

Online safety information for parents

Thinking critically and spotting fake news: <https://parentinfo.org/article/think-critically>

The Breck Foundation: <https://www.breckfoundation.org>

Internet browsing history checks:

https://r1.dotdigital-pages.com/p/5D0Q-5XX/porn-websites?dm_i=5D0Q.AXHJ.3QY95R.18SAO.1

Only fans explained: https://r1.dotdigital-pages.com/p/5D0Q-5XS/onlyfans?dm_i=5D0Q.AXHJ.3QY95R.18SAO.1

House Party, a guide for parents:

https://r1.dotdigital-pages.com/p/5D0Q-5X6/houseparty?dm_i=5D0Q.AXHJ.3QY95R.18SAO.1

Internet Watch Foundation: <https://www.iwf.org.uk/what-we-do/how-we-assess-and-remove-content>

Good video resource to watch with your children about the risks of sharing images and fake profiles on line -

Fake profile, real love story: <https://www.youtube.com/watch?v=e8kls4Oec9k&t=3s>

Screen time: should I be worried? - <https://parentinfo.org/article/screen-time-should-i-be-worried>

Parent Zone lock down advice and resources 2021

<https://parentzone.org.uk/lockdown-advice-and-resources>

ThinkUKnow home activity packs:

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets>

Online safety toolkits:

<https://www.thinkuknow.co.uk/professionals/resources/online-safety-toolkits>

Safer Internet Day 2021 Top Tips

Make the most out of your time online by taking a look at these top tips this Safer Internet Day. From double-checking information to questioning the source, these top tips look at all the things that you should do to be safe online.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021>

11-18's -

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips/safer-internet-day-1>

Parents & carers -

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips/safer-internet-day-2>

Risk of potential grooming and abuse on the Avakin Life platform.



Online safeguarding experts have reviewed and tested the game, and discovered a number of potential risks to young people. The major risk is that users can easily access children and young people online via private and public chats. Over 2 million people are using the platform with 500,000 using it every day.

<https://oursaferschools.co.uk/2021/01/20/avakin>

EXPLOITATION ALERT

CUNCH LINE CHRONICLES APP

The Cunch Line Chronicles App is advertised as *'a light-hearted, satirical take on the darker side of urban UK culture'*.



In reality, this app is an exploitation risk for young and vulnerable people as it appears to have an in-chat facility which could enable grooming and recruitment to real life County Lines gangs.

The National Crime Agency, National Policing Vulnerability Knowledge and Practice Programme and the National County Lines Co-ordination Centre are aware of this app. The agencies are investigating the action that can be taken to protect young and vulnerable people from the risk of being exploited via this app.

Family settings app to control gaming time at home -

<https://news.xbox.com/en-us/2020/09/24/xbox-family-settings-app-launch/>

Thinkuknow home activity pack for online safety (11-13's) -

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s>

Thinkuknow home activity pack for online safety (14+) -

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus>

XBox parental controls app: <https://www.waynedenner.com/blog/new-xbox-parental-control-app/#Safeguarding>

Short videos for parents and carers: delivering online safety at home - <https://www.thinkuknow.co.uk/parents>

Help your child make positive cyber choices:

<https://parentinfo.org/article/help-your-child-make-positive-cyber-choices>

Tik Tok, what parents need to know: <https://parentinfo.org/article/tiktok-what-parents-need-to-know>

Tik Tok, parent guide -

<https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/>

Parents and carers guide to live streaming: <https://www.youtube.com/watch?v=6S5cFxoTATs>

Parent zone - Digital resilience:

<https://parentinfo.org/article/six-fun-online-activities-to-boost-your-child-s-digital-resilience>

Parent info: parentinfo.org/article/child-online-safety-during-lockdown-where-to-report?

Parent info: parentinfo.org/article/facebook-gaming-what-parents-should-know

Thinkuknow: [ThinkYou Know](#)

Thinkuknow: [Home activity packs for parents to support online safety](#)

Thinkuknow: [Home activity packs - 11-13 yrs](#)

Thinkuknow: [Home activity pack - 14+](#)

Thinkuknow: [Gaming - What parents and carers need to know](#)

Thinkuknow: [Online Sexual Abuse: Webcam and images](#)

Thinkuknow: [Your child and online porn](#)

CEOPS: [Reporting online abuse](#)

ESCB: [Online Safety](#)

NSPCC: [Your guide to social networks, apps and games](#)

