



DEER PARK

newsletter

FRIDAY 17TH JANUARY 2025

ISSUE 8

HEADTEACHERS HELLO



I HOPE YOU ALL HAD A RESTFUL AND ENJOYABLE BREAK. IT'S FANTASTIC TO BE BACK AND I'M LOOKING FORWARD TO AN EXCITING TERM AHEAD.

A HUGE THANK YOU TO ALL OF THE BUSINESSES AND ORGANISATIONS THAT HAVE COME IN TO TALK TO THE STUDENTS AT THE CAREERS FAIR. IT HAS BEEN A FANTASTIC OPPORTUNITY FOR OUR STUDENTS TO EXPLORE DIFFERENT CAREER PATHS AND GET INSPIRED FOR THEIR FUTURES.

I'M ALSO DELIGHTED TO ANNOUNCE THAT THE NEW OUTDOOR TABLE TENNIS TABLES ARE NOW READY FOR USE. I HAVE BEEN WELL AND TRULY BEATEN IN EVERY GAME THAT I'VE PLAYED AGAINST THE STUDENTS SO FAR! I KNOW THEY WILL BE A POPULAR ADDITION TO OUR OUTDOOR AREA AND PROVIDE STUDENTS WITH A FUN WAY TO STAY ACTIVE DURING BREAK AND LUNCHTIMES. FINALLY, REHEARSALS FOR DANCE LIVE ARE WELL UNDERWAY AND I'M INCREDIBLY IMPRESSED WITH THE TALENT AND DEDICATION OF OUR STUDENTS. I CAN'T WAIT TO SEE THE FINAL PERFORMANCE IN PORTSMOUTH, WHICH I KNOW WILL BE A REAL HIGHLIGHT OF THE TERM. HERE'S TO A HAPPY, HEALTHY AND SUCCESSFUL 2025!

BEST WISHES,
MR JONES

MEET MISS NIGHTINGALE



Hello I'm Miss Nightingale, the new Safeguarding Officer here at Deer Park. I have been working in schools since I graduated university almost 5 years ago now, and I am really passionate about supporting young people through the good and the bad moments of life. Outside of school I love reading and spending time at the beach, I also have two guinea pigs who I spend lots of time with.

I share an office with Mrs Fry (Family Support Worker) and our door is always open. I am really excited to start getting to know everyone here and get stuck into my new role, already I can see what a brilliant community we have here!





YEAR 7

Happy new year to you and your families. Hopefully you had some time to relax as a family and reflect on what has been an excellent start to life at Deer Park. I shared my own positive experiences with the group in last week's assembly and also my negative experiences from the break - namely that my car decided to break down on our way to visiting family! It reminded me that plans sometimes change and that how we adapt and embrace these 'road-blocks' is key...

The question / challenge I have set for the year group is whether they are able to maintain the great start they have made to a new chapter in their lives. We talked about focusing on the basics and continuing to demonstrate positive habits, inside and outside of the classroom. I look forward to seeing them accepting the challenge and going from strength to strength.

Kind regards,

Mr Parnell

YEAR 8

Happy New Year Team 2028! I hope you had an amazing Christmas break, and have recharged your batteries ready for the new term ahead.

This year will bring lots of exciting adventures, challenges and opportunities your way - I cannot wait to see you all getting involved in as many as possible! Our first reporting data for Year 8 is also well underway, and the feedback I am receiving from staff is phenomenal. Once we have completed our in-house checks on the data, it will be sent home, and you will be able to share your successes with those closest to you.

Please continue to be your amazing selves Team 2028, and show everyone what you are capable of achieving!

Kind wishes,

Mrs Wilson



YEAR 9

Happy New Year to all Year 9s and their families.

I always talk to the cohort about taking opportunities, and once again there is a huge amount on offer in 2025. By this point next year, the Year Group will be well over half way through their time at Deer Park. Alongside progressing in their GCSE courses, they will have had the opportunity to join the student leadership team, and things like work experience placements and college taster days will be just around the corner!

With this in mind, it has been wonderful to see the drive and positive mindset that so many students have come back with after Christmas. It's always great to walk into lessons and see excellent behaviour laying the foundation for learning in the classroom.

