



August 2020

Safeguarding Bulletin

Dear Parents

Please find below useful information, signposting you to support and raising awareness of current safeguarding topics. It is key to remember that safeguarding children is everyone's responsibility.

- **Parent Zone link** - It is likely that our young people will be spending additional time online to communicate, socialise and play and it is vital that they are able to keep themselves safe online. Parent Zone are the experts in digital family life. They provide support and information to parents, children and schools, working globally to help families to navigate the internet safely and confidently. www.parents.parentzone.org.uk
- **The Dangers of Gasha Studio** - The NSPCC and the Police have recently shared concerns with us about a game called Gasha Studio (Anime dress up). During the game, users can choose avatars and create scenarios. Recently, a parent found a concerning screenshot on her child's phone, which depicted a small female child character – she had labelled her 'abused child' - and a featureless adult labelled 'abuser'. They appear to be in a dungeon of some kind, and the adult is holding an unknown object. The most recent reviews refer to content that includes references to child abuse, suicide, bullying and murder. Parents to be vigilant please.
- **Kooth** - Kooth is a web-based confidential support service available to young people that provides a safe and secure means of accessing mental health and well-being support by speaking to one of the online counsellors, and/or engaging in the Kooth community which provides a range of online therapeutic support tools. <https://www.kooth.com/>
- **Happymaps** – This is a brilliant website with advice on all sorts of mental health and well-being areas, covering all age groups. www.happymaps.co.uk
- **The impact of trauma on the brain** - The following video talks about how stress and trauma impacts on the brain and our decision-making process. The video explores how to stay calm in stressful situations. <https://www.youtube.com/watch?v=fhI9KLwfpbM>
- **Well-being challenges** -We are launching a weekly well-being challenge for our students over the summer holidays. Each week students will find seven tasks to try, all intended to boost their general mental health and well-being. All tasks will be emailed home to parents.

If you are concerned about a child or young person in Devon and want to speak to someone, please contact the MASH on 0345 155 1071 and give as much information as you can.

Parents can also access confidential support and advice through Childline on 0800 1111.