



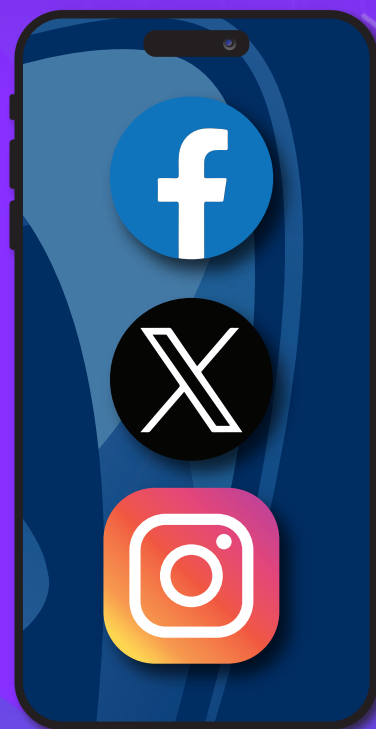
"Be The Best You Can Be"

Safeguarding Newsletter

2025/26

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Online Safety

Parental Control guides- New phone, tablet or gaming device for Christmas? Find step-by-step guides and learn how to activate parental controls to manage children's devices, apps, and platforms to give them safer online experiences. [Internetmatters.org.uk](https://www.internetmatters.org.uk)

What can parents do?

To help parents at what is an incredibly busy time of the year, Internet Matters has a handy solution in My Family's Digital Toolkit – offering personalised online safety advice, to give parents everything they need to keep their child safe. In addition to providing advice for a range of common online safety concerns, the toolkit lets parents customise their answers depending on their child's age, and the apps and devices they use.

The Toolkit covers all aspects of a child's online life including gaming, social media, watching videos and even ways to develop new skills. By simply answering eight questions, parents can get ahead of the festive season and put measures in place to keep their children safe when they may have less time to think about it.



How to start your parental controls activation

- 1 Start with broadband controls**
– your home's first line of defence. Set up controls on your broadband to filter inappropriate content across all devices connected to your Wi-Fi.
- 2 Protect the devices they use** – including tablets, smartphones, and gaming consoles. Activate device-level controls to manage screen time and app access.
- 3 Add extra protection on the apps they love** – many apps, games, and streaming services have built-in parental controls. Turn these on to manage what they can see and do.

Instagram introduced a new feature designed specifically for teenagers: the Teen Account. This new account type aims to create a safer, more controlled environment for teens on Instagram, offering parents greater peace of mind about their children's safety while using the platform.



Teen Accounts provide an added layer of protection to help safeguard children online, but they are not a guarantee against all online risks. They work best when combined with the active involvement and monitoring of parents. Think of them as a helpful tool to support, not replace, your role in keeping your child safe online.

Built-in protections to address parents' top concerns

We developed Teen Accounts with parents and teens in mind. The new Teen Account protections are designed to address parents' biggest concerns, including who their teens are talking to online, the content they're seeing and whether their time is being well spent. These protections are turned on automatically, and parents decide if teens under 16 can change any of these settings to be less strict:

- **Private accounts:** With default private accounts, teens need to accept new followers and people who don't follow them can't see their content or interact with them. This applies to all teens under 16 (including those already on Instagram and those signing up) and teens under 18 when they sign up for the app.
- **Messaging restrictions:** Teens will be placed in the strictest messaging settings, so they can only be messaged by people they follow or are already connected to.
- **Sensitive content restrictions:** Teens will automatically be placed into the most restrictive setting of our [sensitive content control](#), which limits the type of sensitive content (such as content that shows people fighting or promotes cosmetic procedures) teens see in places like Explore and Reels.
- **Limited interactions:** Teens can only be tagged or mentioned by people they follow. We'll also automatically turn on the most restrictive version of our anti-bullying feature, [Hidden Words](#), so that offensive words and phrases will be filtered out of teens' comments and DM requests.
- **Time limit reminders:** Teens will get notifications telling them to leave the app after 60 minutes each day.
- **Sleep mode enabled:** Sleep mode will be turned on between 10 PM and 7 AM, which will mute notifications overnight and send auto-replies to DMs.

Helpful Tips

HOW as a parent CAN I KEEP TEENAGERS SAFE ONLINE?