The Breck Foundation: [The Breck Foundation Charity - Play Virtual Live Real - Non profit](#)

Childnet: [The internet – an inspiring and positive place](#)

O2/NSPCC Helpline: [adviceline](#)

South West Grid for Learning - [SWGfL Cyber Security Advice during Coronavirus Cyber criminals are using the public's fear and interest in](#)

Welfare Support resources for parents

Essex Welfare Support Service: <https://essexwelfareservice.org/>

Essex Welfare Service (EWS)

A reminder of the EWS, a service to help vulnerable people in the community in need of support and unable to access it at this time: <https://essexwelfareservice.org/> Parents are able to 'self-refer' if they are experiencing difficulties

EWS Contact details:

Phone: 0300 303 9988

Email: provide.essexwelfareservice@nhs.net

Website: <https://essexwelfareservice.org/>

Opening hours: Monday to Friday, 8am to 7pm Saturday and Sunday, 10am to 2pm

Uttlesford Frontline support.

Parents with families resident in Uttlesford with children aged under 19 years at 31st March 2021 can contact the school if they are in need of financial assistance and may be struggling with food, energy and water bills.

The school can apply to the COVID Winter Grant for Families with Children in the Uttlesford area, delivered by CVSU. Food vouchers are available, or CVSU can make direct payment to utility companies on their behalf.

CVSU also has a smaller fund available to help with essential living costs. This could be for example warm clothes, blankets, boiler service/repair, sanitary items, soap and detergents, fridges, freezers, ovens.

Please contact any member of the safeguarding or pastoral staff at school or email enquiries@hrs.education.

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.



Parent zone - Where can your child get mental Health support during lockdown:

<https://parentinfo.org/article/where-can-your-child-get-mental-health-support-online-during-lockdown>

How to celebrate special occasions during lockdown -

<https://parentinfo.org/article/how-to-celebrate-special-occasions-during-lockdown>

The hidden benefits of playing video games in lockdown -

<https://parentinfo.org/article/the-hidden-benefits-of-lockdown-gaming>

Where can your child get mental health support online during lockdown? -

<https://parentinfo.org/article/where-can-your-child-get-mental-health-support-online-during-lockdown>

Surviving family life under lockdown - <https://parentinfo.org/article/surviving-family-life-under-lockdown>

Where can your child get mental health support online during lockdown?

<https://parentinfo.org/article/where-can-your-child-get-mental-health-support-online>

NHS Mental Health Charities directory: [Mental health charities and organisations](#)

Young Minds: <https://youngminds.org.uk/>

Parent zone - County Lines: <https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

Parent zone - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

Parent zone sleep advice: <https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line family support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

Uttlesford frontline: [Uttlesford Frontline](#)

Gov.uk: [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

Young Minds: [Supporting Your Child During The Coronavirus Pandemic](#)

Shout: [Shout: Home](#)

Essex County Council: <https://www.essex.gov.uk/staying-well>

YMCA - [Coronavirus Response](#)

Royal College for Paediatrics and Child health - [COVID-19 - resources for parents and carers](#)

Royal College for Paediatrics and Child health - [Stay at home activities for children and young people](#)

Headstogether: <https://www.headstogether.org.uk/>

Supporting home education resources for parents

Education Endowment Foundation -

<https://educationendowmentfoundation.org.uk/covid-19-resources#nav-covid-19-resources>

Supporting home learning routines:

https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf

Mental Health resources for parents & students

Mental Health links for Students:

Young Minds: [Coronavirus and mental health](#)

Shout: [Shout: Home](#)

The Mix: [The Mix - Essential support for under 25s](#)

Kooth: [Kooth | Home](#)

Useful apps for Mental Health and Wellbeing for students:

SAM - Anxiety management



HeadSpace - Meditation & Sleep



Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.



Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



'Brethe' - Meditation/Anxiety



Sources of support for students

CHILDLINE - 0800 1111. The number won't appear on your phone bill.

Or you can also visit www.childline.org.uk to speak to a counsellor online.

ChildLine is a private and confidential service.

Confidential means not telling anyone else what you've said.

This means that whatever you say, stays between you and ChildLine.

- They would only need to tell someone else if:
- You ask them to
- They believe your life or someone else's life is in immediate danger
- You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell them that you are seriously harming another young person



CEOP

There is a button to CEOP on the school website: <https://www.helena-romanes.essex.sch.uk/>

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP

www.ceop.police.uk/safety-centre