

## Principals Newsletter



# BOWER PARK ACADEMY

**Friday 16<sup>th</sup> February 2024**

Dear Parent/Carer,

As we approach the end of another busy half-term, I would like to thank all of our staff, students and Parents/ Carers for your continued support.

### **BPA Fundraiser**

On Thursday, a group of Year 7 and 8 students hosted the BPA Fundraiser! Our student leaders were absolutely brilliant, as were the students that attended. We had a range of fun stalls for students to enjoy including; lucky dip, hook a duck and soak the teacher to name a few. The students generosity meant that we have raised over £400 for charity. Thank you to Ms O'Neill for coordinating the event and to Mr Eddison and Ms Matthews, who have been working with the students to prepare for the event. Another special thank you to Mr Browne, Ms James and Mr Hilliard for volunteering for the 'soak the teacher' stall! We look forward to hosting more exciting events in the future.



### **Staff Update**

Today, we say a fond farewell to our Head of Year 9, Mrs Mughal. Mrs Mughal joined the Academy 22 years ago and we are extremely grateful for her service and hard work during her time with us and wish her the best of luck for the future. Mr Browne will take over as Head of Year 9 after half-term and I hope you look forward to working with him in this role. Miss Mbeka will also be joining us half way through next term as Teacher of Child Development. She joins us from a school in Dagenham and has a wealth of experience.

## **Year 11 Mock Exams**

On behalf of the staff at Bower Park Academy, we would like to say well done to our Year 11s. They completed their final mock exams this week before their real exams begin in May. Students' have shown fantastic stamina and maturity during this period and we look forward to their mock results day after half-term.

When we return after February half-term, there will only be 8.5 school weeks until their official examinations begin. Over half-term, teachers have set revision tasks for students to complete on Teams. Students should log in to see the work they have been set. Intervention and revision sessions will continue after half term. Students should check their Edulink timetable for details.

## **Year 11 Mock Interview Day**

Today, we held our Year 11 Mock Interview Day. Year 11 students attended a short interview for one of ten fictional jobs and were then scored by their interviewer and provided with feedback to help them achieve success in future interviews. The day was a great success with many Year 11 students commenting on how they will use the feedback they received in the future. Our thanks to Ms Porter for coordinating the event and to all of the interviewers who gave up their time to support our students.

## **Accessing your child's progress and attainment data**

All year groups have now had their reports published for the first half of the year. These can be accessed via Edulink > Letters & Reports and finding the latest document. The report should be viewed in conjunction with the school's curriculum as this provides additional context to the assessment grades. These can be found at <https://www.bowerpark.co.uk/curriculum/>.

## **Random Acts of Kindness Week**

We had a great example of a young person at BPA doing the right thing and showing a random act of kindness this week. Year 9 student, Balasz, found a phone on the Astro at lunch and handed it into a member of staff, and it was returned to its rightful owner. The student was extremely grateful and happy, they thanked Balasz personally and they shook hands.

We can all be a positive influence in each other's lives. Even one small act of kindness can mean a great deal to somebody. The world can be selfish and cruel sometimes and not everyone receives the same kind of support they need. In such a world, it is important for us to constantly be reminded to be kind to one another and to give others hope whenever we can. A small and random gesture of kindness can go a long way. Well done Balasz!

## Student Success

At Bower Park Academy, we celebrate our student's success and achievements. Chloe, Year 10, has a passion for Handball and takes part in outside curricular tournaments which is an important achievement to be recognised. Read below to hear about Chloe's passion for Handball;

*My name is Chloe, I play for the England regional Handball team and I'm also in the middle of training up for the 2025 Great Britain Handball team, where I will be playing internationally. I am also playing for Bishops Stortford. The position I play is Goalkeeper, I go training every Tuesday in Bishops Stortford and I also go training some weekends for England which is based all over the country, every month I have a training camp for Great Britain where I strengthen my skills and my abilities. I've played Handball since Year 8 and now in Year 10, I would say I'm an experienced player as I've been playing for 3 years. My favourite achievement at the moment is reaching competition level for Bishops Stortford and hoping to get to the play offs in May at Derby Arena.*



Well done Chloe. Wishing you lots of luck for your future Handball tournaments.