Keep up the great start to 2025,
Thanks,
Mr Gregory

YEAR 10

Happy New Year to all of Year 10 and your families, it's been great to see you all over the past two weeks.

A theme of our assemblies recently has been looking to the future, with many external speakers coming in to speak to the cohort about colleges, apprenticeships and work experience. This week we had a talk from Barton Peveril to add to the colleges who saw us before Christmas, and a common theme with all the presentations we have seen is for students to make informed choices about their futures. This time next year, students will be nearing their GCSE exams and many will have made choices about colleges and courses they would like to study - the list of options they have is endless; I'm constantly amazed by the different courses they have available to them! Over the next few weeks, I would encourage all of the Year group to get online and take a closer look at what all of the local colleges have to offer, and make a note of any Open Days/Evenings. The speaker we had this week encouraged students to sign up early as many of these will fill up quickly.

Outside of assemblies, we have had a strong start to 2025 in Year 10, and welcome Mrs Lewington to the tutor team as tutor to Roe.

Thanks,

Mr Smith



SUBJECT SPOTLIGHT: EDUCATION FOR LIFE



This term we move into our Living in the Wider World theme. Please see below for a brief outline of what each year group will be studying in their Education for Life lessons and Tutor sessions this half term:



YR 7 DEVELOPING SKILLS AND ASPIRATIONS

This topic encourages students to think about their futures and develops any ideas that they might have had already. Themes will include looking at Careers and the Future, goal setting, different transition points in someone's life and how these can be affected by external influences and taking account of personal qualities and skills that students already have.

YR 8 SETTING GOALS AND PATHWAYS

This topic is to develop thoughts towards next year and making sure that Pathways choices selected are the best suited to every individual.

Topics include thinking about exploring careers, making decisions about Key Stage 4 and thinking about the various subjects that are on offer.

YR 9 WHEN I GROW UP

'When I grow up' allows students to begin thinking about careers and life choices. Students will consider what they think they need to be happy and reflect on their dreams for the future. They will also explore the costs of moving out, possible jobs and skills required, and begin thinking about how to budget their money effectively. Linking to life in Modern Britain, students will also explore taxation and the upcoming U.K Budget. Finally, they will explore the positives and negatives of renting and buying a house.

YR 10 FINANCIAL DECISION MAKING

During this unit students will be exploring money issues that they are likely to come across over the next few years, such as understanding their first payslip, how to budget for things like driving lessons and holidays, and explore the positives and negatives of getting a loan.

CAREERS INFORMATION

INVESTIN | THE ULTIMATE WORK EXPERIENCE

Weekend Career Opportunities

Choose your career, maximise your potential



We're excited to share that our weekend programmes are now open for registration! This spring, we're running weekend programmes for students aged 15-18 with 15 exciting careers to choose from, such as medicine, architecture, investment banking, law and many more.

Our weekend programmes provide students with the perfect introduction to an industry, where they can meet top professionals, participate in interactive career simulations and build practical skills to prepare for their future career.

What's more, students will gain real-life experience as well as a personalised certificate to boost future university applications!

[View Programmes](#)

IN-PERSON



Taking place at UCL in London, our in-person programmes allow students to fully immerse themselves in the day in the life of a professional in London.

ONLINE



Our online programmes are delivered live by our industry experts. Nothing is pre-recorded and all our content is carefully curated to be interactive and engaging.

SPRING WEEKEND PROGRAMME DATES

9th March 2025 - London or Live Online

Doctor | Architect | Entrepreneur | Computer Scientist | Artist

16th March 2025 - London or Live Online

Lawyer | Dentist | Engineer | Filmmaker | Forensic Scientist

23rd March 2025 - London or Live Online

Banker | Psychologist | International Politics | Fashion Designer | Vet



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SAFEGUARDING RESOURCES

Moving forward, in each newsletter we will be sharing with you some safeguarding resources that we hope will be of some help. This weeks comes form The Lucy Faithfull Foundation. The full Traffic Light Guide can be found on the school website [here](#)



Contact us

Helping parents and carers understand the sexual behaviour of teenagers

This guide aims to help you understand the difference between expected teenage sexual exploration and behaviour that can harm others or themselves. It will also point you towards helpful responses.



