



Pershire High Safeguarding Newsletter

Online Support

Welcome to the latest May edition of the newsletter. This is mainly focused on providing parents with some online support. We do plenty in school to help the students be safe online, as well as regular staff training on all areas of the topic. The school's latest focus has been to develop Digital Resilience in our young people. It is important to develop safe, responsible and respectful use and help young people have the confidence to act when or if things go wrong and ask for help.

This edition has useful links and advice. Highly recommended is the free NSPCC online workshop—see below. We have also focused on some key topics which often crop up in school: sending of nudes and semi-nudes (often called sexting), Instagram Awareness and Cyberbullying. We hope these guides are useful. You are always welcome to get in touch to suggest other future topic areas.

Helping with Life Online

The NSPCC have a great offer. We realise putting on events in school to provide Online Safety advice and support for parents is limiting—parents and carers are busy and things can emerge at different times therefore this offer from the NSPCC is ideal.

The NSPCC new Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world. The 40 minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support. Use this link

Free online safety workshop with the NSPCC

<https://youtu.be/MY5NDhvVkg4>

The school website also provides a range of support materials on different topics and links to useful websites

Take a look: [Online Safety | Pershire High School](#)

Assistance from Childline: It is against the law for anyone to share a sexual image or video of someone who's under 18.



Nude image of you online?
We can help take it down.

Childline is working with the internet Watch Federation (IFW) and Yoti to help with the removal of any sexual image or video of you that's online. Report Remove is a safe, easy and free. Please visit:

[Report Remove Childline](#)

Pershire High Safeguarding Team



The Designated Safeguarding Lead is Fiona Lovecy.

Just get in touch in you need any support or advice.

Email:

fl@pershire.worcs.sch.uk

Who else can help?

Please talk to or email your child's tutor, pastoral manager or Head of House or the 6th Form Team for older students. They will be able to help or seek further advice for you.



General Advice for Parents for Online Safety

If something goes wrong with your child's online use this may help!

- Children don't always ask for help—so you need to be supportive and look out for signs of upset or anger
- Work with your child. They may be worried about a range of outcomes e.g. a loss of dignity, or losing their phone. Try and get the full context of a situation and help your child be part of the solution
- Respond thoughtfully, not fast. Rash actions can make things worse for the child and there can be more peer pressure.
- Consider different perspectives, your child's version of events may not match other children's perspectives e.g. with cyberbullying. Sometimes events are in a chain reaction
- Self respect will often need to be restored and focus on building digital resilience and responsibility to help your child stay safe.

Cyberbullying

Bullying is a long-standing problem, with digital bullying increasing the risk to 24/7. There has been more attention and concern in the last 10 years around the topic and we have to recognise adults can also model the behaviour in their own online use. A key topic to keep current on and to provide some guidance on below.

Key Questions for parents

What is Cyberbullying?

Bullying that happens online or on phones or any other connected device. It is repeated harassment rather than one off comments or unpleasantness which children sometimes call "drama"!

How frequent is it?

Reports on frequency range from 5% to 25%! Most children do not bully - it is not a norm. It is important to communicate that being kind to each other is more normal, which helps to reinforce positive behaviours and reduces the problem. Research has found a child's emotional makeup and home and school environments impact on the level of risk. Treating each other (and oneself) with respect and kindness can help keep social media use positive. Being kind is a key school value at Pershore High School.

How might I know if my child is being cyberbullied?

Keep the conversations going and understanding your child's emotional state is a great start. You can always ask whether cyberbullying is going on and repeat the question occasionally to open up the conversation. An indicator may be an obsession with checking for messages or a decline in mood. Further signs may be difficulty sleeping, poor school performance, not wanting to go to school, feeling helpless or decreased self esteem.

How can I reduce the risks of cyberbullying?

Being a supportive parent, who listens to problems will go a long way. Sometimes children need an adult perspective to avoid things escalating e.g. retaliating or worrying about a little comment which then continues into more offensive and long term bullying. Help your child grow the resilience that lessens the impact of unpleasant social comments and reinforce the need for kindness online as well in the real world. Have a routine of sharing the phone so you can notice unpleasantness.

What do I do if my child is cyberbullied?

