SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

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Primary | July 2024

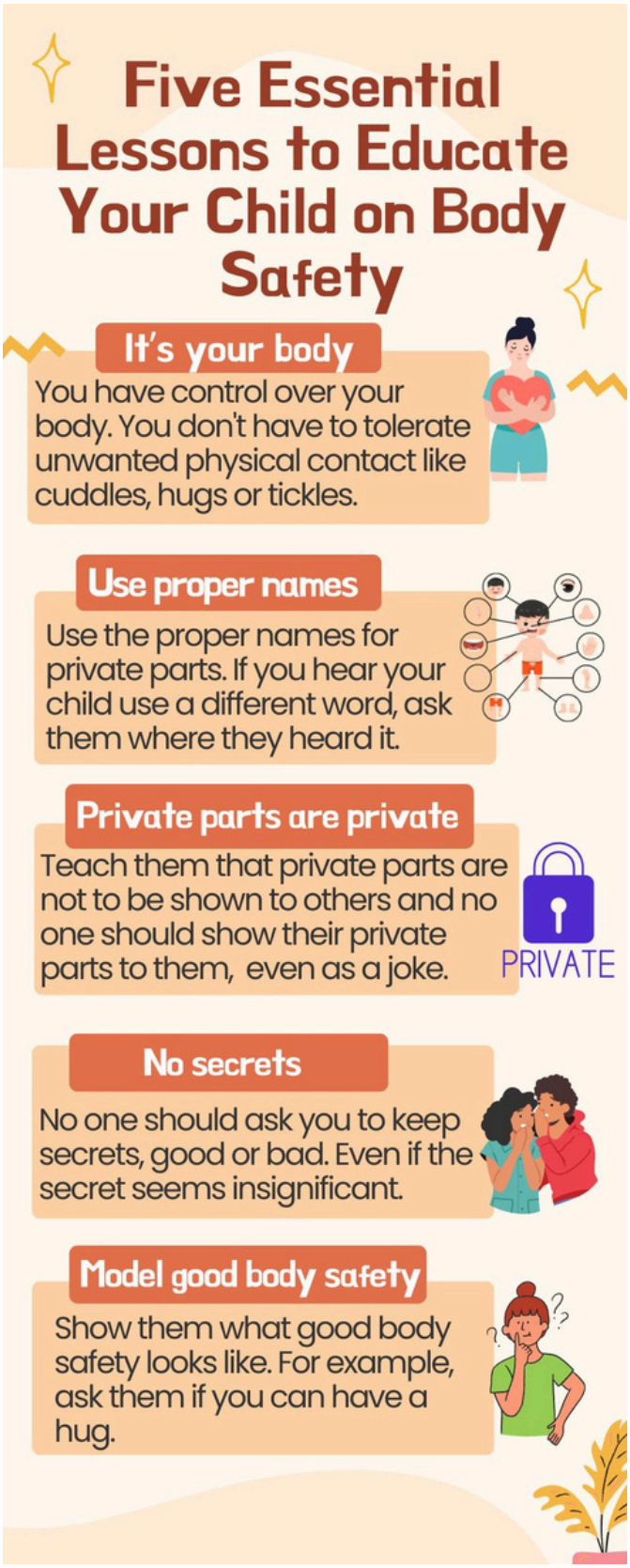
Body safety- how to make children aware

A parent's top priority is ensuring the safety of their children. Since it's impossible for parents to be with their children at all times, it is crucial to educate them on how to keep themselves safe. Teaching body safety from a young age is essential and the more you discuss it with your child, the better they will comprehend it. Engaging in these conversations during shared activities is an effective way to establish a strong connection.

Some examples are:

- whilst running a bath
- during a bedroom clean up
- when preparing dinner
- on a car journey
- when shopping in the supermarket
- walking the dog or walking to school

It is beneficial to identify moments to address real-life scenarios where personal space or boundaries were not respected. For instance, if you tickle your child without their consent, it serves as a suitable opportunity to emphasise the importance of seeking permission before engaging in such actions.



