

18 December 2022

Dear families

As we approach the Christmas holiday, I would like to share with you some resources and information to help keep your child safe over the break.

Christmas is often a time when children receive new devices that can access the internet. It is important that as a parent you have oversight of the use of these devices in order to ensure your child's safety online. The NSPCC advise that you do not allow your child to use social media platforms if they are underage as it can be difficult for children to discern safe use. Here is a reminder about the age limits for the most commonly used platforms:

Age 13: Tiktok, Snapchat, Instagram, Twitter, Pinterest, Yubo, ASKfm, Discord, Omegle

Age 16: WhatsApp

Age 17: Whisper, Tinder

Age 18: YouTube, WeChat, Kik, Flickr

Whichever social media platforms and devices your child uses, the NSPCC and Childnet recommend that you regularly check your child's phone and discuss with them how they are using it. Check they have set appropriate privacy settings. Ensure you and your child know how to report concerns and block other users.

Any inappropriate use of social media should be reported via the relevant app and if it is criminal behaviour, for example sharing nude or semi-nude images of children (even if this is to other children) this should be reported to the police.

The NSPCC's service for children and young people, Childline, has launched the 'Report Remove' tool with the Internet Watch Foundation (IWF) to help young people remove nude images of themselves from the internet. The Report Remove tool can be used by any young person under 18 to report a nude image or video of themselves that has appeared online. The IWF then review these reports, and work to have the content removed if it breaks the law. Search 'Report Remove' to access the tool online. It is very difficult to remove any trace of a video or image once shared so please ensure your child understands the impact this can have on their mental health.

Winter can be a dangerous time for children, with dark evenings and icy conditions. Please remind your child to stay in touch if they are out in the community in the evening, they should always ensure that you know where they are. Children can be tempted to play on frozen ponds, lakes and canals; please remind them to stay away.

We hope that everyone has a happy and enjoyable Christmas break, however we recognise that Christmas can be a difficult time for some families, adults and children alike. If your child is struggling with their mental health, they can access the following contacts for support:

CAMHS crisis line 24/7: 0808 196 3550 / 0151 293 3577

Childline 24/7: 0800 1111

Samaritans helpline 24/7: 116 123

Kooth text support 24/7: [Kooth.com](https://www.kooth.com)

Shout / YoungMinds text support 24/7: text 'shout' to 85258

Calm Harm app (support for self harm): [Calmharm.co.uk](https://calmharm.co.uk)

Winston's Wish (bereavement support): [helpmakesense.org](https://helpmakesense.org)



**Adult mental health support can be found at the following places:**

Samaritans helpline 24/7: 116 123

National Suicide Prevention Helpline UK 24/7: 0800 689 5652

Campaign Against Living Miserably (CALM) 5pm-midnight: 0800 58 58 58

NHS urgent mental health helpline Merseycare 24/7: 0800 145 6570

Finally, if you want to report any safeguarding concerns to the Academy over the holiday you can do this by emailing [safeguarding@dixonsfa.com](mailto:safeguarding@dixonsfa.com).

You can also report safeguarding concerns about a child to Liverpool Careline 24 hours a day on 0151 233 3700. In an emergency please call the appropriate service on 999.

Yours faithfully

A handwritten signature in black ink, appearing to be 'SK', with a long horizontal flourish extending to the right.

Sophia Kokosalakis  
Vice Principal – Designated Safeguarding Lead