



# Safeguarding and Wellbeing Bulletin November 2022

**Best practices for parents and carers:  
Use the TALK checklist to keep your  
child safe online**



- TALK to your child about online sexual abuse

There will never be an 'ideal' time to talk about online child sexual abuse, but make sure you're having open conversations with your child without judgement or shame. Pick your moment, but don't wait for the 'perfect' age or time. Be honest, in an age-appropriate way and remember that when you speak to your child, whatever they tell you, never imply that they are responsible or to blame if someone asks them to share, or they already have shared, sexual material. [Here](#) you can find some useful conversation starters.

- AGREE boundaries

Having a family contract or agreement sets out some expectations of how everyone can go online positively and safely. Being involved in setting the rules will help your child feel that their opinion matters. It's also crucial that adults follow the rules as well, and act as role models. You can find a template for a family agreement from Childnet [here](#).

- LEARN about the platforms your child uses

Showing your child that you are interested in what they are doing online in a positive and open way will encourage them to share what they are doing and come to you when something wrong happens. You can also use some of the same apps that your child does; follow one another and ask and share suggestions of who else to follow

- KNOW how to use safety tools, apps and settings

Discuss and agree on privacy settings for the platforms and apps your child uses, and on more general settings for the family. Make sure you explain to your child why you prefer particular controls, or why you might restrict use of a particular app. You can also recap on safety features that children are taught in school (primary as well as secondary) by asking them to tell you more about.

## Key Safeguarding Contacts:

Mrs Denham (Designated Safeguarding Lead): [s.denham@bhs.hslt.academy](mailto:s.denham@bhs.hslt.academy)

Miss Lambert: (Deputy Designated Safeguarding Lead): [s.lambert@bhs.hslt.academy](mailto:s.lambert@bhs.hslt.academy)

Further information can be found on the school website.

## **Useful Resources:**

### **TALK checklist**

Follow the TALK checklist to help keep your child safe online.

<https://talk.iwf.org.uk/talk-to-your-child/>

### **Report safely**

Report safely and anonymously online child sexual abuse images and videos to the IWF.

<https://report.iwf.org.uk/en>

### **Family agreements**

Family agreement template from Childnet, to start a conversation about how to use the internet.

<https://www.childnet.com/resources/family-agreement/>

### **Talk PANTS**

Talk PANTS is a simple conversation starter to help keep young children safe from sexual abuse.

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>

### **Parent Guides**

Childnet parent guides on key topics.

<https://www.childnet.com/help-and-advice/parents-and-carers>

### **Report on digital relationships today for young people**

Read Internet Matters' Look At Me – Teens, Sexting and Risks Report.

<https://www.internetmatters.org/about-us/sexting-report-look-at-me/>