Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement on a mission to protect millions of children from the dangers and distractions of smartphones.

The movement, set up accidentally by 2 mums who wanted to gather a small group of like-minded parents together to support the delay in giving their child a smartphone, was created in February this year.

You can find out more by clicking the following links and clicking on the attached flyer included with the email sent, which includes links to local WhatsApp groups.

Smartphone Free Childhood: https://smartphonefreechildhood.co.uk/

Local Facebook Support Group: https://eu-west-1.protection.sophos.com/?d=smartphonefreechildhood.co.uk&u=aHR0cHM6Ly9zbWFydHBob25lZnJlZWNoaWxkaG9vZC5jby51ay8=&p=m&i=NjMwMzgxYzFlOGVmMjQxMjI1NzhjNGNl&t=emMvQ1FNWkZNRHM2cEsvV3JXWkl0eXpkWlhmbDhxVEpsSThhcDdnQmhyWT0=&h=49322cd149e541408a27f8a26fb54903&s=AVNPUEhUT0NFTkNSWVBUSVY7pToY-UO5nD4Wop_iuX3J2BrfikjAUT8HOlPwXrI_8A

In addition to the above links, we would strongly recommend listening to the following podcast by Dr Rangan Chatterjee on the introduction of social media and the impact it is having on our children.

https://drchatterjee.com/how-smartphones-are-rewiring-our-brains-why-social-media-is-eradicating-childhood-the-truth-about-the-mental-health-epidemic-with-jonathan-haidt/

A number of our parents are already in support of this movement and have set up their own groups. If this is something you are interested in, but don't know where to start then please see the attached flyer included in this email.

Here, at BHA our policy on phones is simple; if your child chooses to bring one in, then it stays in their bag and switched off, not to be used until they are off site at the end of the day. We also actively encourage parents to consider buying their child a 'brick phone' that has all the safety features of a phone, minus the social media elements.

Vaping

As mentioned in previous newsletters, vaping is something we are increasingly worried about. It has been reported to us by parents that local shops are willingly and knowingly selling vapes to children. It has also been reported to us that the vapes being sold, not only contain an illegal number of puffs, but also contain a level of nicotine not legal for sale in the UK.

We have been asked by our local policing team to let you know that, if you are made aware of local shops or businesses selling vapes illegally, you should report it to Trading Standards.

Here is the link to 'Tip Off' Trading Standards anonymously: https://www.worcestershire.gov.uk/council-services/business/worcestershire-trading-standards-services/tip-us-trading-standards

In addition to this, we have also been made aware of a local shop selling Cannabis Vapes. These vapes looks like any other disposable vapes but contain Cannabis as well as other dangerous chemicals.

The bright colours, the appealing flavours and peer pressure all contribute to young people wanting to try vapes, which can sadly lead to an addiction in as little as a few puffs.

Report, Remove

Report, Remove is a new service to help young people under the age of 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

REPORT REMOVE
Nude image of you online?
We can help take it down.

Sadly, the sending and receiving of nudes is something the current generation of young people have to deal with as they navigate the online world in which they live in.

Pupils at BHA are taught about the law behind the making and sending of such images. However, apps like Snapchat make it very tempting for some to fall into the trap of doing so, despite it being illegal.

Up until very recently, it has been almost impossible to have an image or video removed once it has been shared. This can lead to humiliation and shame for the person who has posted the image/video even though they are often the victim.

Childline has created Report, Remove which enables the image or video to be removed from the internet by filling in an online form and reporting it. For further information click here: Report, Remove

Designated Safeguarding Lead: Mrs K Dunkley

Deputy Designated Safeguarding Leads: Miss D West, Mr M Horton and Ms S Vaughan

Water Bottles

May we remind you that your child(ren) should come to school EVERY DAY with a water bottle.

We are trying to reduce our impact on the environment by using less plastic and encouraging pupils to refill bottles. We have a number of water fountains around school.

Please ensure water bottles are named!

OPERATION ENCOMPASS
In every force. In every school. For every child.

Operation Encompass

West Mercia POLICE

Our Education setting is part of Operation Encompass.