1. Show an interest

Take an active interest in what your teenagers are doing while respecting their privacy

Ask them what they enjoy about being online and what they don't

2. Help them protect themselves and others

Ask your teenagers how they are protecting themselves online, specially from people they don't know offline

Remind teenagers of the risks of people trying to befriend you or asking for personal details

Never share full names or exact locations online or in apps

Discuss what to do if you teenagers wants to meet someone they met online

3. Remind them to stop and think before sharing
 - Don't post content immediately online
 - Advise them to walk away from their device and ask themselves: "Why am I sharing this information? Could it harm me or other people? Is it kind?" The rule of "if in doubt, leave it out" can be helpful here.
 - Talk to your teenager about the risks of asking for or sending certain kinds of photos
4. Discuss how to be smart online
 - Check the facts – not everything you see online is true, make sure to question what you see and find reliable sources of information.

RISKS ASSOCIATED WITH GAMING STREAMING SITES

1 Inappropriate content:

- bad language
- themes of violence, aggression, or crude humour
- adult discussions and images
- references to drugs and alcohol.

2 Unmonitored interactions and cyberbullying:

- chat features allow viewers to interact with streamers and users, risking exposure to inappropriate messages
- the prevalence of negative comments and trolling during streams.

3 Potential for grooming:

- predators use platforms to connect with and manipulate children
- some users may pose as friendly, asking personal questions that can lead to children inadvertently sharing private information.

4 THINGS PARENTS CAN DO TO PROTECT CHILDREN WHO USE GAMING STREAMING SITES.

1

SET BOUNDARIES

Limit screen time and ensure your child takes regular breaks.

2

DISCUSS ONLINE SAFETY

Discuss the importance of privacy and the fact that not everyone online is honest about their identity.

3

USE PARENTAL CONTROLS

Enable safety features and use monitoring software for risky interactions.

4

TALK OPENLY

Let your child know they can talk to you if they encounter anything that makes them uncomfortable.

This month we held an online parent safety session unfortunately it was not well attended. We do plan to run something similar in the future if you are interested in receiving the online presentation please request using the link below.

[Online Safety Parent/Carer Presentation – Fill in form](#)

Keeping Our Community Safe: A Message from PC Amy Tyler – Child Centred Policing Team

The Child Centred Policing Team works in partnership with schools and families to keep young people safe and prevent crime. One of our key priorities is promoting respect and tackling issues such as Violence against Women and Girls (VAWG) and anti-social behaviour.

Recently, we have received reports of catapults being used in public spaces. While these may appear to be toys, they can cause serious injuries and damage property when misused. This behaviour can escalate into anti-social behaviour, which impacts the whole community.

What is Anti-Social Behaviour?

Anti-social behaviour includes actions that cause harm, alarm, or distress to others. Examples include throwing objects, damaging property, or intimidating others. These behaviours can lead to police involvement and, in some cases, criminal consequences.

Why VAWG Matters

VAWG is any behaviour—physical, emotional, or online—that causes harm, fear, or intimidation towards women and girls. Disrespectful attitudes and harmful behaviours often start early, so it's vital we challenge them before they escalate.

How Parents Can Help:

- Talk to your child about the risks of using catapults and the importance of respecting others.
- Start conversations early about respect, consent, and healthy relationships.
- Encourage positive activities such as sports, clubs, or community projects.
- Monitor online activity and discuss kindness and safety online.
- Report concerns to the school or police if you notice dangerous or harmful behaviour.

Our aim is to work together to ensure young people make safe, positive choices. If you have any questions or concerns, please come and speak with me!

Wishing you and your families a very merry Christmas!

Kind regards,
PC Tyler

PC 30278 | Child Centred Policing Team – Swale
Swale Youth Knife Intervention SPOC | Family Liaison Officer

Food & Emergency Support – Faversham (Christmas Period)

Organisation	What They Help With	How to Access
Faversham Foodbank	3 days of emergency food (family-appropriate where possible)	Needs a voucher from Citizens Advice, school, GP, health visitor, or Faversham Umbrella
Citizens Advice Swale	Food bank vouchers, supermarket vouchers, fuel help, benefit advice	0808 208 2138 (free)
Faversham Umbrella	Food bank vouchers, warm space, community meals, signposting	01795 229143
Salvation Army (Faversham)	Crisis food help, Christmas support (varies)	Call or visit Court Street centre