## Under 15 Girls Football

A huge congratulations to our Under 15 Girls Football Team who won 7-3 in the National Cup against Redding Court this week. Well done girls!

## Maths Challenge

This term, Bower Park Academy students took part in the Intermediate Maths Challenge. With 5 Gold, 5 Silver and 13 Bronze awards. Our students who achieved a Gold award, for the first time, will go through to the next round after half-term. Congratulations to Hamza U, Year 11, for achieving the highest score of 103. Well done to the below students on this great achievement.

<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
<b>Hamza U (Year 11)</b> <i>(Carley Mathematical Olympiad)</i> <b>Darius B (Year 11)</b> <i>(Grey Kangaroo)</i> <b>Page L (Year 11)</b> <i>(Grey Kangaroo)</i> <b>Lavinia N (Year 11)</b> <i>(Grey Kangaroo)</i> <b>Yakoub I (Year 11)</b> <i>(Pink Kangaroo)</i>	<b>Evie H (Year 11)</b> <b>Megan H (Year 9)</b> <b>Romisa H (Year 11)</b> <b>Daniel-Rayne M (Year 10)</b> <b>Erica S (Year 9)</b>	<b>Luke B (Year 10)</b> <b>Alex C (Year 10)</b> <b>Molly C (Year 10)</b> <b>Finley G (Year 10)</b> <b>Richard H (Year 11)</b> <b>Hayden L (Year 10)</b> <b>Quincy L (Year 11)</b> <b>Justin M (Year 9)</b> <b>Emily P (Year 10)</b> <b>Aminata S (Year 9)</b> <b>Alfie S (Year 11)</b> <b>Mihika V (Year 9)</b> <b>Daisy W (Year 10)</b>

## Social Media

It has been brought to my attention that some of our Parents/ Carers take to social media to voice negative or aggressive opinions. Whilst I recognise that the huge majority of our Parents/ Carers use all forms of social media in an entirely responsible manner, as an Academy we believe the opinions of Parents/ Carers, whether positive or negative, are extremely useful in helping us to improve the service we provide. Therefore, I would like to offer my support to anyone who would like to discuss their concerns so that we can address and resolve them in a professional manner.

## PE Expectations

All students should be bringing PE kit regardless of illness or injury. Students PE kit should adhere to our School Uniform Policy which can be found on our website. When students are injured and cannot take part, a note or Edulink should be sent prior to the lesson, ideally in the morning of the day of the lesson. Having a slight cold, cut or graze or having cramps is not a reason for no participation, students will still be encouraged to take part. Sanctions will be set if these rules are not followed. If students do not bring

their PE kit, they will be expected to borrow our spare kit, which is clean and washed. If they do not follow this rule, a higher sanction will be given.

No jewellery is allowed to be worn in PE, this includes ears being taped or plastic stoppers. This is a health and safety issue and not covered in risk assessments. All jewellery is to be removed and failure to do so will result in the appropriate sanction.

## What's coming up?

### Wellbeing Club

After half term, each Friday at lunchtime we will be hosting a Wellbeing club with Ms. Gould in SF11. We will be providing small snacks during the club, this will be an opportunity to learn relaxation and breathing techniques and overall mindfulness. Please encourage your child to attend if they need any Wellbeing support.

### LGBT+ Talk for Year 8 (Just Like Us)



Next term, Just Like Us charity will be visiting Bower Park Academy to deliver an assembly to our Year 8 students as part of LGBT+ History Month. The charity's talks are delivered by young, relatable LGBT+ volunteers and cover terminology, representation and their own personal experiences of growing up LGBT+. The talk is age-appropriate and aims to promote an awareness of the LGBT+ community. More information to follow next term.

### Parent Coffee Morning

Our next coffee morning will take place on Tuesday 27<sup>th</sup> February at 9am in the South Hall. The focus will be on Friends of Bower Park (Parent and Teacher Association) which will be led by Mr Camy. All Parents/ Carers are welcome to attend.

