

Top Tips to keep your child safe

The safety of your child is really important to us, and we do everything we can to make sure that your child learns in a safe environment. You can find details of what we do in our Safeguarding Policies—you can read these on our website www.bradfordacademy.co.uk or ask reception for copies. We have also put some advice in the student planner—please look at this, and talk to your child about it.

We all remember our teenage years and how difficult these can be (both for the teenager and the parent/carer!). However, sometimes, a change in behaviour could signal that something bad is happening to them. Instances of child abuse and bullying are rare, but sadly they do happen. Below are a list of things to look out for which may be signs of abuse or bullying.

Child abuse and what to look for

It is important that you know what to look for in the event that a child is being abused—there are four types of abuse— physical, emotional, sexual and neglect. Most cases of abuse happen with someone the child or family knows rather than a stranger.

If the unthinkable happens, you may notice:

- bruises or other injuries
- a change in behaviour – from quiet to loud, or from happy-go-lucky to withdrawn
- pain or discomfort
- fear of a particular person, or a reluctance to be alone with them
- secrecy around a relationship with a particular person
- reluctance to discuss where they go, or who they are with
- sexual talk or knowledge beyond their years
- being watchful, or always on edge
- losing interest in their appearance, hobbies or family life
- alcohol or drug taking
- having money and refusing to say where it has come from
- wetting the bed
- becoming clingy

Signs of Bullying include:

- Reluctance to go to school, truancy, lateness
- Torn clothing, losing dinner money or asking for more money than usual
- Complaining of regular headaches or stomach aches
- Unexplained bumps or cuts

If you notice any of these things, try talking to your child; if you are not satisfied with their explanation (remember, they might be scared to admit what is happening), talk to our designated Child Protection Officers, who can give you advice and support.



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Sandra Reynolds
Designated
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Internet and mobile phone safety

- Try to put the computer in a family room where it will be easier for you to supervise your child's online activity.
- Make sure that your child knows they should never give their full name, address and contact details to people they chat to on the internet.
- Gently explain that some people they talk to on the internet may not be who they say they are and might say or do unpleasant or hurtful things.
- Find out whether the 'parental controls' available from some internet service providers will be helpful.
- Think about installing software that can filter out inappropriate material.
- Talk to your child about their internet use. Ask them which sites they enjoy most, and why. Show you are interested, while understanding their need for some privacy.
- Impress on your child that they can talk to you if they are worried about something that has happened during their internet use.
- Make it very clear that your child must never arrange to meet someone they have chatted to online without your permission. Their new 'friend' might well be a local young person of similar age, but they might not.

You may be alerted to question your child's online activity if they are:

- spending more and more time on the internet
- being secretive – reluctant to talk about their internet activity, closing the screen page when you are close by
- spending less time with the family, or giving up previous hobbies and interests
- losing interest in their schoolwork, regularly failing to complete homework
- starting to talk about 'new friends' that you have not met and who do not visit your home
- overly possessive of their mobile phone or computer – perhaps overreacting if someone picks it up or asks to borrow it
- showing fear or discomfort when their phone rings, or quickly turning it off without answering
- undergoing a change in personality that you cannot attribute to any obvious cause.

Remember that none of these signs prove that your child is at risk in any way, but if you notice anything that confuses or worries you try talking things over with them. They may well tell you to stop fussing. They may be laid back. In any case, think about their demeanour and attitude as well as what they say.

For further advice and information on internet safety visit:

Internet Watch Foundation: www.iwf.org.uk

Child Exploitation and Online Protection Centre: www.ceop.gov.uk

Stop It Now! www.stopitnow.org.uk

You can find further advice in our Safeguarding Policies. These are available on our website or ask reception for copies. Alternatively, contact to Mr Craig or Mrs Reynolds

Other useful numbers are:

Barnardos 01274 481183

Childrens Services 01274 435901 emergency out of hours 01274 431010

School Nurse- Suzanne Yusuf 01274 228993

NSPCC helpline 0800 5000

CAMHs 01274 723241