

# Rothbury First School

## Safeguarding Newsletter

### March 2023



#### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads at Rothbury First School  
Mrs C Auld  
Mrs H Duffield

Our safeguarding governor is Diane Pringle

They can be contacted on 01669 620283 or via email

For further information on safeguarding at our school, please look on the safeguarding page on the school website.

[RFS Safeguarding](#)

#### COUNTY LINES

##### What does county lines mean?

County lines is a form of criminal exploitation. It is when criminals befriend children, either online or offline, and then manipulate them into drug dealing. The 'lines' refer to mobile phones that are used to control a young person who is delivering drugs, often to towns outside their home county.

##### Here are some things you might not know about county lines exploitation...

##### Children as young as seven are targeted

Young people aged 14-17 are most likely to be targeted by criminal groups but there are reports of seven year olds being groomed into county lines.

Primary school children are seen as easy targets because they're less likely to get caught. The grooming might start with them being asked to 'keep watch' but it soon escalates to them being forced to stash weapons, money, or become drug couriers.

##### County lines is EVERYWHERE

Just because county lines may not get the coverage of other societal issues, it doesn't mean it's a small problem. In fact, most police forces across the country have reported county lines activity in their area and they say the violence is getting worse. It's not just a 'big city' problem'. County lines is far reaching, with many smaller towns being affected.

#### SIGNS OF CHILD EXPLOITATION

##### Ask yourself, is a young person:

- Travelling alone, particularly in school hours, late at night or frequently?
- Looking lost or in unfamiliar surroundings?
- Anxious, frightened, angry or displaying other behaviours that make you worried about them?
- In possession of more than one phone?
- Carrying lots of cash?
- Potentially under the influence of drugs or alcohol?
- Being instructed or controlled by another individual?
- Accompanied by individuals who are older than them?

## What to do if you have concerns about county lines

The best advice is to trust your instincts. Even if someone isn't involved in county lines drug dealing, they may be being exploited in some other way, so it's always worth speaking out.

You can speak to your local police by dialling 101, or in an emergency 999.

If you would rather remain anonymous, you can contact the independent charity [Crimestoppers](#) on 0800 555 111.



### Some helpful tips from Northumbria Police

- Talk to your child and listen – you are looking for open, honest and non-judgemental communication without anger
- Encourage them to get involved in positive activities and to think about their future and employment
- Get involved in your child's school activities
- Know your child's friends and their families
- Always know where your child is and who they are with
- Help them to cope with pressure and how to deal with conflict without the use of violence
- Speak to them about the serious consequences of violent or illegal behaviour
- Help them to understand the dangers of being in a gang and find alternative constructive ways to use their time
- Keep lines of communication open
- Be aware of what your child is doing on the internet
- Look for ways of disciplining children that do not involve harshness, anger or violence
- Work with other parents and school to watch their behaviour
- Contact local voluntary organisations that provide mentoring and other support for young people
- Talk about your child's behaviour with their school and other parents.

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Thanks to the internet, there are now many ways for your children to watch TV, both the old fashioned way on a big screen and via the internet with on-demand programming. Restricting and controlling what your kids can watch is harder than ever, but with our help you can make TV safer for your kids and limit the amount that they can watch.

## How to manage what your children WATCH ON TV

### TRADITIONAL TV

Traditional TV covers programmes broadcast directly to your TV without having to use the internet. This is the standard way that most of us watch television programmes.

#### BROADCAST TV

Free-to-air broadcast television is delivered via an aerial or satellite to your TV directly or through a PVR that also handles recordings. Most modern TVs and PVRs sold in the last few years will have parental controls, which restrict the content available, requiring a PIN for unsuitable programmes. The exact settings vary by manufacturer, so check your TV or PVRs manual for full details. Parental locks work by checking the rating of a programme as it's broadcast. If a show is unrated or has an incorrect rating, some content may not be blocked.

#### SKY TV

The version of Sky that you have defines the options available to you. If you have a Sky+ HD box, you'll need to press the Services button and select Parental Control & PIN. From here, you can turn on the Family Setting, which gives you the option to remove Adult Channels and content, and requires a PIN to be entered to buy anything or for pre-watershed playback. More granular control allows you to block specific channels, either completely or only after 8pm, requiring a PIN to watch. You can also block programmes based on ratings, although this feature only works for programmes with correct ratings, so some shows may slip through. Sky Q owners have the more powerful Kids Safe Mode, which locks the system to show only kid-safe material. This includes locking the list of viewable channels and filtering recordings to only those suitable for children. Kids Safe Mode can be enabled either on the main box or on the Sky Q Mini boxes that you might have elsewhere in your home.

### INTERNET TV

There are plenty of ways to watch TV online, whether that's via the likes of iPlayer or with streaming video services, such as Netflix and Amazon Prime Instant video. Here, we'll show you how to control each.

#### AMAZON PRIME VIDEO

Amazon Prime Video has Parental Controls available in the Settings section of the Prime Video website. The settings let you set the age range of content that can be watched without entering a PIN: U, PG, 12, 15 and 18. Settings apply to all devices (bar the Xbox 360, Wii U and Fire TV, which have their own settings), but you can opt-out devices of your choosing in the settings. For example, you may not want to have any restrictions on your iPad, which only you use. PINs can also be used to block purchases.

#### NETFLIX

Netflix lets you create profiles for everyone in your house. On the Netflix home screen, if you select Manage Profiles, you can change each one to show different content, defined by age group. Children should be encouraged to use their profiles only, particularly as there's no way to PIN protect adult profiles. However, you can PIN-protect content globally, so if a child does use your profile, they're blocked from watching inappropriate content. Go to Netflix, select Account from the drop-down menu by your name and select Parental Controls. You'll be prompted to enter a PIN, but then can select which content is PIN protected by age range: Toddlers, Older Children, Teens and Adults. You can also PIN protect specific programmes by typing their name in, which could be handy if you feel a programme is unsuitable or a child has been watching it too much.

#### ON-DEMAND PLAYERS

If your children are watching content from on-demand services, such as BBC iPlayer or All 4, you can turn on parental controls for each via the main websites. Controls work across all devices signed into your account. Controls vary by platform. With BBC iPlayer, the parental lock requires a PIN for anything marked as requiring Guidance by the BBC. ITV Hub parental controls let you PIN protect for content with a G-rating (a guidance rating). For All 4, you can choose to protect programmes rated 16+ or 18+. If you use My5, you can set up a PIN to protect against anyone watching G-rated content. For UKTV Play, you can add a PIN to restrict content selecting one of two levels: all content that's rated 15+ or all content that's rated 18+.

## HOW CAN PARENTS MANAGE THEIR CHILDREN'S TV TIME?

Particularly with on-demand content, it can be hard to restrict how much viewing time a child has. However, you can restrict internet time with parental control software, restricting how much time a child can spend online, whether they're using the internet or watching TV shows. Parental control software will generally only work on laptops, computer, tablets and phones. However, if you have parental control software that runs on the router, you can manage other devices, such as a child's smart TV and games console, and restrict time usage on these, too.

**National Online Safety**  
#WakeUpWednesday

### Meet our expert

This guide has been written by David Ludlow. David has been a technology journalist for more than 20 years, covering everything from internet security to the latest computing trends and the smart home. A father of two (a nine-year-old and a six-year-old), he's had to control and manage how his children access



You may also be interested in our smart home devices guide!