General advice is to not react or retaliate but to block the 'bully'. If it continues screen shot the evidence but do not retaliate. It is important parents talk to their children about what is going on, help them through it, how they feel and what can be done. Help them with their self-confidence and restore their feeling of safety. If you have wider concerns please contact the house teams or Safeguarding team in school.



Vulnerable Groups

Some children are more vulnerable than others and need extra support and monitoring. These tend to be students with special needs or LGBT youth. Sometimes just being perceived as 'different' can be a factor. We need to encourage respect for all and kindness to each other. School will help to share this message and educate, but reinforcing at home is also important.

What can help—advice you can share with your child

Know it is not your fault

If someone is cruel to you repeatedly that's bullying and no one deserves it.

Tell the person to stop

Sometimes this works if the child feels comfortable. Just say you want it to stop you are not comfortable.

Save the evidence

Easy to screen shot or take a photo on another phone, save and share it with the parent/school. Or just save in case it escalates further

Don't respond and retaliate

Sometimes a reaction is what the bully is looking for as they feel that gives them power over you. Retaliating can cause a chain reaction. Remove yourself from the situation.

Reach out for help

If the behaviour is really getting to you. Children need to talk to an adult they can trust. Any threats of physical harm contact the police.

Use tech tools

Block the other person.
You can often report the problem to the platform.

Protect your accounts

Don't share passwords and password protect your phone.

Protect others

Don't stand by if someone else is being bullied, support them and report it.

Dealing with 'Sexting'

Sexting is now commonly called the sharing of nudes and semi-nudes, inappropriate or explicit pictures or videos.

Young people are used to sharing and documenting their lives online and it is very easy to hit the send button before actually pausing to think about the consequences. Here is some advice on what to do and how to handle it as well as top tips to try to prevent it happening!

Steps to take if an inappropriate or explicit image is shared

1. Offer reassurance and try not to panic

This may not be easy but there are things you can do. Tell your child you are going to help them control the circulation. Explore the facts with them and keep a copy of the evidence if possible.

2. Ask them who they have shared it with

It may be possible if shared with only 1 person they can be asked to delete it. If they don't know how widely it has been circulated ask them who they shared it with initially.

3. Inform the provider/web site

If shared on a web site or social media platform report the image for it to be removed. If via phone and it puts the child at risk of unsolicited content, get in contact with the provider as you may want to change the phone number or pin.

4. Further reporting

If your child has been coerced into sharing the image or a set to a stranger contact the local police. If they have shared the image willingly and it is a wrong judgement call think about contacting the recipients parents to ensure the image is deleted and control the circulation of it further. Use the [Report, Remove tool](#)—see the front page of this newsletter.

If the image has been shared with an adult inform CEOP— www.ceop.police.gov.uk/report

5. Inform school

Contact the House Team or Safeguarding Team to inform them of what has happened. We can offer support and next steps. We can assist with contacting the Police and other agencies. We can approach other children involved and parents. If there has been any coercion, exploitation or bullying ensure you inform school as we will follow child protection and safeguarding procedures and will be able to support children as things progress.



If your child has received an explicit image or passed one on

Similar steps—ask them who shared it, reassure them, but explain you think it is important that the circulation of the image is controlled. Do not share the image any further and only view it if you need to. If you think it has been shared by an adult contact the police. If innocent or a prank contact the other family. You may want to keep hold of the phone whilst you find out more. Contact school or CEOP for next steps.

Top Tips—Prevention is better than cure!

Talk about sexting—talk about the consequences, make it real and use examples. Even if done innocently in a romantic relationship they may fall out with their partner later.

Once it is out there it's out there! - Some actions can be taken to control circulation but you will lose control on possible circulation. Are your children happy for strangers to see a naked or semi-naked image of themselves?

Pressure—teenagers are often under pressure to fit in, or keep relationships. Encourage your child to consider the implications, stand up for themselves and do what is right not what is expected by peers.

Responsibility—If they received an image like this they need to consider what to do with it. How would they feel if it was them and they shared it. Respect and responsibility is important.

Help and Support

Help and support is available—use these links:

www.thinkyouknow.co.uk/parents

www.vodafone.co.uk/parents

www.commonsemmedia.org/advice-for-parents

www.nspcc.org.uk/help-and-advice/for-parents/talking-about-sex/sexting

www.childline.org.uk

www.swgfl.org.uk/sextinghelp

Use the Report Remove tool.