Call our confidential helpline 0808 1000 900

For more information visit stopitnow.org.uk/helpline



Supporting your children during their teens

Understanding teenage sexual behaviour

The traffic light guide

Where to get more help and advice

Contact us

Supporting your children during their teens

Every child will develop in their own way. During their teenage years most children will go through puberty, start to have sexual feelings, form different types of relationships and look for sexual experiences. As a parent, it can feel uncomfortable to think about this and to know how to help.

Teens get information and ideas about sex and relationships from the media, social media and friends. Teens might find it too awkward or embarrassing to ask their parents questions and often go online to explore and express their sexual identities.

The internet helps young people socialise, make friends and learn, but it also exposes them to risks. Teens can feel pressured to share sexual pictures online, receive explicit messages from strangers and peers, or have sexual interactions through live streaming platforms.

Things to think about

- Teenagers develop at different rates and typically continue to grow in maturity into young adulthood. Young people are still learning how their words and actions affect others.
- Girls in particular often experience sexual harassment or bullying, including at school, when socialising, or online from strangers or peers.
- Young people who identify as LGBTQIA+ might also be at higher risk of online and offline sexual harassment.
- Young people with disabilities are more likely to experience higher levels of sexual harassment and abuse, both online and offline.
- It is a parent's role to support their children's development, including sexual development, and to keep them safe from harm. Part of this is to notice and challenge any abusive behaviour and the unhelpful attitudes that lead to this, for example victim blaming.



Next ▶

Call our confidential helpline 0808 1000 900

For more information visit stopitnow.org.uk/helpline

new year new mindset

*writing to you to wish you a year
full of bliss and good fortune -
Kez*

BY KEZIA SWAIN

Every year, as the fireworks announce the arrival of January 1st, me and my family gather round to open our annual jar. Throughout the year, if we had accomplishments we are proud of, days out we enjoyed, compliments we received or little things that made our day brighter, we write it on a slip of paper and put it in the jar. So as we enter the new year, we can read and be grateful for all the positive things we achieved and experienced in the last year. Cherishing the beauty of the year rather than listing off the bad and how we can eliminate them next year. Many of us are guilty of taking the same, idealistic angle to New Years resolutions, focusing on the negative aspects of our lives and vowing to change them by setting unrealistic goals. Goals which soar for a few, fleeting days then inevitably plummet as the impossibility of our fantasies dawns on us. However, a new year bears a new calendar, ready to have positive, achievable activities scrawled in the boxes. Why don't you start a jar with your loved ones or even a personal jar, just for you, so you can welcome the year with gratitude for what you have and not what you're lacking, to shape a fresh year with a positive mindset.

To restrain yourself from making empty resolutions, take a more pragmatic approach to your aspirations. Implementing subtle changes into your life will make you feel full-filled and productive. Experts say the 3 most important things you should try to maintain is something that boosts your **mind**, something that keeps you **active**, and something that benefits you **spiritually**. So rather than falling down the rabbit hole of mindless scrolling, why not enhance your vocabulary with a Sudoku game or language learning app? Perhaps to remain active, you could park just a little bit further from the shop or go on a short walk in your local area. Venture out into nature or spend some time with a close friend to nourish your wellbeing.

Embrace 2025 and revel in the euphoria of being alive in the moment, not stressing about days to come. You cannot control what life throws at you so enjoy the here and the now.



ANTI BULLYING AMBASSADORS



Congratulations to the Deer Park Anti-Bullying Ambassadors who have just been awarded the Inclusion badge by the Diana Award. This is for their hard work since becoming anti-bullying ambassadors where they have been busy delivering assemblies on bullying, working collaboratively with the anti-bullying ambassadors from Wildern to create a student friendly anti-bullying policy which is now used across the trust, producing a tutor session about Makaton and attending further LGBTQ+ training with the Diana Award. Well done!



All children have all these rights, no matter **2** who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.

THE GRANGE CARE HOME- KS3 DRAMA CLUB

The KS3 Drama Club recently visited The Grange Care Home to share their talents with the residents. The students performed a variety of short pieces, including dialogues, group performances, and poems, bringing smiles and laughter to the faces of everyone in attendance. The visit was a resounding success, demonstrating the positive impact that young people can have on their community. As a club, we aim to continue creating art that we can share with the community.



