



Saint Augustine's Roman Catholic High School

Safeguarding Newsletter Autumn 2021

Issue 1

Welcome to the first edition of this academic year's Newsletter from the St. Augustine's Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues we feel may be of importance to you.

As we fast approach Christmas, we hope that you have a restful, relaxing time. The first issue will be concentrating on updating you with any online or social media issues that have arisen over recent weeks.

We hope that you enjoy the newsletter and find it both informative and helpful!

Regards,

The St. Augustine's Safeguarding Team.

Our Safeguarding Team

The SARCHS Safeguarding Team have been trained to an advanced level on all aspects of safeguarding. The team is available to any pupil, parent or school staff member to discuss and report any safeguarding concerns.

The team Members are as follows: Designated Safeguarding Lead – Mrs Juriansz. Deputy Designated Safeguarding Leads – Mrs Bleazard and Mrs Rutter



Social Media is changing: Your Guide to the Latest Updates

From TikTok to Instagram, Google to YouTube, many of the online platforms we use every day have released plans to improve the safety of users under 18. But will these changes improve the safety of children and young people online?

The new changes have been examined and outlined in this online article - [E-Safety](#)

Deepfakes – What are they?

A deepfake is an extremely convincing piece of media that is created using artificial intelligence (AI), based on pictures and recordings of the subject. The name comes from the deep learning approach to AI needed to generate them and the fact that they're used to create fake content. Deepfakes can be made as videos, static images and audio – where a person's voice is accurately mimicked to make it seem as though they have said something which, in reality, they have not. In the guides on the links below, you'll find tips on several potential risks such as fake news, pornography and fraudulent use. Also a beginner's guide to answer any questions that you may have.



Online Grooming

IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take. TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns. AGREE ground rules about the way you use technology. LEARN about the platforms and apps your child loves. KNOW how to use tools, apps and settings that can help to keep your child safe online. For further details go to: <https://talk.iwf.org.uk/>

What Parents & Carers Need to Know about DEEPFAKES

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Deepfakes are made by using artificial intelligence (AI) to create realistic-looking videos, but with subtle differences in facial expressions and lip movements. These subtle differences are often used to make the deepfake appear more convincing. Deepfakes can be used to create realistic-looking videos of people who have never existed, or to create realistic-looking videos of people who have existed, but whose actions are being misrepresented. Deepfakes can be used to create realistic-looking videos of people who have never existed, or to create realistic-looking videos of people who have existed, but whose actions are being misrepresented.

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Insight Update

Please ensure all relevant phone numbers and email address are updated via Insight.

Insight can be accessed here: [Insight](#)

Do you want to report a wellbeing or bullying concern to school? If so, click on any of the images below:

Click to report any WELLBEING concerns.

See Something Say Something

NO BULLY ZONE

Should I tell someone? Who can I tell? To Report a Concern

CLICK CEOP Advice Help Report



FIDEI-HEREDES



Parental On-Line Safety Tips

With the technological advances that had to be made during the lockdown periods over the last 18 months, learning from home was forced to be increased. This meant that young people were spending a lot more time online doing their schoolwork, gaming and socialising. However, it's important we all consider how we can help young people stay safer online. Here's some information about what your child may enjoy online and what you can do to keep them safer.

Online Gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play. For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video: [In-game chat - a guide](#)



Sharing Images and Videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others. For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#).



Steps that you can take to keep your child safer online....

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble and that you are there to help.

Make sure they know about NCA CEOP: young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre> and get support from a specialist Child Protection Advisor.

More Information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online. For more information, advice and guidance, visit their parent's website and download their home activity worksheets for fun, online safety activities to do with your family.





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Every School Day Counts

0 days off school

100%

Perfection

Equates to 2 days off school each year

99%

Excellent

Equates to 5 days off school each year

97%

Good

Equates to 10 days off school each year

95%

Slight Concern

Equates to 20 days off school each year

90%

Concerned

Equates to 30 days off school each year

85%

Very Concerned

5 days absence over the whole year

97% - 100%

Good chance of success and progress

20 days absence over the whole year

90%

Less chance of success. Harder to make progress

20 + days absence over the whole year

Under 90%

Detrimental to success and progress

Every Minute Counts

LATENESS = LOST LEARNING

(figures below are calculated over a school year)

5 minutes late each day = 3 days lost!

10 minutes late each day = 6.5 days lost!

15 minutes late each day = 10 days lost!

20 minutes late each day = 13 days lost!

30 minutes late each day = 19 days lost!

Be at the classroom on time and ready to learn!

Useful Resources and Support

Useful Online Safety Websites

National Online Safety – safety guides on ALL aspects of internet use
<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.
<https://www.internetmatters.org/>

Useful contacts to report a concern

If you are worried and need help, then please contact one of the following:

Tel: 0800 1111

www.ceop.police.uk

Lancashire Children's Services

0300 123 6720

Web:

www.childline.co.uk

childline



Kooth is a free, safe and anonymous online mental wellbeing community which includes a live chat with the team feature, discussion boards, magazines and helpful articles and a daily journal.



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141 or text 07860 039967 (opening hours: 9.00am – 12.00am, 365 days a year)

SAMARITANS

Samaritans are here to listen 24/7, 365 days a year. Call 116 123 for support

Online Resources

There are apps available, such as 'Calm Harm' and 'Clear Fear' that you can download to your mobile, or if you have a tablet. These can provide useful distraction techniques for managing anxiety and thoughts of self-harm.

Additionally, on the internet there are websites such as 'Young Minds' that you could access for self-help and information in regards to supporting your mental health at home.

Useful Contact Numbers

- The Mental Health Crisis Line in Lancashire are available 24/7 over the phone and can be contacted on 0800 953 0110
- The Well-Being Helpline is available Monday – Friday, 7.00pm – 11.00pm plus Saturday & Sunday 12.00pm – 12.00am, it is staffed by volunteers who can offer emotional support or if you would like to chat about your mental health. This helpline can be reached on 0800 915 4640 or by texting the word 'Hello@' to 07860 022846
- Hopeline UK is a young person's suicide prevention charity. They can be called on 0800 068 4141 or text 07860 039967



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www.sarchs.com

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