

# Stoke Park Primary School—Safeguarding Newsletter

No.4

Dear Parents/Carers,

Last week the children took part in a Safer Internet Day. Classes learned how to stay safe online and some of our older children thought about their online identity and whether their behaviours online reflected their core values. Through our commitment to supporting pupils with online safety, the school has recently joined The National Online Safety Hub. Our subscription allows parents to join too, free of charge. There is more information on this on page 2 of the newsletter.

This edition's spotlight focus is on Peer on Peer Harm. Peer on Peer Harm is something that the school take very seriously and have robust measures to follow up any concerns raised. Please read the information below and speak to a member of staff if you have any concerns.

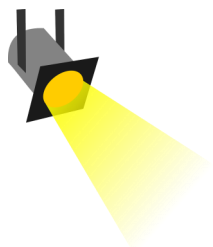
Many Thanks for reading..

Amy Higgitt

Assistant Headteacher and Designated Safeguarding Lead

## **Spotlight on: Peer on peer harm or abuse**

Peer-on-peer abuse or harm is any form of physical, sexual, emotional and financial abuse, and coercive control, exercised between children, and within children's relationships. This can include:

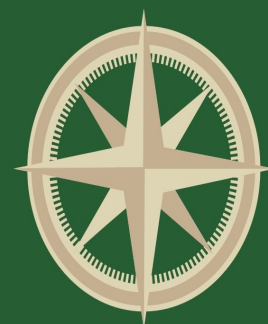


- bullying, including cyberbullying, prejudice-based and discriminatory bullying
- physical abuse such as hitting, kicking, shaking, biting, hair pulling, or otherwise causing physical harm; this may include an online element which facilitates, threatens and/or encourages physical abuse
- Harmful sexual behaviours or sexual harassment, such as sexual comments, remarks, jokes and online sexual harassment, which may be standalone or part of a broader pattern of abuse

causing someone to engage in sexual activity without consent, consensual and non-consensual sharing of nude and semi nude images and or videos .

Downplaying certain behaviours, for example dismissing sexual harassment as “just banter”, “just having a laugh”, “part of growing up” or “boys being boys”; or not recognising that emotional bullying can sometimes be more damaging than physical harm and should be taken equally seriously, can lead to a culture of unacceptable behaviours and an unsafe environment for children therefore any form of peer on peer abuse is taken very seriously at Stoke Park.

If you have any concerns about peer on peer harm or abuse, please speak to a member of the safeguarding team.



**STOKE  
PARK  
PRIMARY**

## **The Safeguarding team.**

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team



Mrs Higgitt—Designated safeguarding Lead (DSL)



Mrs Lambert—Deputy Designated Safeguarding Lead (DDSL)

Or contact **First Response** on: 01179036444



### **National Online Safety Hub**

The school now subscribes to The National Online Safety Hub. The hub contains a wealth of useful information to support schools and parents in keeping children safe online. As members of the hub, our parent community can access all the resources too. These include: Parent guides (like the one attached), explainer videos and training on how to keep your children safe online.

To access the hub and all its resources, parents simply need to follow the link below and self enrol:

<https://nationalonlinesafety.com/enrol/stoke-park-schools>

If you have any problems with accessing the hub, please speak to Mrs Higgitt.

### **Online Bullying**

We have received some reports of children being unkind to others over social media. I have attached a pupil guide to this newsletter for you to use to aid a discussion with your child about how they communicate online.

If you are concerned about the behaviour of any child online, please speak to a member of staff.

### **Useful contacts:**

**First Response:** To report any safeguarding concerns. This can be done anonymously. 01179036444

**North Bristol Foodbanks** (0117 9791399) For areas covered see here: <https://northbristol.foodbank.org.uk/locations/>

**Young Minds:** supporting children and young people's mental health

**Mind:** adult mental health support and information

**Refuge:** domestic abuse support

**Saneline:** Emotional Support: 07984 967 708 (leave name and number and someone will call you back)

**Bristol Mindline:** 0300 123 3393 (in the day); 0800 808 0330 (after 7pm)



**STOKE  
PARK  
PRIMARY**

### **The Safeguarding team.**

If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team



Mrs Higgitt—Designated safeguarding Lead (DSL)



Mrs Lambert—Deputy Designated Safeguarding Lead (DDSL)

Or contact **First Response** on: 01179036444



What children need to know about

# ONLINE BULLYING

## What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON

## BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National  
Online  
Safety

#WakeUpWednesday

## Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

## How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.

## Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

## Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.

## How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.

## How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.