



★ Parent & Carer Newsletter ★ Autumn 2019

IN THIS EDITION: "Change Starts with Us.": find out how you can get involved ★ take part in our annual drawing competition and win a prize ★ find tips on how parents can help children if they are being bullied ★ learn about TikTok and other live streaming apps and how to keep children safer online ★ use our resources to help talk to children ★ Playground Buddies ★

★ Anti-Bullying Week 2019, 11–15th November This year's theme is: "change starts with us"



The Anti-Bullying Alliance talked to over 1,000 children and young people to decide the theme for this year which focuses on "Small Change; Big Difference". Whether bullying is verbal, physical, online or in-person, bullying has a significant impact on a child's life well into adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Together, we can challenge bullying; change can start with a conversation; it can start with checking in with someone; it can start with working together.

★ Change starts here ★ Change starts now ★ Change starts with us

What change could you and your family make to help stop bullying? Brighton and Hove schools will be focusing on these messages during Anti-Bullying Week using resources provided by the Anti-Bullying Alliance and Brighton and Hove City Council.

For more information, visit: www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2019-change-starts-us

WHAT IS BULLYING? The ABA (Anti-Bullying Alliance) defines bullying as: The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face, or online.

Repetitive • Hurtful • Intentional • Power imbalance

Competition Time!

Every year Safety Net, a local children's charity, produces a key school dates calendar to help parents and carers plan. This year, we'd love to hear from children with their pictures on the theme of "change starts with us" to tie in with the anti-bullying week theme.

What change could you make that would help your school, neighbourhood or the world a happier, better or safer place?

Pictures need to be emailed to newsletter@safety-net.org.uk or sent into our postal address (found on the back page) by 29th November. The winning entries will feature in the calendar and each will receive a £10 book voucher. Here are some of last year's winners.



★ Anti-Bullying Week: what can parents do?

What to do if your child is being bullied

★ **DO listen without getting angry or upset.** Reassure them they have done the right thing in telling you. Show you heard by 'playing back' to them what they said.

★ **DO ask your child what they want to happen next,** rather than just taking over, so they don't end up feeling even more stressed than they are already.

★ **DO reassure your child it's not their fault,** as some children feel they've brought it upon themselves. Encourage your child to try to appear confident and practise standing up for themselves calmly - even if they don't feel it.

★ **DO role play bullying scenarios** with them and practise their responses. Sometimes people say nasty things because they want to get a reaction or to cause upset. If your child gives them the impression they're not bothered, the bullies are more likely to stop.

★ **DO make an appointment to see your child's teacher or Head Teacher** and go prepared. Write down all the facts; what happened and when, who was involved, who witnessed it. Include anything your child did that may have provoked the incident and whether it was a one-off or series of events.

★ **DO check out the schools' anti-bullying policy,** give them time to respond and work with them to sort things out. Keep a bullying diary with your child to log what's happening.

(Adapted from Bullying UK)

Research has shown that these two key things can help protect children from bullying:

★ A study showed that when children feel listened to and supported by their parents they are less likely to be bullied.

★ The research also shows that having good friends at school can help protect children against bullying. Parents can also help by supporting children to develop social skills and encouraging children's friendships with things like play dates. *(Adapted from The conversation.com)*

Things to avoid:

★ **DON'T charge into school** demanding to see the Head Teacher, or confront the bully or the bully's parents. This is usually the reaction that children dread and, according to ChildLine's counsellors, can cause bullying to get worse.

★ **DON'T tell your child** to hit or shout names back. It doesn't solve the problem and, if your child is under-confident, it just adds to their stress and anxiety.

★ **DON'T dismiss their experience** or tell them to "sort it out yourself" or that "it's all part of growing up". Teaching children to put up with bullying gives the message that it has to be tolerated, rather than stopped - and sets them up for further bullying in the future.

Useful websites

★ www.bullying.co.uk

★ www.anti-bullyingalliance.org.uk

★ Useful guide from Princess Diana Trust:
<https://tinyurl.com/y695m37y>

Kidscape Friendship Friday

National charity Kidscape are kicking off Anti-Bullying Week with Friendship Friday on November 8th - a day to celebrate our friendships and think about ways that we can make our friendships even stronger. What small thing could you do to let a friend know that you care about them and value their friendship?



