



**HIGHSTED GRAMMAR SCHOOL**  
**SAFEGUARDING E-BULLETIN (22 SEPTEMBER 2016)**

Dear Parents / Carers,

**Re: The world changes. Children don't.**

We have received the following information from thinkyouknow.co.uk

Social media may have changed the way young people communicate but their curiosity about sex and relationships remains the same. Technology, flirtation, excitement and hormones are a powerful mix. This can make it harder for young people to think clearly about their actions or to consider the possible consequences. Research tells us that having a supportive parent or carer can make all the difference in helping a young person learn to stay safe, but talking to your child about sex, relationships and the internet can be daunting.

**What can you do?**

The first step is to find out more about what your child may encounter online. You might want to know why young people access online pornography<sup>1</sup> or send naked selfies<sup>2</sup>, and at what point you should be concerned.

Knowing the facts, understanding the risks, learning where to get help<sup>3</sup> and, most importantly, recognising young people's motivations can help you feel more confident in starting that all important ongoing conversation with your child.

Practical steps such as setting up parental controls<sup>4</sup> or changing privacy settings<sup>5</sup> for an app are important actions you can take to help keep your child safe. But remember, no control or filter alone can ever be guaranteed to protect your child.

The most important thing you can do to build your child's – and your own – confidence and resilience against online risk is to have open and ongoing conversations about relationships and sex with your child and to make sure they know that you will always give them calm and non-judgmental support.

For further advice, guidance and support tools, explore our parents site<sup>6</sup> to best support your child growing up online.

**You can access additional information and guidance by using the URL references below**

Please contact **Mr Daniel Quinn (Designated Safeguarding Lead)** directly if you have further questions/concerns.

---

<sup>1</sup> <https://www.thinkuknow.co.uk/parents/articles/Worried-about-your-child-and-online-porn/>

<sup>2</sup> <https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>

<sup>3</sup> <https://www.thinkuknow.co.uk/parents/Get-help/>

<sup>4</sup> <https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

<sup>5</sup> <https://www.thinkuknow.co.uk/parents/Support-tools/How-to-guides/>

<sup>6</sup> <https://www.thinkuknow.co.uk/parents/>