### Work Experience Evening

On the 28<sup>th</sup> February, Bower Park Academy will be holding our Work Experience Evening for Year 10 Parents and Carers to offer information about work experience, how to find a placement and what to do once your child has found one. Please confirm your attendance by completing the form; <https://forms.office.com/Pages/ResponsePage.aspx?id=9OLizVXRnUy--Aoo72F-pPreWkf99rJIoQgOitCP0k1UMzNBRTI1RzZYQ01RTINCRzUwRIQ3NjBUUCQlQCNjPTEu>

### Year 9 Parent Evenings

The Year 9 Progress Evening will be held virtually on Wednesday 6<sup>th</sup> March. Appointments are filling up fast and the event will be held online via the School Cloud website. Appointments will run from 3:30pm-6:30pm. Appointment bookings can be made via the following link; <https://bowerpark.schoolcloud.co.uk/>. Full instructions for login have been sent via Edulink.

On 27<sup>th</sup> March, we will be holding a Year 9 Options Evening from 4:30pm-7pm in the South Hall. Options evening is a chance for Parents/ Carers and students to discuss what subjects will be like at GCSE. Further details will be emailed out in the new term.

### **Heart Global Event**

Bower Park Academy will be holding a Heart Global Event from 11<sup>th</sup>-13<sup>th</sup> March. This is a joyful workshop led by young international performers. The performers use music, dance and performance as a vehicle for instilling open-mindedness, fearlessness, teamwork and a love for cultural diversity. These workshops actively coach young people to overcome their boundaries, fears and limitations so that each one can develop their true potential. The cost of the workshop is £60 per child. If you would like your child to take part, spaces are still available via Scopay.

Have a restful half-term, recharge and spend time with your family and friends and we look forward to welcoming students back on Monday 26<sup>th</sup> February at 8:25am.



Yours faithfully,

A handwritten signature in black ink, appearing to read "E Aylett".

Mr E Aylett  
Principal

# Safeguarding Newsletter

## Spring Term 1 2023-2024



Welcome to the third edition of our half termly 2023-2024 safeguarding newsletter.

We will keep you up to date with essential information and topical issues that may affect young people. Safeguarding children is the action we take to promote the welfare of children and protect them from harm.

Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to any member of staff or a member of our school's safeguarding team, details of which are available from this newsletter, school office or via our school website.

### Safeguarding Team

Mr Gander – DSL  
(Designated  
Safeguarding Lead)



Mrs Fuller – SO & LAC  
Lead (Safeguarding  
Officer & Looked After  
Child Lead)



### Useful acronyms

CP – Child Protection

TAF – Team Around the Family

LAC – Looked After Child

### Did you know?

In 2023, 20.3% of children aged 8 to 16 years had a probable mental disorder (NHS, 2023).

76% of parents said that their child's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services (CAMHS) (Young Minds, 2022).

*“A child's voice, however honest and true, is meaningless to those who've forgotten how to listen.”*

# Safeguarding Newsletter

## Spring Term 1 2023-2024



Bower Park this half term.....



# MY VOICE MATTERS

### Children's Mental Health Week 2024

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

As teaching staff, we have an important role in young person's mental health. This year, we want to empower you to work together to create a positive change for your mental health and wellbeing. Our aim for Children's Mental Health Week is for all young people to be able to say – and believe – "My Voice Matters."

### Mind of the Student

For Children's Mental Health Week, Mind of the Student spoke on [PhoenixFM News](#) with Mollie, Maddie and Matilda, who shared their insight with listeners on self-help tips, talking about mental health with friends/family and how [Mind of the Student](#) has supported them at school.





# Safeguarding Newsletter

## Spring Term 1 2023-2024



**connect.**  
**reflect.**  
**protect.**



Safer Internet Day 2024 | Tuesday  
6 February



### Safer Internet Day

We took part in this special celebration, which takes place in February of each year, which aims to raise awareness of a safer and better internet for all, and especially for children and young people.

As part of the celebration, we encourage everyone - including children and young people, parents and caregivers, teachers and educators, policymakers, industry and others - to join "Together for a better internet". A big thank you to Mr Graham for his online safety video in tutor time and to all students who completed the online quiz for our competition. The students who received full marks will be entered into our prized draw and the winners will be announced in assembly after half term.

