



Hurstmere School
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Safeguarding at Hurstmere Newsletter

How to Report Online Harm

There are so many apps with different reporting functions, organisations, helplines and more it can be really frustrating for parents to get help. Internet Matters have a really useful page which details some of these organisations and what they can do, how to report specific issues on social platforms and games and where to go for more help. You can see all the details [here](#).

A Guide to Looksmaxxing

There is often talk about the problems facing young girls in the social media space, yet young men are also coming under pressure from the rise of social media. The term 'Looksmaxxing' is used to describe the pursuit of maximising one's physical appearance. This trend is often focused on males.

At its shallowest, the trend involves positive steps such as basic self-care instruction, personal grooming advice and physical training motivation. However, the escalation ladder can lead to increasingly dangerous advice which can impact on mental and physical health. Please click on this [link](#) for more information.

Advice for Dealing with Nudes – Think Before You Share

School aged males and females do unfortunately engage in sharing intimate materials. This is a byproduct of the internet age. Educational professionals and parents have a strong role to play in keeping children safe online and making sure they're aware of the associated dangers. However, speaking to secondary age pupils about this issue can be a difficult affair. The personal nature and potentially embarrassing subject matter can make it hard to know what to say.

This can be particularly tricky since this behaviour can be transmitted through social media programmes and personal messaging acts. This can lead to bullying, inter-personal issues and general harms.

[Think Before You Share](#) has written excellent guidance on dealing with this problem.

Neurodivergent Children in the Online World

With the summer holidays coming soon, we are sharing some resources to help you manage your children's online safety over the holidays. There is an exciting new game to help neurodivergent children how to make good choices when online.

Navigating online interactions can be tricky, especially for neurodivergent children. That is why online safety experts Internet Matters, have launched a brand-new game on Roblox to help neurodivergent young people understand why it is important to talk to a trusted adult about what they see online.

Families can [play](#) together for free with a Roblox account, a great way to encourage conversations in a fun environment.

Anger

Everyone gets angry. It is a build-up of feelings when something has gone wrong. While it is a normal emotion to feel, it can be unpleasant to be around.

Anger issues are a top mental health concern for children contacting Childline, with many struggling to regulate their emotions during challenging situations and some sharing that they aggressively criticise themselves. As parents, our responsibility is to help children understand what they are feeling when they feel angry. Children should know that although they cannot control their feelings, they can find ways to manage their behaviour, so they do not cause themselves or others harm. Finding an appropriate way to release anger is a valuable lesson for life. The [NSPCC](#) provide some ideas so that you can try to help your child cope.

Family Action

Family Action supports people through change, challenge or crisis. They protect children, support young people and adults and offer direct, practical help to families and communities.

Family Action sees first-hand the power of family to shape lives, for better or worse, so they speak up for the importance of family in national and local policymaking, amplify family voices and represent the changing needs of families in the UK today. For more information go to their [website](#).

This terms topics...

The Hidden Dangers of scanning QR Codes

Cyber criminals are increasingly exploiting QR technology to direct people to malicious websites designed to steal people's personal and financial information.

QR codes have become a convenient part of everyday life, but they also carry hidden risks. A recent [Sky News](#) investigation revealed that organised crime groups are using QR code stickers across UK streets, including near schools, to promote illegal online cannabis delivery services. These links lead to websites offering next-day delivery, with transactions handled through banks and cryptocurrency. The products are often unregulated and potentially dangerous.

Meanwhile, Action Fraud warns that criminals are also using fake QR codes to trick people into giving away personal or financial information. Some replace legitimate QR codes in car parks with scam versions, while others send malicious codes via email in phishing attacks known as 'quishing'.

To stay safe, only scan QR codes from trusted sources, avoid using third-party scanning apps, and double-check links before following them. Suspicious QR code activity should be reported to [Action Fraud](#).

Senso

All school owned computers, including laptops and tablets now have a piece of software installed on them called Senso. This software is a Safeguarding real time monitoring system, and it monitors everything students do when using school owned computers. It looks for key phrases relating to, amongst others, Self-harm, Suicide, Extremism, Terrorism, Bullying, Homophobia and Racism. It uses AI to assess issues and to update the system.

It can detect words that are typed into any application, including the address bar of web browsers and also any that are subsequently deleted. Alerts are triggered and the safeguarding team are notified.

We are hoping that by alerting you to the fact it is in operation you will speak to your son about carefully considering what he types in to the school computers.

We will deal very seriously with all alerts, supporting students where necessary and sanctions will be put in place for deliberately trying to trigger the system.

Support for students during the summer break:

As we move towards the summer break, please remind your children of the services available to support them whilst school is shut. Information and links can also be found on the Safeguarding page of the school website:

Kooth can help with anything, including bullying, family, loneliness, social media, stress, relationships, body image. Young people can use the chat and messaging service to contact a counsellor from midday to 10pm on Mondays to Fridays and 6pm to 10pm on a Saturdays and Sundays. The website has lots of information and advice and can be accessed 24/7. Contact them at [Kooth](#).

Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK. They can access the text-message based service by texting YM to 85258.

Childline -Young people can speak to a counsellor at Childline on 0800 1111 or via 1-2-1 chat between 7.30 am and 3.30am every day. Their website also has lots of information and advice.

SHOUT - free confidential support in a crisis text SHOUT to 85258

Useful Information

CHILDLINE – www.childline.org.uk

NSPCC – www.nspcc.org.uk

CHILD EXPLOITATION & ONLINE PROTECTION (CEOP) – www.thinkuknow.co.uk

KOOTH – www.kooth.com

Remove a nude image shared online. It can be scary finding out a that a nude image or video has been shared online. Report Remove from Childline can help. Follow this [link](#) (also available on the school website) to get your image or video removed from the Internet.

For more information about safeguarding please visit our [website](#).

Please remind your son that if they have any worries or concerns, during term time they can email hereforyou@hurstmere.org.uk and a member of our safeguarding team will be able to help! **THIS IS NOT MONITORED DURING THE SCHOOL HOLIDAYS.**

