



WHAT'S IN THIS MONTH'S ISSUE:

- Device Boundaries
- Sleepover Safety

Spotlight on Safeguarding

Dear Parents / Carers,

Welcome to our June edition of our Safeguarding Newsletter. Firstly can we thank everyone who attended the session with Emma Mills before the half term holidays or the online session with Mrs Lawton on Monday. We hope that you found it informative.

As we move closer to the summer holidays, this edition of the newsletter focus' on Device Boundaries and Sleepover Safety.

4 WAYS TO SET TECHNOLOGY BOUNDARIES



PARENTAL CONTROLS

Set up controls on time, number of app purchases, download notifications etc before giving the device to kids



TIME LIMITS

Set up time limits, be sure to discuss and agree with the kid before doing this



CHECK IN

Have conversations about what kids are doing online



TECH BREAK

Create a no tech day. Use the time on the day to read, play cards, play flash cards or step outdoors.

DEVICE BOUNDARIES

In today's digital world, devices like tablets, smartphones, and laptops are part of everyday life - even for young children. Used well, they can offer learning opportunities, creativity, and connection. But without clear boundaries, children can be exposed to online risks, screen time struggles and content that isn't age appropriate.

Why boundaries matter?

Even at a young age, children are:

- Curious and impressionable, often unable to assess what's appropriate.
- At risk of viewing violent, sexual or disturbing content accidentally or through peers.
- Vulnerable to online contact from strangers.
- Prone to sleep disruption, anxiety and mood swings from too much screen time.

That's why clear and consistent boundaries are essential for both safety and healthy development.

Tips for conversation at home: Building trust and understanding.

Open, ongoing conversations are one of the most powerful safeguarding tools you have as a parent. When children feel safe talking to you about what they see and experience online, they are far less likely to be harmed by it - and much more likely to come to you for help when something goes wrong.

Explain to your child:

- That online spaces, like games and videos, aren't always made for children - even when they seem fun.
- That some people online pretend to be someone they're not and may try to trick or manipulate.
- That not all content is safe or real - boundaries help protect their brain, body and feelings.

Sleepover Safety

As your child grows, sleepovers often become a part of their social life. They're a great way for children to build friendships, practice independence and have fun in a new environment. However, while sleepovers are usually positive experiences, it's important to be mindful of the safeguarding considerations involved.



Before agreeing to a sleepover: What to consider:

1. Know the family well

- How well do you know the child's parents or caregivers?
- Are you comfortable with their values and parenting style?

2. Supervision and household dynamics

- Will an adult be present all evening, overnight and in the morning?
- Who else will be in the home? Are there older children or teenagers and how will they be supervised? Will there be any visiting adults?

3. Sleeping arrangements

- Where will the children sleep? In a shared room, separate rooms or communal space like a living room?
- Are the sleeping arrangements appropriate for your child's age and comfort levels?

4. Behaviour expectations and house rules

- What are the rules around bedtime, snacks, screen time and general behaviour?

Technology and internet safety

1. Access to devices

- Will children have access to phones, tablets or gaming consoles?
- Are parental controls in place?

2. Content Monitoring

- Are there clear limits on what children can watch or play?
- Will they be allowed to use social media, video apps (e.g. TikTok or YouTube) or messaging platforms?

3. Digital Boundaries

- Remind your child never to take or share pictures of themselves or others in private settings.

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact the Designated Safeguarding Lead (Mrs Claire Roper), or one of the Safe and Sound team. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

- **01925 443322**, press one and either say MASH or the name of their person you wish to speak to (if known)
- **Outside of office hours call on 01925 444400** if you believe the child is in immediate risk of harm, call 999.
- **If you believe a crime has been committed, contact the police on 101**

Tips4 Protecting Kids Sleepovers

Having sleepovers can be an exciting part of a child's upbringing. It is important to keep some things in mind to make sure your children are safe and well looked after while they are away from home. If you don't feel it will be safe leaving your child at the sleepover, make up an excuse and take your child home.

- 1.** Make sure you have the contact details of the caregiver.
- 2.** Ask the caregiver who the other adults and children are that will be staying over.
- 3.** Ask what activities are planned e.g. if there are movies, are they age appropriate?
- 4.** Have a safety plan with your child. Do they have a way of contacting you if they feel unsafe?

Child Matters
EDUCATING TO PREVENT CHILD ABUSE