

Welcome to our first Safeguarding Briefing of 2022/23 Academic year. The purpose is to provide you with information about safeguarding issues that may affect your child and ways to keep them safe during these unprecedented times.



The purpose of our Safeguarding Briefings is to provide you with information about safeguarding issues that may affect your child(ren) and to bring you the latest hints and tips to keep your child(ren) safe.

We are committed to working with all our parents/carers and students, to actively promote the safeguarding and welfare of all our students.

There is lots of information relating to safeguarding on our website should you wish to explore certain safeguarding themes in more detail.

I hope you find this briefing informative, if you have any questions, please do not hesitate to get in touch with member of the Safeguarding Team here at Tibshelf.

Our Safeguarding Team consists of:

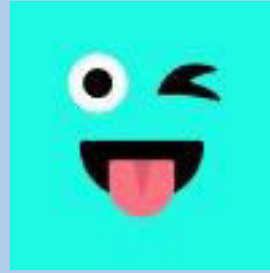
- Mrs L Wainwright, Headteacher
- Mr A Dennis, Chair of Governors
- Mrs L Crowder, Assistant Head
Designated Safeguarding Lead
- Mrs L Harrison, Assistant Head
Deputy Designated Safeguarding Lead
- Mrs J Riley, Intervention Team Manager
- Miss E Dunn, Welfare & Safeguarding Manager
- Miss A Grocutt, Welfare & Safeguarding Manager
- Mrs E Sinfield, Family Support and Safeguarding Manager
- Miss J Marshall, Medical Welfare Officer

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October 2022

Wink



What's It About?

WINK - MAKE NEW SNAP FRIENDS is a free social media app intended to help Snapchat users find new friends. Users create brief profiles that include a name, age, country, and gender, and they then choose who they'd like to meet based on the same criteria. Users under 17 aren't supposed to use the platform. However, if you chose an age between 13 and 17, your connections' age range is limited to the same range. Users can swipe left to pass and right to "like" another user's profile. If you and another user both swipe right on each other's profiles, you have the option to add each other as friends on Snapchat. Users get a limited number of swipes each day based on their current stash of "gems", the app's currency. You can earn gems by logging into the app daily, sharing about it on social media and sharing your friends' contact information.

Wink - make new snap friends

App review by Patricia Monticello Kievlan, Common Sense Media



Common Sense says

✓ age 17+ ★★☆☆☆ ⓘ

Swipe right to find strangers on Snapchat; not for kids.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

Wink continued...

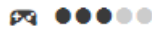
A Lot or a Little?

The parents' guide to what's in this app.

Educational Value

A+ Not present

Ease of Play



Violence & Scariness

Not present

Sex, Romance & Nudity



Language



Products & Purchases



Drinking, Drugs & Smoking



Is It Any Good?

While making new Snapchat friends sounds fairly innocent, there's not much to recommend this approach which is appearance-focused and leads to contact with strangers. Connections are based solely on an adult dating app swiping system, and there's no way to verify profile information: There's no official connection to the Snapchat app, so becoming friends with someone on Wink - make new snap friends might lead to a very different Snapchat profile than you might expect. People creating profiles aren't required to share photos directly from their Snapchat account, so there's no guarantee that you're connecting with who you think you are. Users can misrepresent their age and location to give them access to more profiles. In fact, many accounts at the time of this review had captions stating that users were younger than they reported in their profile. Reporting or blocking a profile doesn't seem to work consistently, since blocked and reported posts resurfaced in the queue of swipeable profiles. And there are tons of profiles featuring nudity and profanity despite the app's community guidelines forbidding both. For seasoned Snapchat users and social media newcomers alike, Wink - make new snap friends doesn't lead to more connection, only complication -- and potentially creepy encounters.

