

# SAFEGUARDING

*Park Hill Junior School November 2024*



## HEALTHY RELATIONSHIPS

*A healthy relationship is one where a young person is respected and feels valued for who they are. They can openly share their thoughts and feelings and feel supported and encouraged. Healthy relationships include: good communication, mutual respect, trust, honesty, equality, being yourself. Children are taught about healthy relationships through our Personal, Social, Health Education lessons using **Jigsaw**, as well as through our school values and theme weeks such as **Anti-Bullying Week - Choose Respect**.*

## FIRE SAFETY

*As part of our safeguarding curriculum, Year 5 recently participated in workshops with London Fire Brigade. They learned about fire prevention, fire detection and escape.*

*At school we practise our fire drill regularly so that children know how to exit the building safely and quickly. Click [here](#) for resources and videos from London Fire Brigade for you and your family to learn about fire safety.*



# Check



Check  
and chat

## SCREEN TIME

*Check out [internetmatters.org](https://www.internetmatters.org) for helpful tips on keeping children safe online. It can be overwhelming to figure out where to start with online safety so this **ABC checklist** may help.*

*A - Activate Parental Controls*

*B - Balance Screen Time*

*C - Check and Chat*

*If you are struggling to maintain a healthy balance of screen time as a family, click [here](#) for a handy guide to help with this.*

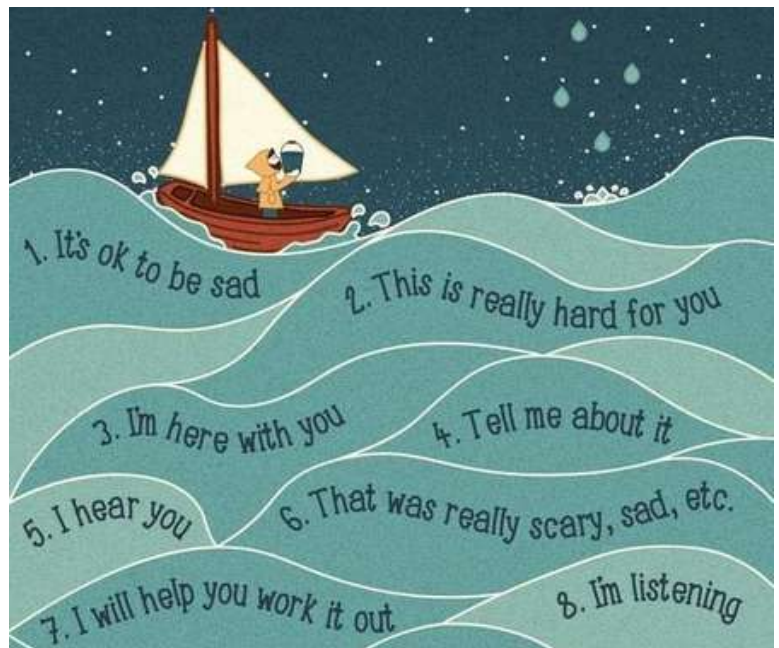
# AI CHATBOTS

AI chatbot apps now have millions of users making use of the platforms and there are **concerns about their safety for children**. The App store gives a **rating of 17+** for **Character AI** and **Talkie AI** but they are easily accessible and free to download with no proof of age. Learn what you can do to keep your child safe [here](#). We advise parents and carers to follow the ABC guidelines and speak to us if you have concerns so that we can help.



## CHILDREN'S MENTAL HEALTH

The **NSPCC** has a range of resources to support families and schools in keeping children safe. Recognising the signs that a child may be struggling with their mental health can be really hard. The NSPCC have advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm. Find more information [here](#), including signs to look out for and how to help your child. Please also talk to us if you are worried.



## SAFEGUARDING TEAM

Safeguarding our children is the most important part of school life. We have a duty to safeguard and promote the welfare of all children - their wellbeing is paramount.

Please click [here](#) to see further information about safeguarding on our school website.

If you have any concerns that a child may be suffering harm, please contact Miss Penn, Miss Waxer, Mrs Pratt, Mrs Cooper, Ms Dempsey, Mrs Mann, Miss Colley or Miss Moores.

Safeguarding is **everyone's responsibility** and we thank you, our school community, for working in partnership with us.

