

# Mowbray Safeguarding Bulletin

February 2024 – Online Safety and Time to Talk Day



## Online Safety

Whilst the advancement of technology and the internet can be positive for both adults and children, there are also risks it poses, particularly to children.

The online world can change how we think, feel and act - positively and negatively. Consider how to establish a supportive environment for young people to learn and talk about potentially sensitive topics. For ideas visit: [childnet.com/learning-environment](http://childnet.com/learning-environment)

Some harms that children can be exposed to online are:

- Exposure to age-inappropriate content
- Exposure to radicalizing content
- Cyberbullying
- Consensual and non-consensual sharing of images
- Exposure to harmful content such as suicide
- Child criminal exploitation

## Upcoming Awareness Days

LGBT+ Month

Time to Talk Day - 1<sup>st</sup> February

Safer Internet Day - 6<sup>th</sup> February

Pancake Day! - 13<sup>th</sup> February

Valentine's Day - 14<sup>th</sup> February

Rare Disease Day - 29<sup>th</sup> February





## Content Controls

Give your child a safe space to explore their curiosity online. Some ways to ensure children are safe online include:

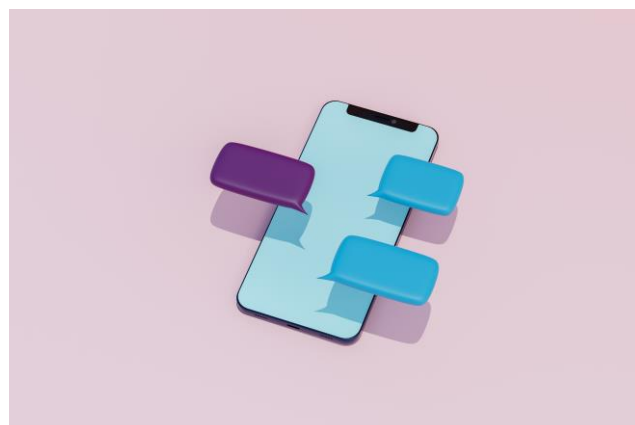
- Setting parental controls on wifi and devices
- Check the device settings so only age-appropriate content can be accessed and downloaded
- Set up devices with password control
- Disable location services on devices children will be using

Step by step guides are available at [internetmatters.org](http://internetmatters.org) for most devices.

## Resources

The online world is changing all the time but talking with children and young people about their online experiences can help you to understand and ensure their activity online is safe. Here are some resources to support parents and children online:

- [Saferinternet.org.uk](http://Saferinternet.org.uk)
- [Projectelove.co.uk](http://Projectelove.co.uk)
- [Childnet.com/resources](http://Childnet.com/resources)
- [NSPCC.org.uk](http://NSPCC.org.uk)
- [Thinkuknow.co.uk](http://Thinkuknow.co.uk)
- BBC app 'own it' for children
- [Internetmatters.org.uk](http://Internetmatters.org.uk)
- Safetynet guidance for parents



# Time To Talk Day

Time to Talk Day is a Mental Health Awareness Day to encourage people to talk about how they feel. 1 in 4 of us will experience mental health problems in any given year. Sometimes it's easier to tell people we're 'fine' or 'not too bad!' than to say, you know what, I need to talk. By talking about mental health, we can bust myths and break down barriers to support. No one should feel alone, ashamed or isolated!

## How to start a conversation about mental health

- Text a friend
- Chat over a cup of tea with a friend, loved one or colleague
- Host an awareness event in your community
- Reach out to others
- Share something on social media using #TimeToTalk
- Find support online

## Resources

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

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

[North Yorkshire Talking Therapies](http://NorthYorkshireTalkingTherapies.org.uk)

[The Go-To](http://TheGoTo.org.uk)

[Peer Talk](http://PeerTalk.org.uk)

[Andy's Man Club](http://Andy'sManClub.org.uk)

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

[NHS 111](http://NHS.uk)

Always use 999 in an emergency