Remember it is against the law for anyone to share a sexual image or video of someone under 18.

Instagram Awareness

Social media is part of life and children particularly love Instagram. Children love media, sharing and socializing with images and Instagram makes it easy and eye-catching. It's part of their social life and can be a confidence boost to get likes, and as we know addictive to scroll through. It's important to share and talk to your child about their account— being open and encourage openness and keeps the line of communication going.

Key Questions for Parents

1. Does Instagram have a minimum age?

Yes, it's 13 in line with most social media. We know there are many younger children that use the service, sometimes without parents' permission. Safe use depends on how it is used. Some children who's phone use is monitored by parents will delete and then reload apps when they know they are going to be checked! If your child is under 13 and protests they are the only child without Insta or Snap it's not true. Many parents keep restrictions.

2. What are the risks of using Instagram?

As with all types of social media there can be mean behaviour amongst peers, including cyberbullying, inappropriate images or videos (such as sexting, violence, porn, self harm and dangerous behaviours), or content that can attract the wrong type of attention. Parents can assist in helping their children to manage these risks.

3. What is the best way to help kids stay safe on Instagram?

Being respectful of themselves and of others, as with any social media. Comments and media content will reflect on them and others. It doesn't hurt for parents to do some checks on the type of media being shared and see if there are interactions with people who they don't know. Block people if needed. Delete posts you do not like. Be picky who you share with and flag problem posts

4. Should my child's profile be private?

For many children part of the fun of Instagram is developing a big following. Having a public account means anyone can follow you, a private account means you have to approve anyone following. Of course posting images means control is lost even if people on your list share your images themselves. It depends on the child and their friends. Encourage your child to ignore messages on the request list.



Teen Accounts

In September 2024 Instagram introduce teen accounts. Teen Accounts have built-in protections which limit who can contact them and the content they see, and also provide new ways for teens to explore their interests. Instagram will automatically place teens into Teen Accounts, and teens under 16 will need a parent's permission to change any of these settings to be less strict as long as age is inputted accurately. Find out more here:

[Teen Accounts: Protections for Teens, Peace of Mind for Parents](#)

What can help—advice you can share with your child	Strong password—and don't share it!
Work with them — do you know how Instagram works? Work with your child to find out how. Children are often the best people to learn from.	Ask - see how they are interacting with others online?
You can control your privacy — the default setting is public. Users need to make the profile private on Profile.	Privacy can't be perfect —even if your posts are private your profile is public. Th bio details can be seen by any one so it is worth discussing with your child what is included.
Respect — talk to your child about respecting other people's privacy. If someone else is in a photo you post make sure you ask the other person if they are ok for you to share or tag it.	Location — The 'Add to Photo Map' feature needs to be checked. It is turned off but default but if turned on will stay on. Talk with your child about whether you really want people to know where it was snapped or recorded.
Representing you —your media represents you. That is not just now, but in the future. It may hurt a job or college opportunity in the future if it is inappropriate.	Consider the whole image - what is in the background of a photo, are you sharing anything private. Think about what you want to share.

Online Safety

Roblox and Parental Controls - South West Grid for Learning



Roblox, the popular minecraft 'style' game has announced a new raft of parental controls. The website which ranks among the most popular games for children in the e-space, has previously been accused of possessing weak child protection tools. Their new raft of adaptations is important due to the game's position among school aged children. The new features have been adopted to allow parents to take control of their children's game time in a more comprehensive manner.

Parents will now be able to block individuals who communicate with their children, as well as have more detailed oversight over their usage of the programme. Real-time awareness measures have been increased and these changes represent a big step forward in making popular multiplayer games more secure for underaged users. If interested, the South-West Grid for Learning (SWGfL) has produced a comprehensive run down of these changes. Please follow the link below for more:

<https://swgfl.org.uk/magazine/roblox-launches-new-parental-controls/>

CHILD SAFETY ON TikTok

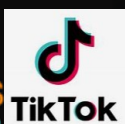


DANGERS OF TIKTOK

- **Inappropriate content**
Children are exposed to explicit language, suggestive material, and dangerous viral challenges.
- **Online predators and cyberbullying**
Predators have used TikTok to contact children via DMs or live streams.
- **Mental Health concerns**
Strong link between excessive TikTok use and increased anxiety, low self-esteem, sleep disruption, and disordered eating.
- **Addiction**
Endless scroll and hyper-personalised algorithm makes TikTok difficult to switch off from.

