

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

Hello again.

In this week's bulletin we have tried to cover a wide range of topics and appreciate that not all of these topics will be relevant for you or your child but we hope that you find some support from the information included.

If you have any question for our Safeguarding Team please email admin2@buckswood.co.uk

Best wishes to you all and stay safe and well.

Sussex Police Action Fraud scam watch

This week's scam and fraud warnings from Action Fraud:

Criminals target Snapchat users in extortion scam that threatens to reveal their private photos. Police have had over 300 reports since January. If you've been a victim of an extortion scam, report it to your local police force.

SCAM WARNING

Criminals target **Snapchat** users in **extortion scam** that threatens to reveal their private photos

Action Fraud has received over **300 reports** since January about Snapchat accounts being compromised as a result of users being tricked into handing over 2FA codes to criminals. In some cases, the victims are then extorted for money with the threat of having their private photos shared publicly.

- Don't respond to messages that ask for your login details or two-factor authentication (2FA) codes. These can be used to compromise your account.
- Use the report functions within Snapchat to flag spam messages, or accounts that may have been hacked.
- If you have been a victim of extortion, or attempted extortion, please report it to your local police force.



Watch out for HMRC tax refund scams

- Don't click on the links or attachments in suspicious emails, and never respond to messages that ask for your personal or financial details, including requests to send images that prove your identity.
- HMRC will **never** text, email or phone you to ask for bank details, PINs or passwords.

Learn more: actionfraud.police.uk/covid19

OFFICIAL



Police are also aware of scammers claiming to be from HMRC offering financial support as a result of coronavirus. If you receive a text, email or call claiming to be from HMRC that asks you to click on a link or give info such as your name, credit card or bank details, it's a scam.

How you can protect yourself from Coronavirus-related scams

There are some simple steps you can take that will protect you from the most common Coronavirus-related scams. Here's what need to do:

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1 - Watch out for scam messages

Your bank, or other official organisations, won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a credit card if you have one, other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

ThinkUKnow Live Streaming Support for Parents

ThinkUKnow have put together a video guide to help parents and carers to understand why children and young people enjoy live streaming platforms and what you can do to help keep them safe whilst using them. Please access the guide by clicking this link

https://www.thinkuknow.co.uk/parents/Support-tools/presentations-for-parents/?utm_source=Thinkuknow&utm_campaign=d422803b43-TUK_ONLINE_SAFETY_AT_HOME_16_06_20&utm_medium=email&utm_term=0_0b54505554-d422803b43-64718321

East Sussex Fire and Rescue Service – Water Safety



Drowning in the UK accounts for more accidental fatalities than fire deaths in the home or cycling deaths on the road. On average 400 people drown in the UK every year, that equates to one person every 20 hours, it is the third most common cause of death amongst young people aged 10-18. Evidence shows that 44% of drowning fatalities happen to people who had no intention of entering the water. This is a stark

reminder that it isn't just traditional water users who get into danger. Fatalities rise markedly from mid to late teens and throughout the 20's.

East Sussex Fire and Rescue Service have put together this free resource for parents to use at home to educate your child on Water Safety issues. To access this resource please click this link <https://rnli.org/youth-education/water-safety-from-home>

East Sussex Library Service

Did you know that your child can join East Sussex Libraries online and have their library cards posted to them? They will get a temporary membership number to use until their cards arrive, so they can start using the fantastic online resources straight away. They will have access to over 7,000 ebooks and audio book to choose from. We know that many of

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our young people may need support with coping with the current situation. The Library has a special self-help collection of books focusing on mental wellbeing.

(<https://eastsussexlibrary.overdrive.com/library/teens/collection/30971>)

East Sussex Libraries also have a large range of magazines and newspapers too for those young people who enjoy magazines.

<https://www.eastsussex.gov.uk/libraries/online/emagazines-and-newspapers/>

ChildLine – Coping with World News

With all the current press around the COVID 19 Pandemic and the more recent Black Lives Matter protests ChildLine have updated their information for young people to help them understand the news in the world and supporting their reactions to it. To access this website please click here

<https://www.childline.org.uk/get-involved/articles/coping-with-world-news/>



Learning Disability Week - Mencap

This week is Learning Disability Week 2020. The theme of the week is the importance of friendship during lockdown. Due to the Coronavirus pandemic we have all been living in lockdown. This means that many people with a learning disability are feeling isolated, as they have been unable to see their friends and families.

For more information and to find out how you can take part in this week, please click here to access the Mencap page.

<https://www.mencap.org.uk/get-involved/learning-disability-week-2020#:~:text=Learning%20Disability%20Week%202020%20will%20take%20place%20online%20from%2015,importance%20of%20friendships%20during%20lockdown.&text=This%20means%20that%20many%20people,see%20their%20friends%20and%20families.>

RSE Day – 25th June 2020



RSE Day on 25 June 2020 is a day to celebrate Relationships and Sex Education that promotes the wellbeing of children and young people.

Parents and carers have an important role to play in teaching children and young people about healthy relationships and positive sexual health. RSE Day highlights that RSE is the responsibility of all.

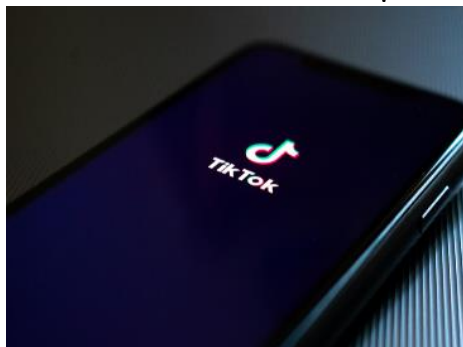
A leaflet for parents and carers has been produced with 10 ideas for Parents and Carers to make the most of RSE Day with your young people at home.

The link to this booklet is attached here

https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/10%20ideas%20for%20RSE%20Day%202020%20-%20parents%20%26%20carers_0.pdf

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Parent Zone Tik Tok – What parents need to know



Since its launch in 2018, TikTok has enjoyed a dramatic rise to become one of the most popular social media apps on the planet – but is it safe for children? Here's everything parents and carers need to know about it.

https://parentinfo.org/article/tiktok-what-parents-need-to-know?utm_source=Parent+Zone+Newsletter&utm_campaign=2b90870d46-EMAIL_CAMPAIGN_2020_06_12_12_51&utm_medium=email&utm_term=0_1ee27d9000-2b90870d46-179247841