



# Red Kite Special Academy

## Safeguarding Newsletter – Spring Term

Welcome to our Spring Term Safeguarding Newsletter. Each term we'll share key information to help keep our pupils safe in and out of school.

### This term we're focusing on:

- Social care updates on Early Help Assessments (EHA)
- Internet safety

## Children's Mental Health Week

Children's Mental Health Week 2026 runs February 9-15 with the theme "**This is My Place**" with a focus on belonging; activities include creating personal identity art (like self-portraits inspired by books), about finding your place (peaceful), mindfulness coloring, "Get Moving" worksheets, and exploring what makes communities special. Resources and creative tasks from Place2Be and partners can be found from Place2Be website [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk). We'd love for you join us celebrating to build further understanding for your child/young person's mental health. Please let us know if you have completed any activities at home.

### Changes to the Early Help process

#### What is changing?

From **December 1st, 2025**, we are moving away from the old "Early Help" system and introducing a more personal **Family Help** approach.

**Family Help Conversation (FHC):** This is the new term for the Early Help Assessment (EHA), a voluntary process where you discuss challenges and strengths with professionals (teachers, health visitors, etc.) to create a coordinated support plan.

Old Way	New "Family Help" Way
<b>Early Help Assessment</b>	<b>Family Help Conversation</b>
Complex, long forms	A simpler, easier-to-understand form
Focused on "problems"	<b>Strengths-based:</b> Focused on what's working well and what you need
Multiple different forms	Moving toward one single plan that follows you

**Less Paperwork, More Talking:** We've replaced the old assessment with a **Family Help Conversation**. This is designed to be a genuine chat about your family's life, not just a box-ticking exercise.

**Focusing on Your Strengths:** The new **Family Help Plan** is designed to celebrate what your family is already good at, while identifying exactly where you might need a little extra hand.

**A Smoother Journey:** This is the first step in making sure you don't have to tell your story over and over again to different departments.

#### What do you need to do?

If you are already receiving support, you don't need to do anything. Your current support will continue as normal. If you are a parent or carer and want to learn more about how these changes might affect the services you use, or you feel that this may be helpful for you please contact the Pastoral Team.



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### Internet safety

#### Navigating the Digital World: Safety Starts at Home

In today's connected world, our children's lives are increasingly digital. Our role as parents is not to block the internet, but to **equip our children and young people with the skills to use it safely, wisely, and responsibly**. More information can be found on [www.nspcc.org.uk/keeping-children-safe/online-safety](http://www.nspcc.org.uk/keeping-children-safe/online-safety)  
The most powerful safety tool you have is an open, honest relationship with your child/young person.

How to support	Tips for parents
Talk to your child/young person	<b>Have Regular, Low-Pressure Chats:</b> Ask your child/young person to teach you about their favourite game, app, or website. Frame it as being interested in their world, not interrogating them.
<b>A No-Blame Zone</b>	<b>Promise Not to Overreact:</b> Reassure your child/young person that if they encounter something worrying, inappropriate, or a scam, they will <b>not</b> lose their device. The priority is their safety. Encourage them to use a code word or emoji if they feel uncomfortable online.
<b>Model Good Behaviour</b>	<b>Put Your Phone Down:</b> Children and young people learn by example. Limit your own screen time during family meals and activities, and avoid using your phone while driving. Show them what digital balance looks like.
<b>Create a Family Agreement</b>	<b>Write Down the Rules Together:</b> Collaboratively create a simple document outlining rules for screen time limits, appropriate sharing, and consequences for breaking the rules.

### How to Set up PARENTAL CONTROLS for PRIVACY iPhone

The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

**How to make changes to privacy settings**

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

1. Open 'Settings'
2. Tap 'Screen Time'
3. Tap 'Content & Privacy Restrictions'
4. Scroll to 'Privacy'
5. Choose the settings you wish to restrict
6. After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

**How to prevent changes to other settings/features**

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.

1. Open 'Settings'
2. Tap 'Screen Time'
3. Tap 'Content & Privacy Restrictions'
4. Scroll to 'Allow Changes'
5. Select 'Allow' or 'Don't Allow' on the settings for which you wish to enable or disable changes

**NOS National Online Safety**  
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### THE FAMILY CONNECTION: KEEPING KIDS SAFE ONLINE

**1. THE FOUNDATION OF TRUST (Chat & Connect)**

- Regular Chats: Ask: "How are you? Favorite game?"
- No-Blame Zone: Say: "You won't lose your phone if you tell me."
- No-Blame Zone (Promise Not to React!)
- Put Your Phone Down! Model: No phones at dinner.

Create a Family Agreement: Write down rules together.

