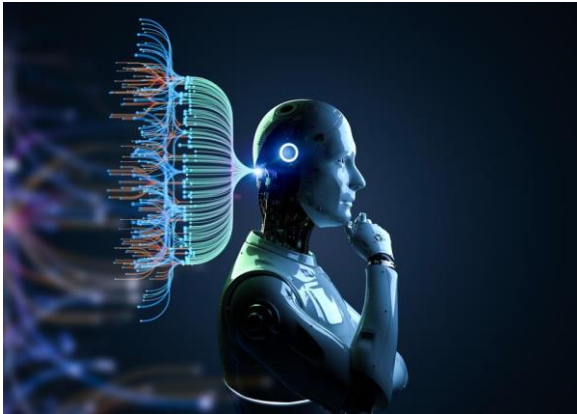




MAY 2024



ZEPETO

<https://www.internetmatters.org/hub/news-blogs/what-is-the-zepeto-app-what-parents-need-to-know/>

The ZEPETO app is a South Korean mobile chat app where users create and interact as 3D avatars in different worlds. Some of these worlds are chat-based while others are game-based, and users can decide on whether these worlds are public or for friends only. With similarities in interaction to platforms like Roblox and Minecraft, ZEPETO has taken steps into the metaverse.

5 tips to keep teens safe on ZEPETO

- **Have regular conversations:** ask your child about how they use the app; take an interest in what they enjoy. If they are comfortable to speak with you about the positive things, they might be more likely to come to you with concerns.
- **Set up privacy and security settings:** ZEPETO has some privacy and security settings that are useful. Limiting who can contact your teen can help improve their safety. Browsers, app stores and broadband also have parental controls you can set as well. However, for Android users, age controls may not be accurate.
- **Talk about in-app purchases:** To avoid accidental purchases of in-game currency or any future disagreements about acceptable spending in ZEPETO, discuss money management. Follow our guide to help.
- **Set time limits:** manage screen time by agreeing on when the app can be used and for how long. It could be good to get the whole family involved in balancing screen time in different ways.
- **Improve digital resilience:** In an app like ZEPETO where teens interact with strangers from all over the world, it's important they are confident about how to handle risky situations. Building up digital resilience can help them make positive choices online.





PARENTS PLUS Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

An 8 week course taking place every Tuesday
from 21st May – 16th July (excluding half term)

It will take place in Staple Hill Childrens Centre from 10-12.30pm
The course will be facilitated by Helen Davies and Sophie Smith
from Families Plus Team

For more information or to reserve your place, Schools to complete ART
form and email AccessandResponse@southglos.gov.uk

Parents to contact Compass Team through Access and Response on:
[01454 866000](tel:01454866000)


ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie



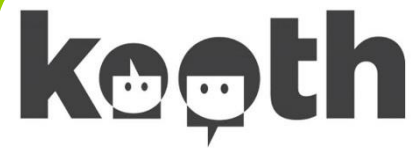
Safeguarding finding support



www.police.uk/streetsafe

For our latest HWA Safeguarding Newsletter go to:

<https://hanhamwoodsacademy.clf.uk/key-information/safeguarding-information-2/>



Kooth—Your online mental wellbeing community. Free, safe and anonymous support.

<https://www.kooth.com>



Childline—a free, private and confidential service where you can talk about anything.

<https://www.childline.org.uk>

YOUNG MINDS
fighting for young people's mental health

National charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.

Parents Helpline: 802 5544

Website: youngminds.org.uk

Young Minds Crisis Messenger Service for free 24/7 support across the UK if you are experiencing a mental health crisis.

Text YM to 85258.

shout
85258

here for you 24/7

Shout—Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

Text SHOUT to 85258



Off The Record—mental health social movement by and for young people aged 11–25.

<https://www.otrbristol.org.uk>



Mind—If you're struggling to cope, you're not alone.

<https://www.mind.org.uk/>

Place2Be—We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. In addition, we also offer expert training and professional qualifications.

<https://www.place2be.org.uk/>



HWA Safeguarding Team



Mrs. Tushingham
Assistant Principal
Designated
Safeguarding Lead
Mental Health Lead



Mrs. Hendra
Vice-Principal
Protected
Characteristics
Prevent



Miss. Dickson
Deputy DSL
Online Safety



Mr. O'Callaghan
Principal
Principal



Mrs. Thurston
KS4 Pastoral Leader
Attendance



Ms. West
Academy Counsellor



SAFEGUARDING TEAM Hanham Woods Academy

safeguarding@hwa.cf.uk
or TEXT us on 07749723552
3:00pm – 5:00pm Mon - Fri



www.kooth.com
Free online emotional &
mental health support.



Share a concern, anonymously.



Find the 'Speak Up!' tile on the student navigator.

