



# SAFEGUARDING: PARENT & STUDENT SUPPORT

DECEMBER 2024

## DOMESTIC VIOLENCE & ABUSE

We have families in our school community who are experiencing abuse or domestic violence in the home. [CLICK HERE for a video that explains domestic abuse so you can better understand it.](#) If this describes your family, you or your children might feel:

- powerless
- confused
- angry
- guilty
- sad
- scared/unsafe
- isolated/lonely

### USEFUL LINKS

Please see websites listed for Domestic Abuse Support and Awareness:

[southallblacksisters.org.uk](http://southallblacksisters.org.uk)

[womanstrust.org.uk](http://womanstrust.org.uk) - Free counselling & mental health support

[www.nhs.uk/live-well/getting-help-for-domestic-violence](http://www.nhs.uk/live-well/getting-help-for-domestic-violence)

[www.womensaid.org.uk/information-support](http://www.womensaid.org.uk/information-support)

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

[refuge.org.uk/i-need-help-now/how-we-can-help-you/national-domestic-abuse-helpline](http://refuge.org.uk/i-need-help-now/how-we-can-help-you/national-domestic-abuse-helpline)

[www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse](http://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse)

**In any case of emergency, please call 999.**

## USEFUL LINKS FOR YOUR CHILD'S MENTAL HEALTH

**childline**

ONLINE, ON THE PHONE, ANYTIME

Childline provide confidential help and advice about a wide range of issues. Young people can talk to a counsellor online or over the phone, as well as post on message boards.

[Childline.org.uk](http://Childline.org.uk)  
0800 1111

 **SANE**

Saneline is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness

Find them on Instagram

[www.sane.org.uk/how-we-help/emotional-support/saneline-services](http://www.sane.org.uk/how-we-help/emotional-support/saneline-services)

**kooth**

Kooth is a free, anonymous online mental wellbeing community. It includes: A magazine, discussion boards, messages or live chat with their team and a daily journal you can fill in:

[kooth.com](http://kooth.com) find them also on Tiktok and Instagram

**THE MIX**  
Essential support for under 25s

The Mix offer a free and confidential service that provides articles and video content online, by phone, by email and through peer-to-peer support and counselling services.

[themix.org.uk](http://themix.org.uk)  
0808 808 4994

**YOUNGMINDS**

Young Minds provides information about mental health conditions and support available. They offer some useful online information.

[Youngminds.org.uk](http://Youngminds.org.uk)



You're not alone - Kooth is still available to access during the Winter holiday period.

If you or someone you know needs extra mental wellbeing support during the holiday season, Kooth are here.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in North West London aged between 11-25. Funded and endorsed by the NHS North West London Integrated Care Board our services remain available over the winter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website- Ages 11-25 in NWL [www.kooth.com](http://www.kooth.com)

Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

With no threshold, waiting list or referral process, young people can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, sexuality, life changes etc.

The registration process is quick, anonymous and safe, simply by registering at [www.kooth.com](http://www.kooth.com) using non-identifiable information.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device.



Schools  
Counselling  
Partnership

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents/carers and staff by offering support to the whole school community

Often when we are struggling, we withdraw from friends and family, isolating ourselves rather than asking for help. Maybe we don't want to burden others with our troubles or we feel that no one will listen. Please don't suffer alone.

If you are struggling with anxiety, have experienced bereavement, had a family breakdown, or suffered a job loss, we are here to support you.

If you are worried about your child, how to support them with their anxieties, their behaviour and emotional wellbeing, we are here to support you

We offer a confidential space in which thoughts and feelings can be explored without judgement.

If you would like some support please contact:



Samira Damree  
Therapeutic Lead in School  
Tel: 07368-290102  
[samira@schools counsellingpartnership.co.uk](mailto:samira@schools counsellingpartnership.co.uk)

## STUDENTS

If you would like some support please use one of the drop boxes which are inside the 6th Form and Main Libraries - you can ask the Librarians.

Or speak to a member of the Social Inclusion Team (The Learning Mentors and Safeguarding team)

You can also email at: [tellsomeone@featherstonehigh.ealing.sch.uk](mailto:tellsomeone@featherstonehigh.ealing.sch.uk)

# What Parents & Educators Need to Know about

# SNAPCHAT

AGE RESTRICTION  
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

**SNAP STREAK**  
97  
DAYS

## WHAT ARE THE RISKS?

### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

### PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

### MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

### SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

### INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

## Advice for Parents & Educators

### UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

### BLOCK AND REPORT

If a stranger *does* connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

### FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

### ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

# THE SAFEGUARDING TEAM ARE HERE TO SUPPORT YOU

# Safeguarding & STUDENTS Child Protection

## Safeguarding is everyone's responsibility at Featherstone High School

The Designated Safeguarding Lead (DSL) is Mr Adams, Deputy Headteacher. There is a team who support Mr Adams and they are there to help and support you.

All students have the right to be safe from harm and protected from all forms of abuse. This includes all areas of life such as at home, in school, when you are with family and friends and when online. If you are being mistreated or aware of another child or young person who is, please tell someone at your earliest opportunity. In school you can speak to any member of staff who you trust or any adult at home or in your family.

If you (or another child) is in immediate danger, don't delay call the Police on 999. Explain to them where you are, what has happened and they will send a Police officer to help you.

For information and advice on how to keep yourself safe online please go to:  
[www.internetmatters.org/advice/14plus](http://www.internetmatters.org/advice/14plus) or [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



### The Designated Safeguarding Lead (DSL) is: Mr Adams, Deputy Headteacher

Ext: 236

E: [ladams@featherstonehigh.ealing.sch.uk](mailto:ladams@featherstonehigh.ealing.sch.uk)

## You can also speak to one of our Safeguarding Team:

### Ms Henry Lead Safeguarding Officer & Deputy DSL

Ext: 259

E: [nhenry@featherstonehigh.ealing.sch.uk](mailto:nhenry@featherstonehigh.ealing.sch.uk)



### Ms Rughani Safeguarding Officer & Young Carers Lead

Ext: 269

E: [srughani@featherstone-high.ealing.sch.uk](mailto:srughani@featherstone-high.ealing.sch.uk)



### Ms Johnson Safeguarding Officer

Ext: 215

E: [jjohnson@featherstone-high.ealing.sch.uk](mailto:jjohnson@featherstone-high.ealing.sch.uk)



### Ms Stribling Assistant Headteacher (Behaviour & Inclusion KS3)

Ext: 241

E: [rstribli@featherstonehigh.ealing.sch.uk](mailto:rstribli@featherstonehigh.ealing.sch.uk)



### Ms Patel Assistant Headteacher (Children with Additional Needs)

Ext: 210

E: [apatel@featherstonehigh.ealing.sch.uk](mailto:apatel@featherstonehigh.ealing.sch.uk)

For more information  
on Safeguarding and  
Child Protection &  
how to keep yourself  
safe please go to  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