**2. THE TECHNICAL TOOLKIT (Smart Controls)**

- HOME WI-FI FILTER: Set via ISP or router settings.
- SCREEN TIME LIMITS: Use Apple Screen Time or Google Family Link.
- BARK: AI alerts for concerning content.
- QUSTODIO: Web filtering & time management.
- NORTON FAMILY SUPERVISION & WEB PROTECT.

**3. ESSENTIAL SAFETY RULES**

- STOP, BLOCK, TELL:** Tell a trusted adult immediately.
- PRIVATE INFO IS PRIVATE:** Never share school name or location.
- BE SKEPTICAL OF "FRIENDS":** Decline requests from strangers.
- THINK BEFORE YOU POST:** Would you want Grandma to see it?
- GUARD YOUR PASSWORDS:** Don't share with best friends.

**RESOURCE CORNER**

- COMMON SENSE MEDIA: Reviews & age ratings.
- eSAFETY (COMMISSIONER): Parent guides & advice.
- SAFETY (COMMISSIONER): Parent guides & advice.
- LOCAL LAW (Report Concerns): Contact police for illegal content.

#### Useful Websites

Childline: <https://www.childline.org.uk/>  
 UK Safer Internet Centre: <https://saferinternet.org.uk/>  
 Children's 0-19 Team: <https://www.nhft.nhs.uk/0-19/>  
 NSPCC: <https://www.nspcc.org.uk/>  
 Childnet: <https://www.childnet.com/>  
 Place2Be: <https://www.place2be.org.uk/>  
 ThinkUKnow: <https://www.thinkuknow.co.uk/>  
 Mind: <https://www.mind.org.uk>  
 Barnardo's: <https://www.barnardos.org.uk>



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# Popular apps and games to be aware of

APP/GAME	WHAT IS IT?	LISTEN OUT FOR PUPILS TALKING ABOUT:
<b>TikTok</b>	<ul style="list-style-type: none"> <li>• Users share short videos of themselves, often lip-syncing to music, and watch other people's videos</li> <li>• You can gain 'fans' and follow other people</li> <li>• There are often 'challenges' that spread among users</li> <li>• The app uses algorithms to feed users more related content, which can expose them to niche or unsettling videos</li> </ul>	<ul style="list-style-type: none"> <li>• Videos that sound inappropriate</li> <li>• Potentially dangerous 'challenges'</li> <li>• Strangers they've contacted through TikTok</li> <li>• Content about eating disorders, self-harm and bullying</li> <li>• Things they heard or saw on TikTok that sound untrue, or might be fake news</li> </ul>
<b>Snapchat</b>	<ul style="list-style-type: none"> <li>• Picture, video and message-sharing with contacts</li> <li>• 'Snaps' disappear and aren't saved on phones</li> <li>• Known for sharing nude and semi-nude images</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing explicit images and requests for photos</li> <li>• Screenshots of 'Snaps' being shared</li> <li>• Strangers they've contacted</li> <li>• Videos and photos that sound inappropriate</li> <li>• Features that share pupils' location with others, such as the 'Snap Map'</li> </ul>
<b>YouTube</b>	<ul style="list-style-type: none"> <li>• A website and app where users can watch videos uploaded by other people</li> <li>• Users can also watch live streams of other people</li> <li>• Users can upload their own videos and leave comments on other people's videos</li> </ul>	<ul style="list-style-type: none"> <li>• Uploading videos of things that happen at school</li> <li>• Potentially dangerous 'challenges'</li> <li>• Videos that sound inappropriate</li> <li>• Other pupils' videos that they've found, and making fun of the person who made the video</li> </ul>



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APP/GAME	WHAT IS IT?	LISTEN OUT FOR PUPILS TALKING ABOUT:
<b>Instagram</b>	<ul style="list-style-type: none"> <li>• Users upload photos and videos to their profile, and can live stream to other users</li> <li>• You can gain followers, follow other people, and comment on other people’s photos and videos</li> <li>• Users can private message each other, send each other private photos and videos, and upload to a daily ‘story’ that other users can see for 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing explicit images and requests for photos</li> <li>• Screenshots of private messages or photos being shared</li> <li>• Pictures or videos that sound inappropriate</li> </ul>
<b>Twitch</b>	<ul style="list-style-type: none"> <li>• A website and app where users can watch videos and live streams of other users, typically playing computer games</li> <li>• They can also live stream themselves and private message each other</li> </ul>	<ul style="list-style-type: none"> <li>• Strangers they’ve contacted</li> <li>• Inappropriate content they’ve seen</li> </ul>
<b>Kick</b>	<ul style="list-style-type: none"> <li>• Like Twitch, a website where users can watch videos and live streams of other users</li> <li>• Computer gaming streams are popular, as well as gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Strangers they’ve contacted</li> <li>• Gambling</li> <li>• Inappropriate content they’ve seen</li> </ul>
<b>WhatsApp</b>	<ul style="list-style-type: none"> <li>• A messaging app where users can message each other by text, video and voice notes</li> <li>• Users can also video and voice chat with each other</li> </ul>	<ul style="list-style-type: none"> <li>• Strangers they’ve contacted</li> <li>• Pictures or videos that sound inappropriate</li> <li>• Screenshots of private messages or photos being shared</li> <li>• Groups or ‘group chats’ that could be used to bully other pupils</li> </ul>



