

Safeguarding Newsletter

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Introduction

Welcome to a Special Edition of your Newsletter from the Beam Safeguarding Team. We aim to bring you all the latest relevant help and advice on a wide range of issues that we feel will be of importance to you all as we all continue to work together to KEEP OUR CHILDREN SAFE.

Together, we can continue to create safer spaces for children to learn, grow, and thrive. We hope you find this edition helpful and empowering. Please don't hesitate to reach out if you need any further information or support.

Thank you for your continued commitment to keeping our children safe.

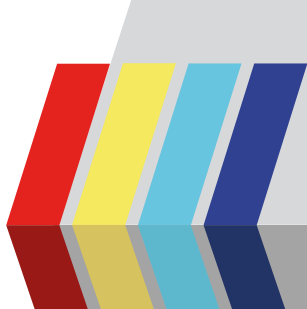
Helpful Links



Find information here

<https://bdsafeguarding.org/parents-carers/>





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Helpful Links

Watching and Browsing Online - Internet Matters

According to Ofcom, 90% of children are watching Online videos and browsing the internet regularly. Children may love to stream videos and look up information, it's a fun way to learn and relax after all but they must be guided. The e-space is filled with inappropriate content and dangerous material. It is important that parents and even teachers, are able to steer their pupils and youngsters, towards the right places when online. Internet Matters has published a guide dedicated to supporting adults in setting digital boundaries for children, so that they can make smart choices and build healthy online habits. In the Internet Matters guide you'll find practical tips on managing content access, the use of safety controls, advice on setting boundaries and ways to educate children on how to stay secure online. If interested please follow the link below:



<https://www.internetmatters.org/advice/by-activity/watching-and-browsing-online-a-parents-guide/>

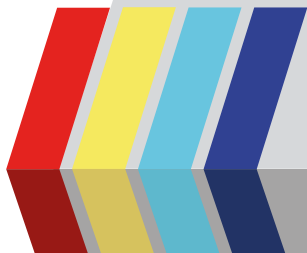
Wellbeing

Wellbeing tips for parents to help you support a healthy, happy childhood - with advice on sleep, bullying, mindfulness, as well as ways to look after you and your child's mental health.

School anxiety and refusal: How parents can help their child get through tough times - BBC Parents' Toolkit - BBC Bitesize

<https://www.bbc.co.uk/bitesize/parents>





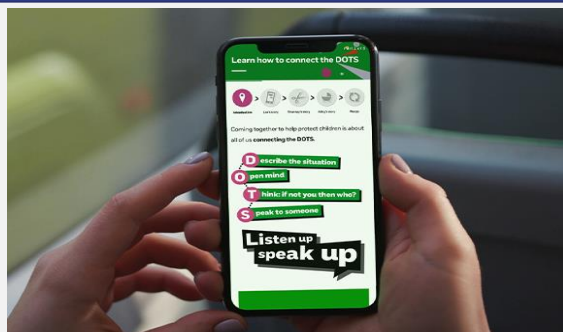
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Helpful Links

Listen up and speak up with the NSPCC

I think you will all agree that keeping children safe is everyone's responsibility. That's why I encourage you To sign up for the new NSPCC , Listen up, Speak up, free, 10-minute digital training and learn how to listen up and speak up for children.



https://www.nspcc.org.uk/support-us/listen-up-speak-up/sign-up/?utm_campaign=2024-02-28-February-newsletter&utm_content=Sign%20up&utm_medium=email&utm_source=Adestra

Encourage people you know to sign up today!

Washing Pods and Capsules - Child Accident Prevention Trust

Young children are vulnerable to all sorts of dangers in the home. One of the most present issues can come in the form of every day cleaning products. Some like sink unclogger can look like fruit juice. The thick consistency and similarity to apple juice in colour make it particularly enticing. However, one threat stands out from all others in this regard. The washing pod. Many washing pods bear a striking similarity to over the counter confectionary. For children the mistake can be easy to make, especially when washing pods may be kept in a lower location than other cleaning supplies. The Child Accident Prevention Trust has recently published a page that looks to offer guidance on this issue. If interested, please follow the link below:

<https://capt.org.uk/washing-pods-and-capsules/>

Washing pods and capsules



Washing pods can do serious damage to children's insides, skin and eyes.



Please move them to a high spot and keep them out of reach of fast little fingers.

At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Relationships Series



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NOS National Online Safety
www.nationalonlinesafety.com

What you need to know about...

TECH RELATED COMMUNICATION



What is it?

'Tech related communication'

Language is constantly evolving. The words, phrases and even emojis used on social media have transformed how young people communicate. Many children now use memes and gifs to express how they feel and sometimes it can feel like young people are speaking a completely different language to adults. Not only are acronyms present, but words have literally changed meaning, and the use of emojis, memes and gifs have almost made technology related communication a viable alternative language.

Emojis, Memes & GIFs

Emojis

Emojis are graphic symbols that represent ideas or words. They range from smileys to quite random objects from everyday life. Whilst the meaning of most emojis are quite literal, some have been adopted to mean something else, including inappropriate themes.



Memes

A meme (pronounced "meem") is an image or an image with words used to communicate something on the internet. Due to their visual nature they stand out and are usually designed to be humorous, using well-known images that users are familiar with to help provide context around their meaning.

NO



GIFs

Used in a similar way, GIFs are short video files that help communicate an opinion, emotion or highlight the funny side of something on the internet. These too often use well-known scenes, animations or people and can be understood without the need for sound.



Safety Tips

False sense of security

Text based communication can sometimes provide young people with a false sense of security and give them greater confidence to share something personal with someone. If sent to the wrong person, this could be shared further or lead to embarrassment or humiliation.



Impact mood

Sending written messages accompanied by emojis, memes or GIFs isn't the same as speaking to someone face to face where you can hear tone of voice and read facial expressions. It can be easy to misinterpret messages which can lead to upset, hurt or feelings of anger.



Hidden messages

Sometimes the use of emojis and GIFs can be used to hide a more serious meaning behind messages. This could be to mask an inappropriate conversation, discuss things in secret or even develop from what might be perceived as banter into a form of bullying.



REACTING TO POSTS WITH EMOJIS

REACTING TO POSTS WITH GIFs

Know the Risks

Open dialogue

Always aim to have open and honest conversations with children about the appropriateness of what they are sending through text-based communication. Messages can be screenshotted, shared or misconstrued which could lead to hurt or embarrassment, so it's important to increase their awareness and understanding.

Look up text speak

If you think your child is speaking in code, using language you're unfamiliar with or might be messaging inappropriately, speak to them about it and encourage them to be open with you. If you want to check yourself, Google the terms. You should be able to find lists of emojis to do this with too.

Try to understand

Communicating via text can sometimes be a lonelier and more isolated way to communicate rather than speaking face to face. Keep an eye on your child's mood and happiness levels and if they become visibly upset or angry after a text communication, try to understand what's happened.

Our Expert Jodie Cook



Jodie Cook is one of the UK's leading authorities on social media. She is the founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.