What Parents Need to Know:

Parents need to know that Wink - make new snap friends is an app where users swipe left and right on images to find new friends on Snapchat. If you swipe right on a user's photo and they swipe right on yours, you can add each as friends. You get a limited number of swipes per day by spending "gems," which you can earn by checking in on the app daily, sharing your friends' contact information, and sharing about the app on social media. Users technically have to be 17 to use the service, but there's no age-verification process, and there's no verification process between Wink and Snapchat itself, so it's possible for a Wink profile to be misleading about who you're actually connecting with on Snapchat. Some user reviews have reported Wink profiles linked to so-called Premium Snapchat accounts that sell nude images and other pornography; while that's not the app's focus, misleading connections are definitely possible, making this app a poor choice for kids. Read the developer's [privacy policy](#) for details on how your (or your kids') information is collected, used, and shared and any choices you may have in the matter, and note that privacy policies and terms of service frequently change.

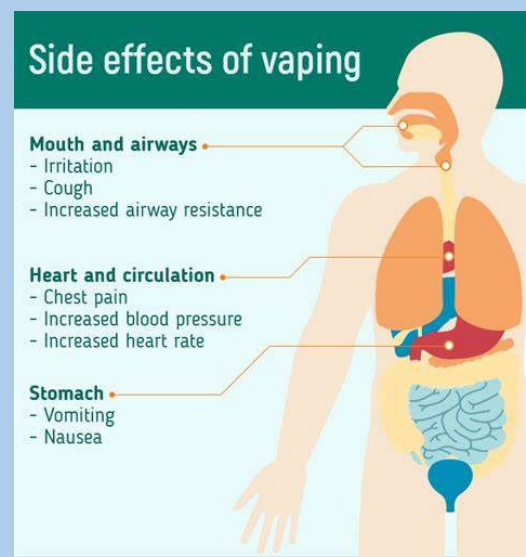
Vaping

Smoke Free Policy 2021

"At Tibshelf Community School we value the health and welfare of all who form our community as a key priority for all involved with its management, at whatever level. This policy refers to smoking as the use of both cigarettes and E-cigarettes (battery powered devices designed to replicate smoking behaviour without the use of tobacco. They turn nicotine, flavour and other chemicals into a vapour that is inhaled by the user. The exhaled vapour can be seen, and some products also have a light at the tip which illuminates when the user inhales). It is important that our policy and approach to smoking should actively reflect and support our goals for effective and lasting drug education. Therefore, this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them. Smoking has been proved detrimental to health, and second-hand smoking (breathing in other people's tobacco smoke) has also been shown to cause cancers, heart, and respiratory disease in non-smokers."

Within school we have seen an increase in students bringing prohibited items in such as e-cigs, e-cig liquids, and disposable e-cig bars. In regard to our Smoke Free policy, we would like to send a clear message that these items are not to be brought onto the school site. In line with our Search and Confiscation Policy, we have the rights to carry out checks and seize any unprohibited item, which we may pass onto the Police.

We have noticed that students bringing these items into school seem to be uninformed around the potential health risks that vaping can cause and instead using them to what they think are 'stress relievers'. However in fact as stated by the NHS, e-cigs were originally developed for the use of adults to help them stop smoking.



Vaping cont...

What are the risks?

E-cigarettes are still a relatively new product and as such evidence is still emerging about their effectiveness.

Some e-cig liquids contain substances that are illegal for under 18's such as Nicotine and CBD.