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APP/GAME	WHAT IS IT?	LISTEN OUT FOR PUPILS TALKING ABOUT:
<b>Discord</b>	<ul style="list-style-type: none"> <li>• A messaging platform where users can message, video and voice call each other, and join servers to talk to lots of other people</li> <li>• Originally used for communication while playing computer games</li> </ul>	<ul style="list-style-type: none"> <li>• Strangers they've contacted</li> <li>• Pictures or videos that sound inappropriate</li> <li>• Ideas or beliefs that sound extreme</li> </ul>
<b>Minecraft</b>	<ul style="list-style-type: none"> <li>• A game where players explore online worlds. They can use 'blocks' to customise the world and create new parts</li> <li>• Players buy 'Minecoins' with real money, and then exchange them for in-game extras such as outfits for their character or new worlds to explore</li> <li>• Players can communicate in multiplayer worlds using text chat</li> </ul>	<ul style="list-style-type: none"> <li>• 'Griefing', where someone intentionally ruins the game for other users</li> <li>• Contact with strangers</li> <li>• Spending lots of 'Minecoins', which means spending lots of real money</li> </ul>
<b>Roblox</b>	<ul style="list-style-type: none"> <li>• An online game creating platform where you can create and publish games and activities, and play in other users' games</li> <li>• Players can buy 'Robux' with real money, and then exchange them for in-game upgrades such as special outfits or abilities for their character</li> </ul>	<ul style="list-style-type: none"> <li>• 'Griefing', where someone intentionally ruins the game for other users</li> <li>• Contact with strangers</li> <li>• Players spending lots of 'Robux', which means spending lots of real money</li> <li>• Potentially inappropriate content in player-made games and activities</li> </ul>
<b>Fortnite</b>	<ul style="list-style-type: none"> <li>• A game where players build structures, and fight computer-controlled monsters and other players</li> <li>• The most popular game mode, 'Battle Royale', pits 100 players against each other, either alone or in teams of up to 4</li> </ul>	<ul style="list-style-type: none"> <li>• 'Griefing', where someone intentionally ruins the game for other users</li> <li>• Contact with strangers</li> <li>• Players spending lots of 'V-Bucks', which means spending lots of real money</li> </ul>



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APP/GAME	WHAT IS IT?	LISTEN OUT FOR PUPILS TALKING ABOUT:
	<ul style="list-style-type: none"> <li>• Players can communicate with each other using pre-determined icons, and with their teammates over voice chat</li> <li>• Players can buy 'V-Bucks' with real money, and then exchange them for in-game extras such as outfits</li> </ul>	<ul style="list-style-type: none"> <li>• Potentially inappropriate content in player-made games and activities</li> </ul>

**Remember – always watch out for changes in your child's/young person's behavior**

### Further information

This factsheet was produced by [The Key Safeguarding](http://www.thekeysupport.com/safeguarding): [www.thekeysupport.com/safeguarding](http://www.thekeysupport.com/safeguarding)

- [TikTok could lead to higher risk of eating disorders, study suggests](https://www.independent.co.uk/news/health/tiktok-australia-eating-disorders-b2592836.html)  
<https://www.independent.co.uk/news/health/tiktok-australia-eating-disorders-b2592836.html>
- [TikTok app safety – what parents need to know, Internet Matters](https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/)  
<https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/>
- [Livestreaming and online video apps, NSPCC](https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/)  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/>
- [What is Kick, the streaming platform that's signed up xQc?](https://www.bbc.co.uk/news/newsbeat-66044165)  
<https://www.bbc.co.uk/news/newsbeat-66044165>
- [Online games, NSPCC](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/)  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>
- [How can I keep my child safe on Instagram?](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/)  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/>
- [Six features to help keep your child safe on YouTube](https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/how-to-keep-your-child-safe-on-youtube/)  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/how-to-keep-your-child-safe-on-youtube/>
- [Snapchat support – my location and ghost mode](https://help.snapchat.com/hc/en-gb/sections/5689797575188-My-Location-and-Ghost-Mode)  
<https://help.snapchat.com/hc/en-gb/sections/5689797575188-My-Location-and-Ghost-Mode>

Get the knowledge you need to act at [thekeysupport.com/safeguarding](http://thekeysupport.com/safeguarding)

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