

Article 1: All children under 18 have rights
 Article 19: I have a right to be protected from being hurt or badly treated
 Article 24: I have a right to ... a safe environment...
 (UN Convention on the Rights of a Child)

Safeguarding News

If you are worried about a child or need any advice, please do not hesitate to contact a member of our Safeguarding Team. This can be via the office or by email
dsl@uppernidderdalefed.school



Miss Thornber Mrs Wilkinson Mrs Thomas Mr Caswell Mrs Lumley Miss Newton Mrs Fearnley Mrs Haneskog

Social Media Age Restrictions

Under 13 <i>(with parental consent)</i> 	13 + 	16+ 	18 <i>(13 with parental permission)</i>
		17+	

PSHE
 This half term we will be looking at 'Being a good citizen'

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake - but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Safeguarding is a priority here!