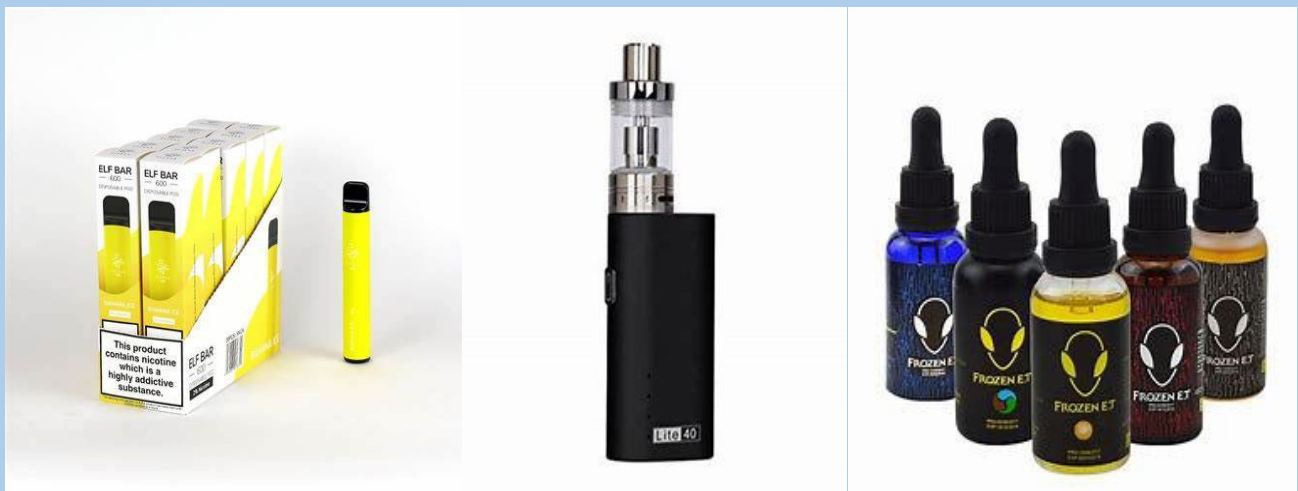
It is against the law for retailers to sell these products to a person under the age of 18. It is also illegal for any adult to buy these items for a person under the age of 18.

Help and Support

Our School Nurse Team (NHS) are able to offer students support around 'stopping smoking' or alternatively support can be found through the Live Life Better

Derbyshire website: www.livelifebetterderbyshire.org.uk

These items below are prohibited in school.



Sleep Hygiene

Information from <https://teensleephub.org.uk/>



Why doesn't my teen sleep?

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

The Teen Sleep Hub has been kindly funded by the National Lottery Community Fund and Coronavirus Mental Health Response Fund (administered by the charity, Mind, in partnership with the Mental Health Consortia) who understand how important sleep is for good mental health.

For further support please contact a member of the Intervention Team on 01773 872391 or alternatively you can email intervention@tibshelf.derbyshire.sch.uk

The Top Tips

Here is a little information to help you understand your teens sleep and how you can help.

- 1. Emphasise the importance of sleep** and that it improves memory and performance. Teens need at least eight hours' sleep on school nights.
- 2. Encourage regular exercise** – 20 minutes three times a week will help.
- 3. Suggest they drink less caffeine** (in cola and energy drinks as well as tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
- 4. Point out that eating too much or too little close to bedtime – an over full or empty stomach – may prevent sleep onset**, or cause discomfort throughout the night.
- 5. Try and get your teen into a good bed routine** – suggest that doing the same things in the same order before going to sleep can help.
- 6. Avoid using electronic devices** (TVs, gaming machines and more importantly, tablets and smartphones) in the hour before bedtime. Blue light emitting from these gadgets stimulates the brain and may inhibit melatonin production – the hormone you need to sleep.
- 7. Eliminate electronic devices from the bedroom.** If this isn't possible, try to zone areas of the room for work, leisure and sleep.
- 8. Ensure a good sleep environment** – a room that is dark, cool, quiet, safe and comfortable.
- 9. Make sure your teenager has a comfortable bed.** It may be time to get a new one – and encourage him or her to choose it themselves.
- 10. Don't give teenagers hand-me-down beds.** A good rule of thumb: if the bed's no longer good for its first user it's not good enough for them either.

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.

Do you struggle to get your teen out of bed?

Ask them to call our National Sleep Helpline – or even call yourself for some advice on how to help. Open between **7pm and 9pm five days a week, Sunday to Thursday.**

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