BABY NECESSITIES



This Christmas, we chose to support a wonderful charity based in Romsey Baby Necessities that assists families referred by health visitors, social workers and other professionals. To inspire our students, we welcomed Gillian Wilkins, who delivered an insightful assembly to year 7 about the charity's impactful work and how it supports families. Deer Park TV also filmed this assembly so that the other year groups during tutor time.



Throughout December, our students, parents and local community came together to donate over 450 essential items for families in need. Your kindness and generosity have made a real difference, and we cannot thank you enough for your incredible support. We have made a positive impact this Christmas to many families.

TEENAGE 3-IN-1 TEENAGE BOOSTER VACCINATIONS - YEAR 9

The School's Immunisation Team will be in school on Wednesday 29th January to deliver the Tetanus, diphtheria, Polio (3-in-1 booster) & Meningitis ACWY vaccines. You will have been sent an email to complete a consent form which will close 2 working days prior to the 29th January.

If you **DO NOT** wish your child to have the vaccine, please complete the form and let us know.

DEER PARK TV FOCUS GROUP VISIT TO THE UNIVERSITY OF WINCHESTER

Students from the Deer Park TV Focus Group were lucky enough to visit the University of Winchester Media Department at the beginning of term. They attended a talk given by Rob Ferrin (Programme Leader - Film Production, UoW), on all aspects of studying Film Production at the university, as well as what working on real productions is like. The students were then able to look around the facilities, including the podcast studio, media lab, sound/lighting equipment, film sets, and much more. It was a very inspiring visit for our budding filmmakers and producers!



HOUSE CHAMPIONSHIP



Here are the results from the House Championship Badminton tournament that took place just before the Christmas break. Well done to everyone that participated and supported!

House Badminton Monday 16th Results

	Year 7 (Girls/Boys Results Combined)	Year 8 (Girls/Boys Results Combined)
1ST	HART	DOE
2ND	FALLOW	JAVAN
3RD	DOE	ROE/ELK
4TH	ROE	FALLOW
5TH	ELK	HART
6TH	SIKA/JAVAN	SIKA



DEER PARK CHARITY QUIZ!

A huge thank you to everyone that came along and supported our first Deer Park Charity Christmas Quiz! It was a fantastic night filled with food, quizzing, musical performances and fun. A huge thank you to the RRC Student Focus Group for their hard work in organising the event.



PHYSICAL EDUCATION & SPORT UPDATE

CURRICULUM KS3

Please ensure students are preparing for their outdoor lessons with extra layers, gloves and Deer Park zip up jacket. Both year 7 & 8 are making positive steps towards their technical skills in football, supporting better outcomes in attack, which is this term's Year 7 assessment concept. Year 8 have enjoyed their table tennis broadening their net game knowledge, whereas year 7 have been looking at how gymnastics can support their athletic performances across a range of sports during their indoor lessons.

CURRICULUM KS4 CORE

Year 10 have made a positive start to their core PE journey in 2025. Our games groups have moved back inside to take on some competitive volleyball matches. Our lifestyle pathway is looking at their skills and knowledge in table tennis. The modern fitness pathway were excellent in their engagement and application of learning during their introduction to boxercise (see below).



CURRICULUM KS4 GCSE

Quick fire questions to support your child learning
Year 9 - Describe the pathway of air through the body
Year 10 - What are the recommended average calorie intakes for male and female?

PHYSICAL EDUCATION & SPORT UPDATE

FIXTURES & RESULTS



Year 7 Football v
St Georges - 7-7 -
M.Chuddy x5
Player of the
match!



Year 9 Badminton v
Swanmore - Our GCSE
boys and girls both
qualified for the county
event next month. Well
done!



Year 8 - Thursday 16th v
Woodlands - Loss

Year 9 - Wednesday 15th
v Bitterne Park. 3-0 Loss
against Bitterne Park.
Some fantastic defensive
displays. Player of the
game goes to Ciaran W
for numerous finger tip
saves!

