



Reading School – Safeguarding Newsletter for Parents

NSPCC Report: How Safe are our Children? Key findings

- There have been increases in police-recorded child sexual offences across the UK and increases in child cruelty and neglect offences in all UK nations except Scotland.
- The last decade has also seen increased numbers of children on child protection plans and registers.
- Almost a quarter of young people were contacted online by an adult they did not know.
- Since the offence of communicating indecently with a child was introduced in England and Wales in April 2017, over 3,000 crimes have been recorded by the police.
- Following the Government's commitment to bring in laws to protect children online in 2018, the NSPCC is calling for the legislation to:
 - commit social media firms to follow a consistent set of minimum safeguarding standards
 - make platforms report on how they keep children safe
 - carry consequences for platforms that don't follow safeguarding rules
 - make platforms take proactive steps to prevent exposure to illegal content and behaviour

Sextortion emails and password breaches

The BBC recently ran an article on bogus emails, with the subject line including the recipients password, which give the bogus email credibility to the sender's pretence that they had infected the computer.

Read about it here: [SextortionScammers](#)

Check your safety: <https://haveibeenpwned.com>

Christmas Campaign to reduce crime online

Action Fraud and the City of London police have launched a Christmas campaign to reduce the risk of crime online. Here are their top tips to avoid being caught out by the Christmas rush!

- If something seems too much of a bargain, it's probably poor quality, fake or doesn't exist.
- Don't pay for goods or services by bank transfer unless you know and trust the person. Payments via bank transfer offer you no protection if you become a victim of fraud.
- Make sure you've installed the latest software & app updates. Criminals use weaknesses in software to attack your devices and steal information, such as your payment details.
- Use a strong, separate password and 2FA to protect your email account. Criminals can use your email to access other online accounts, such as those you use for online shopping.
- Don't click on a link in an unexpected email or text. The volume of online shopping related phishing emails increases during the holiday period. Remember, if a deal seems too good to be true, it probably is.

Report phishing <https://www.actionfraud.police.uk/report-phishing>

Getting ready for Christmas - Young Minds

Christmas is not always exciting for everyone for all kinds of reasons. The mental health charity, Young Minds, has a range of resources to help what can be a difficult time of year.

[Wellbeing Advent Calendar](#)

[WhatToLookOutFor](#) in your children at Christmas time

Young Minds [ChristmasCards](#) (which recognise that it may not be Merry for everyone)

Trouble Sleeping? Try this breathing technique...

Sometimes, with lots of worry and stress, sleep can be affected...

Try the 4-7-8 breathing technique and find a place to sit or lie down comfortably. Rest the tip of your tongue against the roof of your mouth, right behind your top front teeth. Exhaling can be easier when you purse their lips.

- First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.
- Next, close your lips, inhaling silently through your nose as you count to four in your head.
- Then, for seven seconds, hold your breath.
- Make another whooshing exhale from your mouth for eight seconds.
- When you inhale again, you initiate a new cycle of breath. Practice this pattern for four full breaths.



Y7 PSHE E-safety

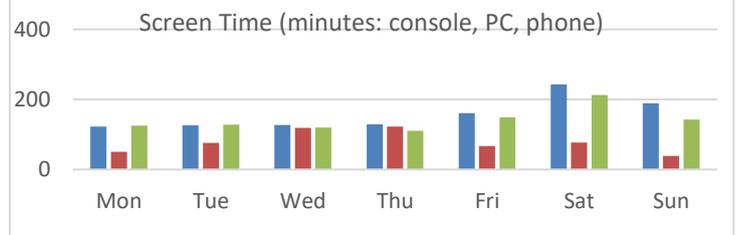
Students have been learning about e-safety and conducted their own investigations into screen time, along with their own top tips.

Screen time data from year 7 classes.
Be transparent – share what you are doing online.

TOP TIPS

1. Delete apps off your phone
2. Set up 'Screen Time' to keep track
3. Set a target to reduce your screen time. If you achieve it, reward yourself.
4. Do productive things on your phone - don't just play games because or go on social media
5. Change your daily schedule a little bit.
6. Don't use your phone too much during school – talk to friends instead
7. Try read 1 '150 page' book in 1 week. If you achieve this, reward yourself.
8. Do some exercise or some sport.
9. Do something you can't be bothered to do but is important (eg. Sharpening pencils, Tidying up your room)
10. Value relationships not screens...

'We miss out on bonding with people we care about, or making new friends'



In just one day...

- Social Media: 45 Minutes per person; 17hrs 15min collectively
- Games: 35 Minutes per person; 13hrs 25min collectively
- Productivity: 10 Minutes per person; 3hrs 50min collectively
- Other Apps: 25 Minutes per person; 9hrs 35min collectively
- The highest screen time was 3 hours 20 min.
- The lowest screen time was 23 min.
- In total, 22 pupils used 44 hours and 5 minutes on Monday, 26 November 2018.