Operation Encompass is a national police and education early intervention safeguarding partnership which supports children and young people who experience domestic violence and abuse, and which is in place in every police force in England and Wales.

Children were recognised as victims of domestic abuse in their own right in the 2021 Domestic Abuse Act.

Operation Encompass means that the police will share information with our setting about **all** police attended Domestic Abuse incidents which involve any of our children PRIOR to the start of the day, or as soon as the information becomes available.

As a school, we pledge to treat each Operation Encompass notification with respect and will only share information we feel is relevant in supporting the child and their needs. Please contact us if you have been, or are a victim of domestic abuse and require further help and support for you and your family.

We are an Operation Encompass School

For the latest information regarding online safety please visit: #wakeupwednesday and download their latest guides
You can also sign up for their #wakeupwednesday updates!

Designated Safeguarding Lead: Mrs K Dunkley

Deputy Designated Safeguarding Leads: Miss D West, Mr M Horton and Ms S Vaughan

10 Top Tips for Helping Children

STAY SAFE ONLINE THIS SUMMER

Over the summer our children will, of course, have significantly more spare time now they are out of school. For many youngsters, it may be that a considerable amount of this extra freedom is spent online, using social media apps, video games, streaming services and other digital tech to have fun. For that reason, it's even more important for trusted adults to focus on online safety during the summer break – ensuring that our children are not only aware of the most common threats but also know what to do if they encounter something in the digital world that upsets or disturbs them.

1 ENGAGE WITH THEIR ACTIVITIES

It might not always be convenient, but try to make time to show interest in what your child's doing online. Ideally, get involved – by joining in with video gaming and discussing the apps they're using. It will make your child more likely to come to you with any future online worries or concerns.

2 FOSTER CRITICAL THINKING

Teach your child to question what they see in the digital world. As fake news increasingly uses AI to create believable audio, video and images, it will become even more important in future years to question the content that we see – and to know how to confirm it as true.

3 BE A DIGITAL ROLE MODEL

Take opportunities to demonstrate your empathy and understanding of others online, giving your child a positive template to follow. Watching you being a good digital citizen will help your child to learn an appropriate level of respect for the feelings, thoughts and privacy of other internet users.

4 EMPHASISE THE SAFE ENVIRONMENT

Among the internet's oceans of content, of course, are things which can be upsetting and concerning for young ones. There's always a chance that your child could stumble across inappropriate material, so it's wise to discuss in advance what they should do if this happens. Underline that they can always come to you if something online has worried them.

5 FIND A BALANCE

Communicating and competing online is fun, but shouldn't replace in-person socialising, exercise or being outdoors. Work with your child to find a healthy balance between their online and offline activities. Take into account what they're actually *doing* online: researching something or cooperating in a game, for example, is more valuable than simply browsing TikTok.

6 STAY AWARE

Keep an eye on your child's online activity and regularly check in with what they're doing. If you have serious concerns, you could discreetly view their browser history. The extent of monitoring should correspond to your child's age and maturity: younger children are likely to need closer observation.

7 TAKE (PARENTAL) CONTROL

It's wise to capitalise on the parental controls offered by most internet service providers and the devices and software that children use. These controls allow you to manage the kind of content your child is able to access, and they can usually be adjusted to reflect your child's specific age.

8 TEACH BASIC SECURITY

It's important that children learn to keep their personal data safe, and understand how strong passwords can help with that. Explain the basics of digital security (showing them examples, if possible) and when they're a little older you could move on to more advanced methods like multi-factor authentication.

9 KEEP DEVICES UPDATED

Ensuring any devices that your child uses to go online have the most up-to-date firmware and software installed is hugely beneficial. Many people put off downloading these regular updates, but very often they contain vital software patches which help to keep your devices and data secure.

10 REMEMBER TO HAVE FUN

Obviously, the digital world isn't without its dangers – but, when navigated safely, it remains an exciting, engaging and educational place. Be mindful of the many risks, of course, but don't let them discourage you from supporting your child to explore and enjoy themselves in the online space.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.

National Online Safety®

NOS

#WakeUpWednesday