



Welcome to
Avanti Fields School

Safeguarding team at Avanti Fields:

- Designated Safeguarding Lead: Miss Laura Bigginton
- Deputy DSLs:
 - Ms Michelle Forbes (DDSL)
 - Ms Vanessa Bardsley (Principal)
 - Ms Anita Thakore (Head of Primary)
 - Ms Nisha Kholia (Head of Secondary)
- Mr Heten Tejura our Safeguarding Link SSC member and can be contacted through the school office.

Useful numbers

- Leicester Children’s social care: 0116 454 1004
- Police: 101 or immediate emergency: 999
- Local Authority Designated Officer: 0116 454 2440
- NSPCC: 0800 800 5000
- Childline: 0800 1111

At Avanti Fields, we recognise the contribution it can make to protect and support our students. Safeguarding and promoting the welfare of children is everyone’s responsibility.

Welcome to our Safeguarding Newsletter - Safeguarding and Child Protection is the most important issue for our children and young people. We feel it is crucial to work with parents / families and external agencies so that we can offer a safe environment allowing children to be aware of the risks they may face and how to respond to them safely.

Online safety

The internet can be an amazing place – young people can use learning platforms, online gaming or expressing themselves and socialising. However, children may face negative consequences while “being online” including cyber bullying, inappropriate/illegal images and possible contact with strangers. It is important that we are regularly having conversation with young people about staying safe online, and school and parents/carers working together so we can help protect children from harm.

Vault (secret) Apps

Have you heard about vault apps? These are secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases / download. You can find out more here: <https://www.safes.so/blogs/vault-apps/>

FIFTEEN APPS PARENTS SHOULD KNOW ABOUT

MEETME MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.	GRINDR GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.	SKOUT SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17 YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.
WHATSAPP WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS. WORLDWIDE, WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.	TIKTOK TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS WITH VERY LIMITED PRIVACY CONTROLS. USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.	BADOO BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.
BUMBLE BUMBLE IS SIMILAR TO THE POPULAR DATING APP TINDER. HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.	SNAPCHAT SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24 HOURS.	KIK KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.
LIVE.ME LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EASILY 'COM' AS A WAY TO 'PAY' MINORS FOR PHOTOS.	HOLLA HOLLA IS A SELF-PROCLAIMED ADDICTING VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.	WHISPER WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.
ASK.FM ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.	CALCULATOR% CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.	HOT OR NOT HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE. CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

Messaging and chat apps are a great way for a child to stay in touch with their friends and family. Chat apps allow the user to send messages, photos, videos and documents as well as creating larger group chats.

Some apps allow users to message people they do not know, so your child could receive messages from unknown individuals – most apps have settings to allow this to be changed.

There are also several sites and apps where the main aim is to randomly connect you to other users, this can be via text but also sharing images and videos as well as livestreaming. Many of these sites (such as Omegle or Omaze) are designed for adults, however, without any age verification procedures in place young users can also gain access.

For more information on specific sites, including how to amend privacy settings, the main features of each app and how to keep your child safer online, can be found here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

13+ Facebook Instagram TikTok YouNow House Party	16+ Snapchat Twitter Kik Yubo Monkey
17+ Sarahah YOLO	18+ MeetMe LiveMe



Online use can have positive impacts on mental health, but can also have negative impacts. Young Minds have practical advice and tips on supporting your child. They also have a parents’ helpline which can provide advice: www.youngminds.org.uk/parent

Child-to-parent abuse (PEGS)

Child to Parent Abuse is complex and misunderstood. The parent support group, Parent Educational Growth Support (PEGS), says this is partly because it has historically been largely ignored in favour on intimate partner abuse, partly because it is drastically under-reported, and partly because there are lots of misconceptions around the subject. Some parents may not recognise what is happening to them as abuse – but the behaviours they are experiencing are abuse, and they are not okay.

Child-to-parent abuse can take many forms including, physical abuse, emotional and psychological abuse, financial abuse, and sexual abuse. This can also extend to the rest of the household, including siblings and pets. Their behaviours makes the parent feel fearful, scared or forces them to change the way they parent because they fear another incident.



Find out more information on the PEGS' website here: <https://www.pegssupport.co.uk/recognise-and-respond-to-cpa>

National Sleep Helpline

Poor sleep can affect anyone and it can be a major stress for parents whose own sleep can be impaired by their children's difficulties getting to sleep, staying asleep, leading to greater stress.

Having a sleep issue is surprisingly common. At any given time, this affects up to 40% of adults and 50% of children. Young people's sleep can be impacted by a number of factors including: exam stress, friendship difficulties, use of technology or social media. These problems can be persistent and are often resolve with early intervention.

The National Sleep Helpline helps anyone with sleep issues including parents and young people. The helpline is available from 7pm and 9pm, Sunday to Thursday on 03303 530 541.

For more information and guides for supporting teenagers with positive who have sleep issues or difficulties.

Young Carers

Young carers: Who are they? What do they do?



Who are young carers?
A young carer is someone **under 18** who regularly helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?
• There are about **700,000** young carers in the UK. (BBC 2010)
• That's about **1 in 12** secondary aged pupils.
• There are likely to be young carers in every school and college.
*The Census identified over 200,000 young carers, but many remain hidden.

Who do young carers care for?
Young carers care for someone:
• With an illness or disability.
• With a mental health condition.
• Who misuses drugs or alcohol.

What might a young carer do?
• Practical tasks, such as cooking, housework and shopping.
• Physical care, such as helping someone out of bed.
• Emotional support.
• Personal care, such as helping someone dress.
• Managing the family budget and collecting prescriptions.
• Helping to give someone their medicine.
• Helping someone communicate.
• Looking after brothers and sisters.

Young carers should have:
• The time to be a young person.
• The same opportunities as their friends.
• Good support for the person they help look after.

Which one is the young carer?

Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

The average age of a young carer
= 12

**“Don't stereotype us, we are all individuals.”
Young carer**

Being a young carer can have a big impact on the things that are important to growing up
• It can affect a young person's health, social life and self-confidence.
• Many young carers struggle to juggle their education and caring which can cause pressure and stress.
• In a survey, 39% said that nobody in their school was aware of their caring role.
• 26% have been bullied at school because of their caring role.
• 1 in 20 miss school because of their caring role.
But young people can learn lots of useful skills by being a young carer.

1 in 3 young carers spend between 11–20 hours each week caring.

Information and support
www.youngcarers.net (18 and under)
www.youngcarersmatter.org (16-25)
www.makeway.es/YCif

A young carer is someone who is under the age of 18 and takes on a caring responsibility for someone at home. This will look very different for each student, but can be in the form of physical help, mental support, helping with medication, translating and many more. This can also be for a parent / guardian, grandparent or sibling. You can see guidance on eligibility in the attached document.

If you think that your child may be a young carer, please email laura.biggington@avanti.org.uk or ask your child to come and speak to a member of the safeguarding team in school.

If you would like support outside of school, please visit the Leicester City Council website for supporting young carers, who offer support sessions, and a range of activities such as sports, games consoles, board games, cooking and pool. Young carers can plan their own programme of activities and receive the support of an allocated keyworker who will provide one-to-one support to develop an individual plan focusing on their needs and aspirations. For more details email:
young-carersplanning@leicester.gov.uk

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We hope you and your families have a lovely Christmas and Happy New Year!