Junior Girls - Thursday
16th v Bitterne Park - 2-2
Freya Yr7 x2

Eastleigh & Winchester Cross
Country Trials
Congratulations to our 4
qualifying runners for next months
county event; Amelia U, Lillian C,
Bella P (Year 8) & Isla A (Year 7)





Extra Curricular TIME TABLE

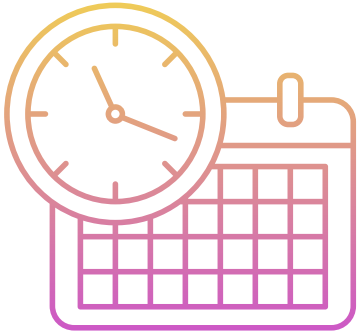
	Monday	Tuesday	Wednesday	Thursday	Friday
Break 1	Poetry (004)- Monday Week A Drama Club (KS3)	Get Active (SH) Year 7 Maths Drop-in (117 & 118) French Support Drop in (103/104/105) Gardening Club(Meet in AS)	Get Active (SH) Year 8 Dominoes Club (AS) French Support Drop in (103/104/105) KS4 Intervention (Maths/Science) (117) Ks4 History Support B week (110) Year 9 & 10 Art Catch-up (203)	Get Active (SH) Year 9 English Drop In - 007 (EJL)Year 10	Get Active (SH) Year 10 ICT Drop in (101 & 102)
Break 2		Global Affairs Club (108) IT and Coding Club (102) French Support Drop in (103/104/105) Chess club (114) Bronze Arts Award' Year 8's (121)	Debate Club (year 9/10) (003) Puzzle club (119) French Support Drop in (103/104/105) Boys Dance Company (Dance Studio) Ks4 History Support A week (110) Year 9 & 10 Art Catch-up (203)	ICT Drop in (101 & 102) Guitar ensemble (008 - all guitarists welcome!)	
After School	Badminton Girls Football (Astro) Rugby (Grass Pitches) Self study club (LRC) Flower Arranging - For Students and Staff Art Club (203)	Outlet Basketball Club External booking (paid sessions) Self study club (LRC) Percussion ensemble (008)	Boys Football (Astro) STEM Club (211) Dance Live (Dance Studio) Dance Live Crew (201) Book Club (002) History Film Club (109) WEEK A only Self study club (LRC) Fantasy Games club (LRC)	Netball (Courts) Dance Company (Dance Studio) Mathletes (118) Spanish Club (104) Deer Park Magazine (003) Self study club (LRC) Team Deer Park - Formula 24 Invite only (215)	Self study club (LRC)

TABLE TENNIS AT BREAK & LUNCHTIME



As part of our initiative to encourage healthy activities as frequently as possible, students can now hire table tennis bats and balls from the LRC with a signing in and out system.

UPCOMING DATES



Date	Activity	Year Group
Tuesday 21st January	Faraday Competition	Selected students
Thursday 23rd January	STEM Trip	Selected students from STEM Club
Wednesday 29th January	Dance Live!	Selected Students
Wednesday 29th January	Maths Challenge	Selected Students

TERM DATES FOR THIS ACADEMIC YEAR CAN BE FOUND [HERE](#)



Polite reminder: All meal deals are £3.20 and served at break 2. The daily limit to spend is £7.50 unless you have asked us to cap this. Hot food is also available at break 1. If you receive the FSM allowance of £3.20, this does not get reset from break 1 and is to be used across the day. If your child does fall into a negative balance a red slip will be issued at the office and a phone call home will be made to ask to top up the account. We can no longer allow purchases on overdrawn accounts. many thanks.

