

Safeguarding News



Spring Term 2023

Welcome to our safeguarding newsletter.

Our aim is to bring you the latest, relevant help and advice on issues we feel are important to you.

This issue will provide important pieces of information for staff and parents.

Please email Natalie Shanahan if you have any information or ideas that you feel would be useful to include in future editions.

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The main priorities in MK

Currently, the main priorities in MK are:

- Hate Crime
- Violent Crime
- Mental Health
- Domestic Abuse
- Child Poverty



Toxic Trio

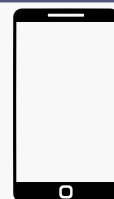
The Toxic trio or Trio of Vulnerabilities is the name given to common features of families where harm to children or adults has occurred:

- Domestic Abuse
- Mental Ill-Health
- Substance Misuse

Whatsapp

Keep children safe on Whatsapp. The risks are:

- Bullying, particularly in group chats
- Seeing content of a sexual nature, or showing violence and hatred
- Settings that allow messages to disappear after 24 hours or 7 days.
- Sharing their live location, particularly with people they don't know in person
- Spam or hoax messages
- Being exposed to strangers through group chats



WhatsApp says the minimum age to use it is 16, but younger children can still use it easily.

<https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/>

Each week we will share an information page from INEQE about a popular game or APP to help us understand how they work and how we can keep children safe.

In this issue we are sharing information about Roblox.

ALL ABOUT ROBLOX

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www.pegi.info

Online Safety Shareable by **ineqe** SAFEGUARDING GROUP ineqe.com

Have you ever dreamed of creating your own videogame? Roblox is an online gaming platform that allows you to do just that - create games for others or play games that others have created! It is popular with children and young people all over the world who are interested in the world of online gaming.

YOU CAN FIND ROBLOX ON



PC, Mac, iOS, Android, Xbox
- even in some VR headsets!

Roblox Numbers

Over 50 Million DAILY ACTIVE USERS.	67% of users ARE UNDER 18 YEARS OLD	72% of session HAPPEN ON MOBILE DEVICES	Users play 2.6 hours ON AVERAGE PER DAY
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PLAY

To play any game in Roblox, it's simple. Visit any experience, press the green 'play' button, download relevant software, and head on in!

CREATE

To create your own Roblox game, you'll have to install the Roblox Studio. This will equip you with easy tools to help you build your idea!

What is a Server?

A server is part of the gaming system that allows you to interact with other players online. Most games have a public server, but there is an option to create your own private server and invite your friends to play together - without any strangers! Every server has a maximum capacity, which can vary.

GOOD TO KNOW!

Roblox has parental controls and safety settings enabled by default for children under 13 - which is why registering with a real DOB is important!

Pros

- Encourages creativity and imagination.
- Demonstrates the benefits of teamwork.
- Grows further technical and design skills.
- Teaches critical thinking/problem solving.

Cons

- Adds to screentime fixation and distractions.
- Creates opportunities for cyberbullying attacks.
- Uses online chat that allows stranger interaction.
- Suggests paid for options to 'improve' experience.

Top Tips

- [Ask open questions]** "What do you like about Roblox?"
- [Talk about privacy]** "Let's make this both safe AND fun!"
- [Know how to report/block]** "We can figure it out together."
- [Encourage creativity]** "Tell me about the games you like best."
- [Discuss online safety]** "Here's why we don't talk to strangers..."
- [Set spending boundaries]** "You can use chore money for Roblox."

Top Tips for a Good Night's Sleep

1. Stick to the same bedtime and wake up time
2. Create a consistent bedtime routine
3. Turn screens off at least 2 hours before bed
4. Reduce stress before bedtime
5. Create a sleep inducing environment
6. Keep the room cool
7. Help alleviate fears
8. Reduce the focus on sleep

For more information see:

<https://www.healthline.com/health/tips-get-your-kids-sleep>



Parenting Support

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children. Advice can be found on over forty topics including:

- Understanding sibling rivalry
- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My child says, 'I hate you!'
- Cultural identity: who am I?



The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>

Safeguarding Team at St Monica's

If you have any safeguarding concerns, please report them to a member of the safeguarding Team.

DSL:

- Natalie Shanahan (natalie.shanahan@st-monicas.co.uk)

Deputy DSL:

- Robert O'Malley (robert.omalley@st-monicas.co.uk)

DSL Team:

- Anthea Cosstock, Lorna Daggett