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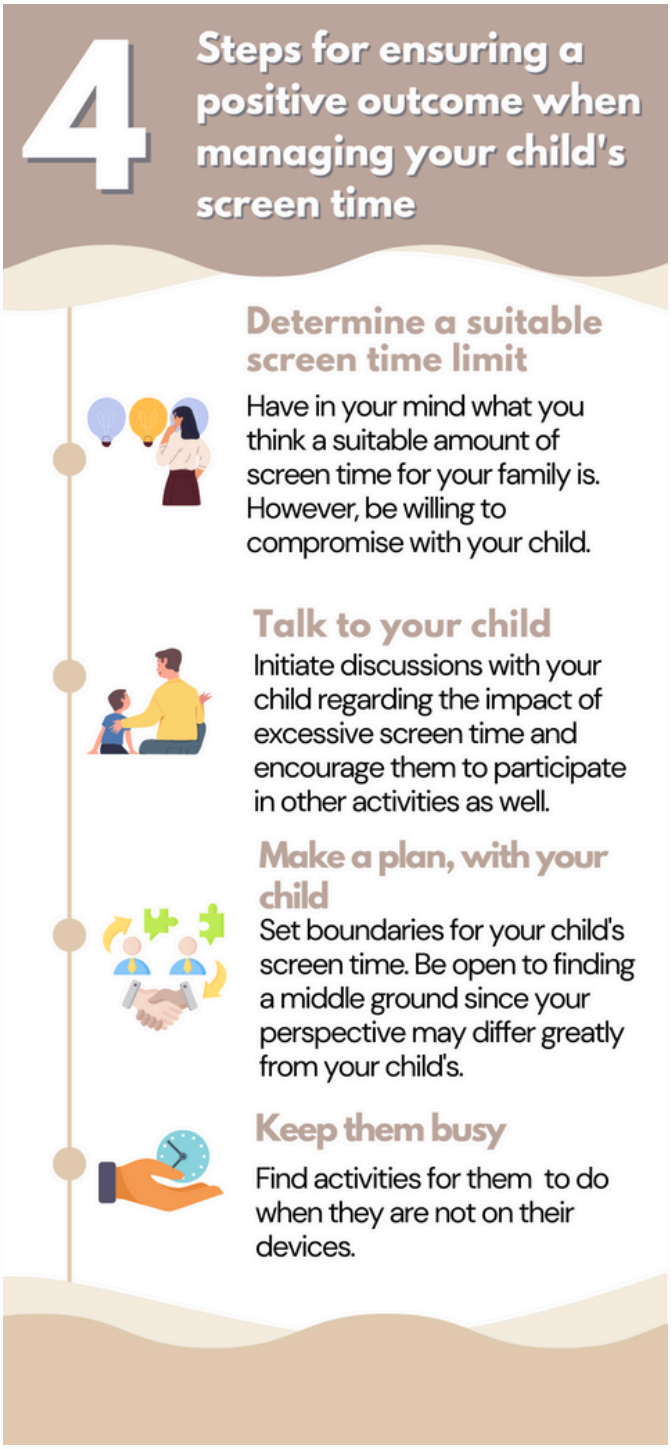

How to regulate screen time over the summer holiday

During school holidays, children enjoy a break from their regular schedules and rules, allowing for more flexibility. This may involve staying up later, sleeping in longer, extending curfews and increasing screen time or gaming. Some children may spend most of their day on screens or playing games, leaving little room for other activities. The six weeks of freedom can make it challenging to establish positive routines before the new term begins in September.

If you are exploring ways to limit your child's screen time without conflicts, these four steps could be helpful.

Initiating discussions with your child regarding screen time restrictions might appear challenging. You might worry about potential conflicts arising between you and your child. It is beneficial to begin with steps one and two well before the summer holiday begins. Starting conversations about the adverse effects of screen time now can pave the way for smoother discussions in the future.

Conversation starters:

- 'Have you seen the news report on the negative impact of too much screen time?'
- 'So you don't spend the whole summer on your phone/computer, what other activities shall we plan for you?'

Snapchat: 'For My Eyes Only'

Understanding 'For My Eyes Only'

For My Eyes Only (FMEO) serves as a secure vault within Snapchat designated for saving messages and pictures privately. This feature protects the content, ensuring only those with the passcode can view it. Users need to set up the vault initially to allow content to be saved into FMEO; this means any content found there is intentionally added. Accessing FMEO is possible through the 'memories' section of Snapchat.

What Risks Does FMEO Pose?

Setting up FMEO indicates that users have content they prefer to keep hidden. This implies that any inappropriate messages or pictures could be stored there. It also means that, as a parent, you won't be able to monitor what your children are sending or receiving, or who they are communicating with.

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