WHAT PARENTS CAN DO

- **Use TikTok's Family Pairing Tool**
You can link your account to your child's to control screen time, disable DMs, and restrict content.
- **Turn on Restricted Mode**
This filters out mature or inappropriate videos.
- **Set screen time limits**
These can be enforced with a passcode.
- **Talk often, talk early, and talk openly**
Ask what they're seeing, how it makes them feel, and who they're talking to.
- **Teach them privacy**
Make sure they understand never to share personal information or interact with strangers online.



Raising awareness of discounted social broadband tariffs

Home broadband is increasingly essential for supporting learning. Households receiving benefits such as Universal Credit could be eligible for discounted social tariffs, helping them stay connected at lower costs. The Government recognise the role of schools, colleges and others in engaging students and their families and encourage you to signpost these offers to eligible households. For more information, please visit Ofcom's website.

[Social tariffs: Cheaper broadband and phone packages - Ofcom](#)

RULES FOR USING THE INTERNET SAFELY

BE CAREFUL WHAT YOU SHARE ONLINE
Never post personal information online, like your address or telephone number.

THINK BEFORE YOU POST
Don't upload or share anything you wouldn't want your parents, teachers or friends to see. Once you press 'Send' it is no longer private. You can't be sure who will end up seeing it.

BE CAREFUL WHO YOU CHAT TO
Remember that not everyone online is who they say they are. Never go alone to meet someone you have met online. Always take an adult.

KEEP IT PRIVATE
Always remember to keep your passwords private and make them difficult for other people to guess.

Password
* * * * *

Local Support



Food Banks

During Term Time school can complete referrals—just contact Fiona Lovecy, Zoe Budding or Rachel Kilmister.

Worcester City (Mon, Tue, Wed & Fri)

11am—2pm) 0808 2082138

7 Lowesmoor Wharf, Worcester WR1 2RS, UK

Droitwich (Tues 1pm—3pm & Fri)

07532 130604 / 07532 130604

Droitwich Baptist Church, Ombersley Street East, WR9 8QS

Redditch & Bromsgrove (Mon—Thursday)

11am —2pm & Fri 10am— 1pm) 01527 69161

Malvern Hills Foodbank (Mon—

10.15am—12.30pm, Tues 1pm—

3.15pm, Thurs 10.15am —12.30pm)

07529 322985

Unit 4, Spring Court, Spring Lane South, Malvern, WR14 1AT

Pershore (Tues 11am— 1pm,

Fri 1pm—3pm) 01386555347

St Andrews, Church Walk, Pershore, WR10 1BH



Pershore community cupboard is a food project set up to help the whole of the community if they need any food. No

referral is required. They receive donations of food from local supermarkets and want to stop as much food going to landfill as possible. This is a community project open to all. Found at Pershore Baptist Church on Broad Street, Pershore.

See the website for Opening Times:

[Community Cupboard](https://www.pershorebaptist.org.uk)
([pershorebaptist.org.uk](https://www.pershorebaptist.org.uk))

HAF - Holiday Activities and Food

The summer programme will soon be released. There will be activities and food for children aged 5-15 plus separate programmes for SEND children. Use this link to find out more or register in advance if you have not done so: [Holiday Activities and Food \(HAF\) for families | Worcestershire County Council](#)



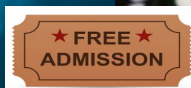
This term in school we combine:

Wellbeing Themes and Summer Safety!



Wellbeing themes builds self awareness and self care covering key themes of exercise, healthy diet, connecting to people, getting out and about (reducing digital content) and spending time with others. These all assist with good mental health and general resilience.

Summer Safety will provide guidance regarding those extra risks in the summer such as water safety, using sun screen, railway safety and positive activities during the holidays. Parents are asked to reinforce these important messages.



Film Club

Date: Friday, 25 July 2025

Time: 2:00pm to 4:00pm

Location: Pershore library

Tabletop Club

Date: Wednesday, 20 August 2025

How often: Weekly every Wednesday

Time: 2:00pm to 4:00pm

Location: Pershore library