**Online Safety Bill**  
becomes law



Online Safety Act receives Royal Assent in the Houses of Parliament, putting rules to make the UK the safest place in the world to be online into law

The Act makes social media companies keep the internet safe for children and give adults more choice over what they see online

Ofcom will immediately begin work on tackling illegal content and protecting children's safety

# Safeguarding Newsletter

## Spring Term 1 2023-2024



### Mental Health Support

**URGENT AND OTHER SUPPORT AVAILABLE**

**shout**  
85258

**Shout** offers confidential 24/7 crisis text support for times when you need immediate assistance.  
Text "SHOUT" to 85258  
Web: [www.giveusashout.org](http://www.giveusashout.org)

**SAMARITANS**

**Samaritans** 24/7 365 days a year - they'll help you and listen to how you are feeling.  
Call: 116 123  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Web: [www.samaritans.org](http://www.samaritans.org)

**Crisis Tools**

**Crisis Tools** helps you support young people in crisis. Short accessible video guides and text resources are available for free.  
Web: [www.crisistools.org.uk/resources](http://www.crisistools.org.uk/resources)

**PAPYRUS**

**Papyrus** provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.  
Call: 0800 068 3131 or text: 07860 039967 (9am - midnight, 365 days a year).  
Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**childline**

**Childline** provides a confidential telephone counselling service for any child with a problem.  
Call: 0800 1111  
Online chat with a counsellor: <https://bit.ly/3Hfykwd>  
Web: [www.childline.org.uk/](http://www.childline.org.uk/)

**Good Thinking**

**Good Thinking** is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing, including free NHS-approved apps.  
Web: [www.good-thinking.uk](http://www.good-thinking.uk)

**THE MIX**

**The Mix** provides free, confidential support for young people under 25.  
Call: 0808 808 4994 (3pm - midnight every day)  
Email: <https://bit.ly/3Ce6Vf4>  
Web: [www.themix.org.uk](http://www.themix.org.uk)

**Beat**

**Beat** provides support to help young people who may be struggling with an eating problem or an eating disorder.  
Call: 0808 801 0677 (for help in England) (9am - midnight during the week and 4pm - midnight on weekends and bank holidays).  
Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)  
Web: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**kooth**

**Kooth** is a free, safe and anonymous online mental wellbeing, community, including live chat with the team, discussion boards, a magazine with helpful articles, and a daily journal.  
Web: [www.kooth.com](http://www.kooth.com)



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

# Safeguarding Newsletter

## Spring Term 1 2023-2024



Lifeline  
Projects

Barking &  
Dagenham

London Borough of  
Redbridge



# ABC TRAUMA-INFORMED TRAINING

SUPPORTED BY

MAYOR OF LONDON



Havering  
LONDON BOROUGH

Thursday 1st  
Feb

Thursday 8th  
Feb

Thursday 15th  
Feb

Thursday 22nd  
Feb

Thursday 29th  
Feb

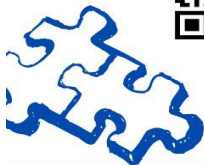
**A parent's own trauma can have a significant effect on the development of a young person.**

Join us to learn to identify the signs and triggers of trauma and how to break the cycle.

**6pm - 8.30pm**

**Online session**

**Via zoom**



LCPUK



[www.lifelineprojects.co.uk](http://www.lifelineprojects.co.uk)

For more info,  
contact Alex on  
07500842904

[alexnelson@lifelineprojects.co.uk](mailto:alexnelson@lifelineprojects.co.uk)

**kooth**

Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

[Home - Kooth](#)



CLEAR FEAR

[Home - Clear Fear App](#)

**YOUNGMINDS**

fighting for young people's mental health

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

# Safeguarding Newsletter

## Spring Term 1 2023-2024



### My Place

**myplace**  
myplace youth and community centre  
Prospectus 2023-2024  
Youth | Arts | Hire | Food  
www.havering.gov.uk/myplace  
Havering  
LONDON BOROUGH

[www.havering.gov.uk/myplace](http://www.havering.gov.uk/myplace)

[MyPlace brochure by Havering Council](#)

YOU'RE INVITED TO...

