

SAFER



SCHOOLS

February 2023

Welcome to February's newsletter which highlights key messages and advice and support for you and your family. Parents and Carers are reminded that this newsletter is for both Primary and Secondary school children, and therefore trust your judgement to share what you feel is relevant information for your family.

Safer Internet Day: 7th February 2023

For Safer Internet Day 2023, the **UK Safer Internet Centre** is organising celebrations and learning based around the theme: **'Want to talk about it? Making space for conversations about life online'**.

They are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive. To achieve this, Safer Internet UK are encouraging children and young people to share their own online experiences by creating a short video and posting it onto the Safer Internet virtual wall.

For more information and guidance on the video wall creations please follow this link: [safer-internet-day-video-wall](https://www.safer-internet-day-video-wall.com)



For additional support **UK Safer Internet Centre** have created free educational resources for children and young people aged between 3-18yrs. They include films, storybooks, games and quizzes all designed to allow children and young people to enjoy their time online whilst helping them to use the internet safely, responsibly and positively.

They have also included a parent/carers guide which has top tips to help demystify some of the issues young people may face whilst online.

Please follow these links to gain access to the resources:

- [resources-for-3-11s](#)
- [resources-for-11-19s](#)
- [parents-and-carers](#)



For more information on how you can get involved please follow this link: [saferinternet.org.uk/](https://www.saferinternet.org.uk/)

Play the Cyber Choice Challenge 2023



The National Crime Agency (NCA) is launching the **Cyber Choices Challenge 2023** which runs from **30th January to 26th February 2023**.

The challenge is aimed towards **11-18 year old students** to enable them to show off their gaming skills and make the right cyber choices to win! Competitors play as Astro the robot in this retro-style platform game. Collect coins and answer questions across different zones whilst avoiding obstacles like acid, spikes and fire. Oh and watch out for the lasers!!

Registration for the game is now open and can be found by following this link: [cyber-choices-challenge](#)

Call: 101
Telephone: 18001 101
Visit: [cambs.police.uk](https://www.cambs.police.uk)
Follow: CambsCops
Subscribe: [eCops.org.uk](https://www.eCops.org.uk)

#SaferCambs



Creating a safer
Cambridgeshire

Online Banter v's Online Bullying:

Help your child understand the difference

Children and young people communicate with each other online all the time, through texts, videos, or audio. Sometimes it can be difficult for them to understand the difference between a message being sent as a joke between friends or if it is with the intention of bullying and causing hurt.



For the recipient, the difference is clear, a joke (banter) is something that everyone understands and finds funny, and nobody feels targeted or unfairly singled out. This behaviour becomes bullying when the target does not find it funny, or it hurts their feelings. Some bullying can be unintentional but that does not make it okay. The hurt and pain caused is still real and what was meant as a joke may still be deeply upsetting or offensive.

As parents/carers you can help your child to recognise the difference between banter and bullying. The problem with online communication is that once the content is posted, it potentially remains hosted on the internet indefinitely, and it can travel across the web to large audiences very quickly. Therefore, it is important that children learn to recognise the difference between what is acceptable **banter (teasing or joking that is amusing and friendly)** and when this crosses the line into **bullying (repeated behaviour that causes physical or emotional harm)**.

What is Cyberbullying

Cyberbullying, or online bullying, can be defined as using the internet or technologies to deliberately and repeatedly upset someone else; it is often an extension of face-to-face bullying, where the internet provides an additional route to communicate and harass, often including larger audiences.

FRIENDLY BANTER - There is no intention to hurt and everyone knows the limits.

IGNORANT BANTER - Crosses the line with no intention of causing harm.

MALICIOUS BANTER - Done to humiliate a person, often in public. This is bullying.

For more information on how you can help your child recognise online bullying, please follow this link from childnet.com - [online-bullying/](https://www.childnet.com/online-bullying/)

Cyberbullying and the law

Although bullying in itself is not a specific criminal offence in the UK, it is important to bear in mind that some types of harassment or threatening behaviour or online communications can be a criminal offence, for example:

- [Protection from Harassment Act 1997](#) - covers threatening behaviour, harassment, and on or offline stalking.
- [Malicious Communications Act 1988](#) - it is an offence to send a communication with the intention of causing distress or anxiety.
- [Communications Act 2003](#) - it is an offence to send an electronic message that is grossly offensive or of an indecent, obscene or menacing character. It is also worth knowing that under **The Education and Inspections Act 2006**, teaching staff are allowed to confiscate items from pupils such as mobile phone.



Call: 101

Telephone: 18001 101

Visit: [cambs.police.uk](https://www.cambs.police.uk)

Follow: CambsCops

Subscribe: [eCops.org.uk](https://www.eCops.org.uk)

#SaferCambs



What is love?



February brings Valentine's day and this is the time that we will be thinking about love and relationships!! Therefore, we thought it would be a good opportunity to offer some guidance and advice for children and young people, to help them recognise what a **healthy relationship** looks like and to identify the danger signs of a **unhealthy relationship**.

The diagram below is called **The Relationship Spectrum** and it features on the website loveisrespect.org It explains that all relationships exist on a spectrum from **healthy** to **abusive**, with **unhealthy relationships** somewhere in the middle.

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Relationship abuse can be recognised in many different ways such as **emotional, physical or sexual abuse**. If this happens, it should be reported to the police. **THERE IS NO EXCUSE FOR ABUSE!!**

For further information and advice on how to keep your child safe and help them understand and recognise healthy relationships, please follow this link from the family lives website:
www.familylives.org.uk/advice/teenagers/sex/healthy-relationships

County Lines: Free training course for parents/carers

Apologies for the short notice however you maybe interested in attending this free course.

Would you like to understand more about county lines in Cambridgeshire? A free webinar for parents and carers is being chaired by an expert panel on **01st February 2023 at 19:00 hrs.**

Register here - <https://www.eventbrite.com/e/county-lines-in-cambridgeshire-free-parent-webinar-tickets-519167563157>
For more information, please view the flyer on the next page of this newsletter.

We would love to hear your feedback & comments.
You can contact the team via our email

SchoolsandCYP@cambs.police.uk

#SaferCambs



Call: 101
Telephone: 18001 101
Visit: cambs.police.uk
Follow: CambsCops
Subscribe: eCops.org.uk



Creating a safer
Cambridgeshire

Would you like to understand more about county lines in Cambridgeshire?

Join our panel of experts for a live webinar



Lindsay Dalton
CEO, Pace



Duncan Evans
National Lead for Child
Exploitation
National County Lines
Coordination Centre



Sarah Pritchard
Barnardos

Free webinar for parents & carers

1st February 7.00 - 8.30pm

Do you know how to keep your child safe?

Do you know about county lines and child criminal exploitation?

Are you worried someone is taking advantage of your child, making them do something illegal?

- ✓ Learn what county lines and child criminal exploitation is
- ✓ Understand the signs that your child might be at risk or involved
- ✓ Learn how offenders groom and exploit children
- ✓ Understand what is happening in your area

Register parentwebinarcambs.eventbrite.com