★ Playground Buddies: ambassadors for change

Playground Buddies are primary aged children who volunteer to help make playtimes safer and more fun for everyone.

They really do represent the idea that “change starts with us” as they give up their own time to support other children who may be feeling lonely, left out, or are having friendship problems. Safety Net, your local children’s charity, supports Playground Buddy schemes with training and resources.

We recently interviewed Playground Buddies about their role....



★ What does being a Playground Buddy mean to you?

- ★ “It means that I get to help people if they are feeling sad or lonely. I can organise games for people who don’t have other things to do.”
- ★ “I like to help others. When I help people it makes me also feel happy, not just them”.
- ★ “It means helping other kids solve their problems out on the playground and watching them play safely with big smiles”.
- ★ “We love helping people and we love feeling proud. Being a Playground Buddy has helped me as a person because it made me think about other people and not just me”.
- ★ “I once saw a child crying so I went over to help him by playing a game with him so he didn’t feel left out. I feel like I am making a difference when I help the little ones”.

★ What else do you think other people could do to help stop bullying?

- ★ “I think we could help people recognise if they are being bullied, as I think some people might not know”.
- ★ “Be nice to everyone, and if you see a bully help that person or tell a teacher”.
- ★ “If someone says “stop”, listen to them and do it”.
- ★ “Start making more friends and all play together. Let people join in if they don’t have anyone to play with”.
- ★ “Don’t be rude to people for absolutely no reason”.
- ★ “Be an upstander and do not encourage bullying”.

★ How has having Playground Buddies changed playtime?

- ★ “It has helped lots of children to make new friends and made the playground friendlier”.
- ★ “Children who have less serious problems can go to the buddies instead of the adults, which means adults have more time for more serious problems”.
- ★ “It makes playtime much better because everyone is kinder and more responsible”.
- ★ “People have people to play with so they are not sad or lonely”.

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★ ODD SOCKS DAY on

Tuesday 12th November is a fun part of Anti-Bullying Week and is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! Support the message by getting your children to wear odd socks to school or wearing them yourself to work.



A very special thank you to children at Mile Oak, St. John The Baptist and Downs Junior for taking the time to tell us about being a Playground Buddy.

Online updates: Tik Tok



About Tik Tok

★ TikTok is a live streaming app where users can make their own short videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video; or 'duet' by making a video alongside another video.

★ TikTok is currently one of the most popular apps with children and young people and the number 1 app in 19 countries.

★ It has a 12+ rating and can be downloaded by children aged 13 and over. However there is no system in place to check a user's age and we know that children as young as 8 are using it. Parents need to be aware that there may be inappropriate content and explicit language.

How TikTok works

★ After downloading the app, users can start creating their own videos or watch content created by other users.

★ The content covers all kinds of subjects - pets, arts, comedy, sports, food, travel, music, and games. Users can 'like' the content they enjoy to see similar videos.

★ Creating and editing videos is simple, with different effects, filters and stickers to choose from.

★ Users can also participate in hashtag challenges by clicking the 'Discover' button, with new challenges added every week.

★ Users can easily share videos on other social media platforms, such as Instagram and build up followings.

O2 and NSPCC have created Net Aware, a practical and simple guide to the latest social networks, apps and games kids are using. Parents & carers can visit www.net-aware.org.uk for more information.

Online Safety & Live Streaming

Live streaming is one of the biggest online safety issues for children at the moment. To keep them safe:

★ Talk regularly to your child about what their digital life is like and what services they are using.

★ Make sure your child understands the risks of live-streaming. Remind them that personal information might be given away by things said during the stream, things shown on camera or even in the background. Importantly, live-streams can be recorded by others, who can then keep a copy even after the stream has ended or expired.

★ Make sure they have used the privacy settings so they can choose who to share videos and content with. They should also make sure that they turn off the location setting.

★ There are lots of tools to help you manage the devices used by your family, such as parental controls.