## TEA & TALK

Tea & Talk is a space for young people to come and talk to a youth worker about anything they like

TIME & LOCATION TO BE AGREED

TO BOOK A PLACE PLEASE E-MAIL  
youthservice@havering.gov.uk OR 01708 376004

myplace  
Havering  
LONDON BOROUGH

## VOLUNTEERS NEEDED

Havering Museum is looking for volunteers to support and grow its cultural space within the local community.

There are lots of opportunities to get involved, learn new skills and meet like-minded people. Please get in touch with us to have a chat about how you can help.

Havering Museum  
19 - 21 High Street  
RM1 1JU  
01708 766571  
info@haveringmuseum.org.uk  
www.haveringmuseum.org.uk

Havering Museum

@haveringmuseum

Charity number 10937

## LEARN HOW TO BOX IN A FUN, SAFE & PROFESSIONAL ENVIRONMENT

**CONTACT US TODAY**

FREE BOX UP SESSIONS EVERY FRIDAY

CHILDREN AGED 7-12 | 17:30 - 18:30  
YOUTH AGED 13-19 | 18:30 - 19:30

MYPLACE, 343 DAGNAM PARK DRIVE, ROMFORD RM3 9EN



INFO@BOXUPCRIME.ORG | 0208 517 4446

SCAN TO FIND OUT MORE INFO



# Safeguarding Newsletter

## Spring Term 1 2023-2024



### **HAVERING YOUTH SERVICE WEEKLY ACTIVITIES 2024**

#### **MONDAY**

THE OFF STREET  
CLUB @ SAPPHIRE  
CENTRE, COLLIER  
ROW  
5:30-7:30PM  
11 YEARS+

#### **TUESDAY**

JUNIOR REVELLERS  
S.E.N.D. CLUB @  
MYPLACE  
7-9PM  
11-17 YEARS

#### **WEDNESDAY**

SAFE CLUB @  
MYPLACE  
7-9PM  
13-18 YEARS

#### **THURSDAY**

GRL ACADEMY @ MYPLACE  
5:30-7:30PM 11-18YEARS  
SENIOR REVELLERS S.E.N.D. CLUB  
@ RAINHAM ROYALS  
7-9PM 18-25 YEARS

#### **SUNDAY**

TEAM GYM S.E.N.D.  
CLUB @ HARROW  
LODGE LEISURE  
CENTRE  
10:45-12:45NOON  
16-25 YEARS

**REFERRAL GROUPS:** GOODFELLAS, GO-GIRLS, TEA & TALK,  
YOUNG WOMEN'S FORUM, LGBTQ+ CLUB, PHOENIX & PRE-TEENS CLUB

**CONTACT:** [YOUTHSERVICE@HAVERING.GOV.UK](mailto:YOUTHSERVICE@HAVERING.GOV.UK)  
FOR MORE INFO. OR SCAN QR CODE ➔



**myplace**

 **Havering**  
LONDON BOROUGH

# Safeguarding Newsletter

## Spring Term 1 2023-2024



### Police/Safer Schools Officer

#### WHAT IS HATE CRIME?

**Hate crime is committed against someone through prejudice or hatred.**

This could be due to:

**Disability, race, faith, sexual orientation, gender identity**

**It can include: Physical assault, damage to property, offensive graffiti, inciting hatred online**



**METROPOLITAN  
POLICE**

#### Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number... Type \*#06# and record it. Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone, keep login at home
- ✓ Know your details - in case your phone is stolen - this helps Police investigation

**METROPOLITAN  
POLICE**

# Safeguarding Newsletter

## Spring Term 1 2023-2024



**Skips Safety Net**

Keeping children safe online

### Parent Guides to Online Safety



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings



**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skips.com Tel: +44 121 227 1941

Developed in partnership with



**Skips**

[www.skipssafetynet.org](http://www.skipssafetynet.org)

# What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they *actually* end up using it for.

## WHAT ARE THE RISKS?

### ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

### WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

### DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

### CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

### STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

## Advice for Parents & Carers

### KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

### TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

### PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

### HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety  
#WakeUpWednesday