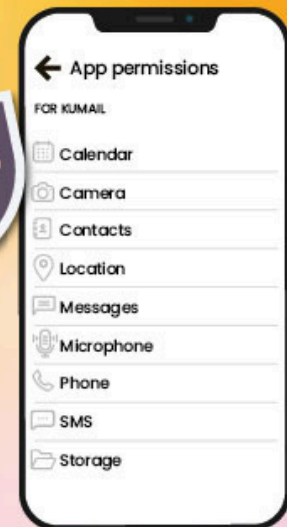
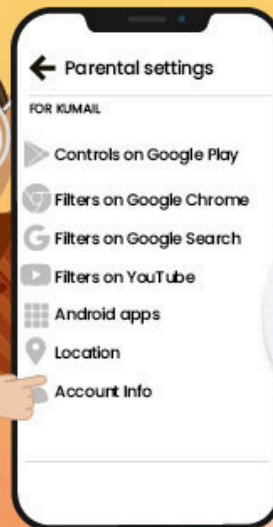
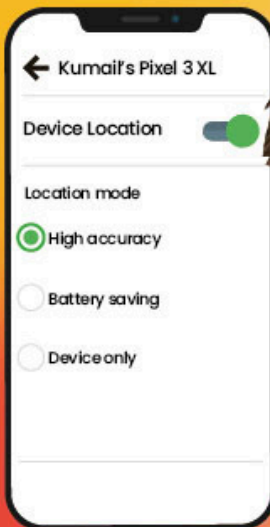
The National College



# How to Set up PARENTAL CONTROLS for PRIVACY Android Phone



The settings on an Android device allow you to set certain rules to help safeguard your child's privacy when they are using it. For example, you can turn off location services to keep their whereabouts private; prevent third-party apps and sites from viewing their information; and stop apps from accessing other functions of the phone (like the camera or microphone, for example). We've produced step-by-step guides on how to tighten up an Android phone's privacy settings.



## How to manage location services

- 1 Open the Google Family Link app
- 2 Select your child's account
- 3 On the 'Settings' card, tap 'Manage'
- 4 Tap 'Location'
- 5 On the card with the correct device's name, tap 'Settings'
- 6 Tap 'Location Settings'
- 7 Turn 'Device location' to off
- 8 To reactivate location services in future, repeat these steps and turn 'Device location' back on

## How to control access for third-party apps and sites

- 1 Sign in to your Google Families account
- 2 Under 'Members', select your child's name
- 3 Select 'Account info' and then 'More'
- 4 Select 'Third-party apps with account access'
- 5 Turn 'Allow third-party apps to access XX account' to off by toggling the switch

## How to manage app permissions

- 1 Open the Google Family Link app
  - 2 Select your child's account
  - 3 On the 'Device' card, tap 'Settings'
  - 4 Tap 'App permissions' then choose a permission
  - 5 Below your child's device, switch the permission off
- Alternatively, you can manage permissions for individual apps. Repeat steps 1 and 2, then ...
- 3 On the 'Apps installed' card, tap 'More'
  - 4 On the 'Allowed' list, tap the app you want to change the permissions for
  - 5 Tap 'App permissions'
  - 6 Switch the permission off