CAR PARK

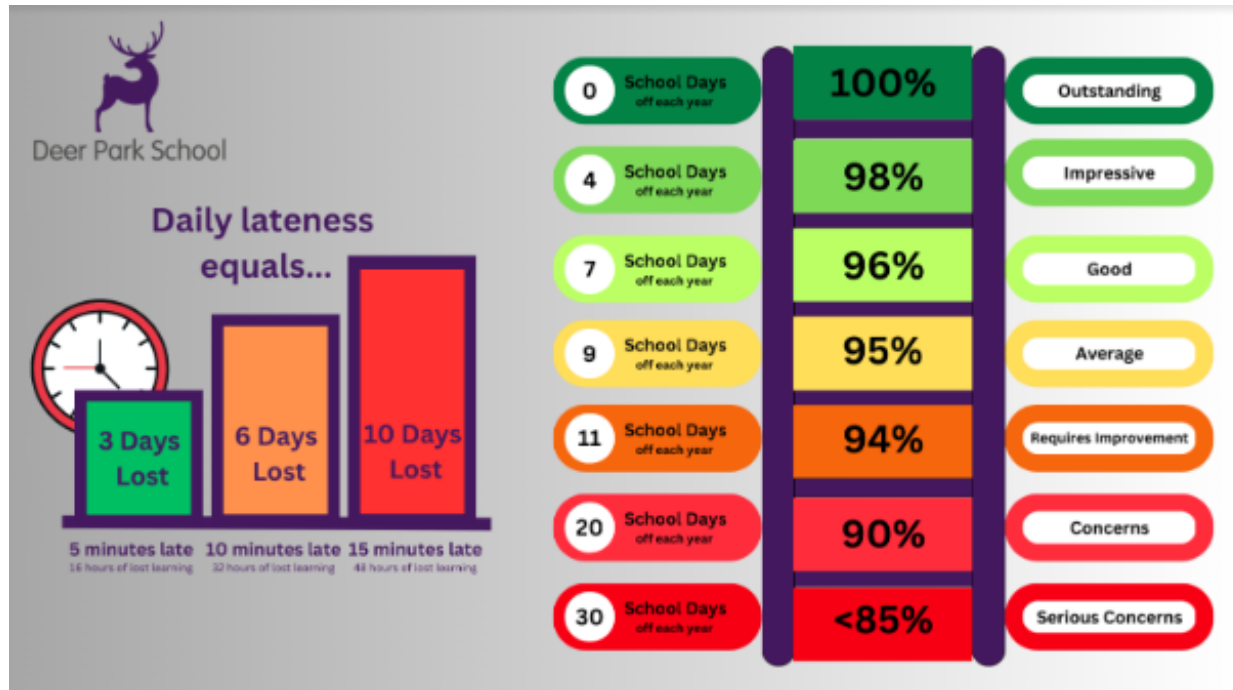
For the safety and security of all students and staff, please be reminded that the school car park is reserved exclusively for those who hold a valid car park pass or a Blue Badge . We kindly request that you do not use the car park for general drop-offs or collections (Unless you are collecting your child during the day for an appointment).

To ensure a smooth and safe drop-off and pick-up process, please utilize the designated drop-off points available on Sika Avenue.

Thank you for your cooperation and understanding in helping us maintain a secure environment for everyone.

ABSENCES

Please, where possible, could you contact us before 8.30am if your child is unable to attend school. Absences can be recorded via Edulink or by e-mailing absence@deeparksecondary.org. Alternatively please call the school on 01489 351100 and select option 1 to report your child absent.



HOLIDAY FORMS

If you need to request an authorised absence from school, for example for holidays, attending family funerals, etc Parents will now need to complete an online google form. This should make it easier for parents to complete. The link for the form is [here](#).

Lost Property

All lost property is kept in the Library (LRC). If your child(ren) has lost anything, please ask them to collect anything that belongs to them. Items will be kept for 3 weeks and then donated. Please help us to get items back to your child by clearly labeling items.

Thank you.



RAISE will be at this event to talk to anyone interested in becoming a Member/Trustee/Governor for the schools/Trust
Further Information can be found [here](#) and using this [link](#)

Eastleigh Volunteer Fair

Thursday 23 January 2025, 4-7pm

Wide Lane Sports Ground
Eastleigh, SO50 5PE



Discover the perfect role to donate your time and skills

Come learn about the hundreds of volunteering opportunities across Eastleigh including 25 amazing organisations showcasing their causes on the day.

Find out more at www.cfirst.org/events



What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

17 Expert

is an online safety consultant, educator who has developed and implemented cyber safety policies for schools. She has written academic papers and carried out research for government comparing internet use and sexting among young people in the UK, USA and Australia.



ACCESS TO INFORMATION



ACCESS TO INFORMATION