Christmas-Specific Support for Parents & Children

Schools, churches, Salvation Army	Toys, gifts, gift vouchers	Often referral-based
Local churches & community groups	Christmas lunch or hot meals	Open to all, not just church members
Emergency grants	One-off financial help	Citizens Advice or Umbrella referral
Household Support Fund	Food, gas, electric, supermarket vouchers	Citizens Advice apply for you

The school have spent the last term covering a number of Personal Development sessions during special assemblies to ensure students are aware and able to understand various difficult subjects. Your child may wish to talk with you about the topics discussed. If you would like further information/resources please let me know via email sbeaumont@abbey-school-faversham.co.uk

Mental Health Support

For immediate assistance regarding mental health support and resources, please refer to the following organisations:

KOOTH: <https://www.kooth.com/>

Young Minds <https://www.youngminds.org.uk/>

SHOUT <https://giveusashout.org/> Text "SHOUT" to 85258 for 24/7 support

QWELL <https://www.qwell.io/> If you are an adult requiring mental health

Kent Resilience Hub <https://kentresiliencehub.org.uk/>

For support around domestic abuse

SATEDA <https://sateda.org/>

Refuge <https://www.refuge.org.uk/>

Oasis Domestic Abuse Service <https://www.oasisdaservice.org/>

For financial/ cost of living difficulties

Faversham Foodbank

Citizens Advice

For support with homelessness or housing issues

Porchlight <https://www.porchlight.org.uk/>

Shelter England <https://england.shelter.org.uk/>

If you have urgent child protection concern, contact: 03000 411111 or Kent Children Portal on the KCC website.



We would like to wish everyone a very happy Christmas and a happy New Year from all the Safeguarding team

Contact details for the safeguarding Team

Designated Safeguarding Lead nkamara@abbeyschoolfaversham.co.uk

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DDSL-ncrouch@abbeyschoolfaversham.co.uk

Safeguarding Officer Administrator

sbeaumont@abbeyschoolfaversham.co.uk



NO EXCUSE FOR ABUSE

At The Abbey School, we strive to create a **safe and secure** environment for the school community. Our school is a **welcoming and inclusive place** where we all show one another respect and look out for each other.

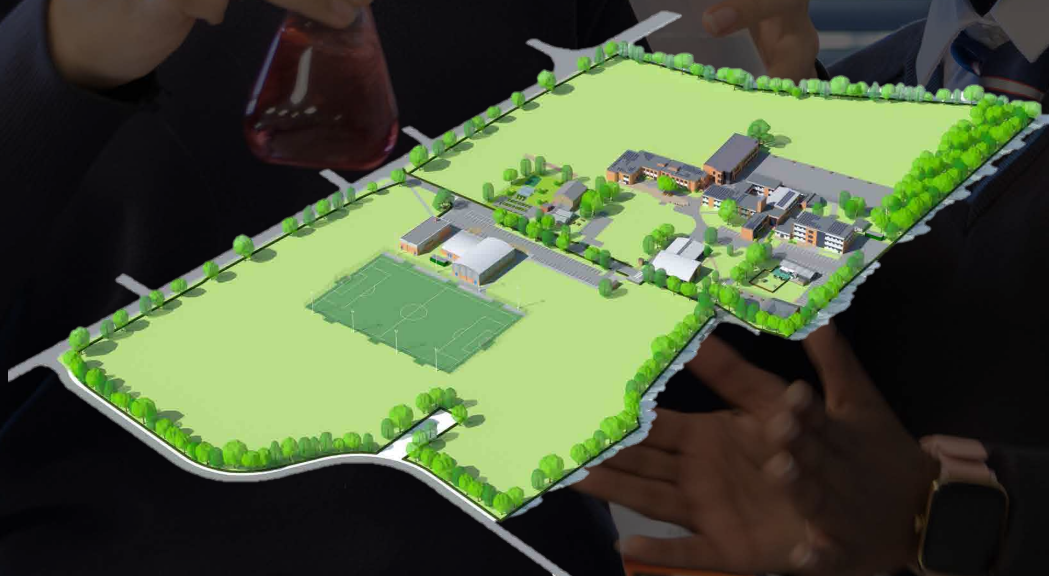
We will not tolerate any **threatening, abusive or violent** behaviour and action will be taken when necessary.





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“BE THE BEST YOU CAN BE”



The Abbey
School