For example, on TikTok parents can select how much time they would like their child to spend on it per day. This feature is password protected. TikTok also has a 'restricted viewing mode', which can be used as a parental control. Once enabled, it limits content that might not be appropriate for younger users.

These options are found in the privacy and settings option in the 3 dots at the top right hand side of the screen.

IMPORTANT: Tell your child that if they are ever asked to say or do something online they don't feel comfortable with, they can always say no, end the chat or broadcast, and talk in confidence with you or another trusted adult. Remind them it is never too late to tell you about something that has happened online.

From UK Safer Internet Centre: Check out their free Parents' Guide to Technology for more information, found at: www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology

★ Safety Resources

Here are some tools to help you talk to your child about bullying and safety....

A Helping Hand is a way of identifying who the trusted adults are that children could go to if they needed to talk about something and for help and support.

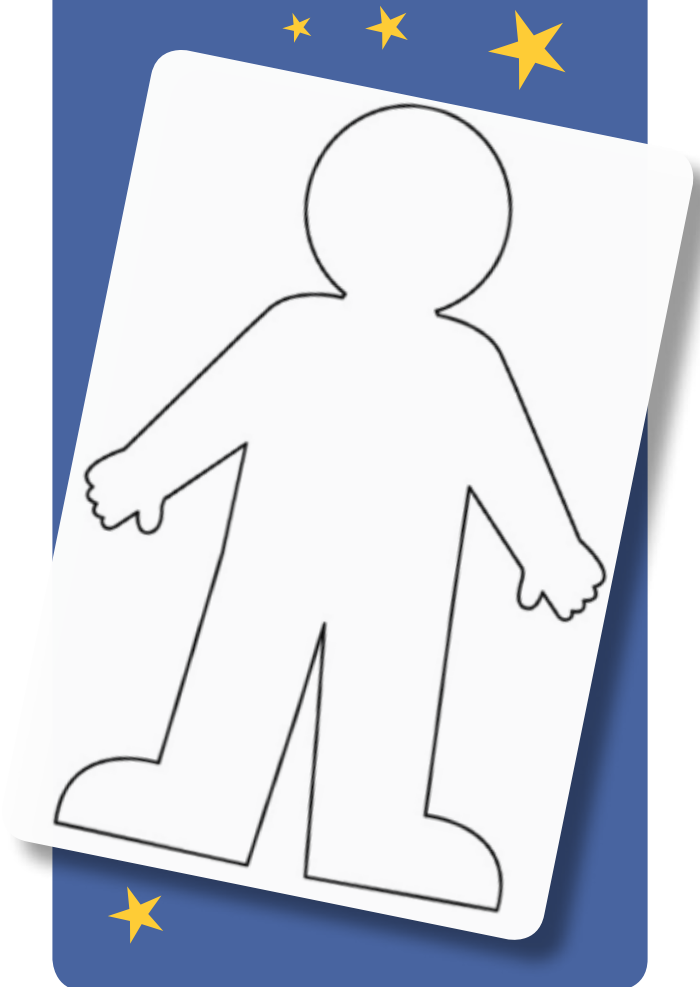
Children are encouraged to put the adults at home on the thumb and think about who else they could go to in case adults at home aren't available.

You could also talk to them about which friends they would put on a Helping Hand and why, to help you discuss what a good friend is like.



Early Warning Signs help children to identify and talk about what is happening in their body when they start to feel worried or unsafe. For example, heart beating faster, wobbly knees, sweaty hands.

Drawing or talking to children about their Early Warning Signs or 'Uh Oh' feelings can help them to notice when something doesn't feel right and they need to get help.



★ **Safety Net needs YOU!** As a registered charity, Safety Net depends on people just like you. Please donate what you can to help us keep children safe.

★ You can donate instantly and securely via our website at www.safety-net.org.uk/supportus/donateonline

★ Or by text to 70070 saying, SNet41 (space) followed by the amount, e.g. SNet41 £10

★ **We would love to hear from you!** If you have a question, suggestion or article, please email newsletter@safety-net.org.uk.