



Online Safety, Safeguarding and Wellbeing Bulletin



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Designated Ward Officer – Child and Young People - PC Mo Ahmed



BTG Safeguarding during weekends & School holidays:

If you have any concerns, please email us at the following address:

safeguarding@btg-secondary.lambeth.sch.uk but if it is an emergency call **999** or



0800 1111



0808 800 5000



Please visit our safeguarding page on the Bishop Thomas Grant Website for further support and guidance

<https://www.btg.ac/Information/Safe-Guarding/>



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*On behalf of the Safeguarding Team,
we would all like to wish you
a safe, peaceful, merry Christmas and
a very Happy New Year*



Conversation Starters

It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone

If you could start today again, what would you do differently?

How was your day?

What makes you feel safe?

What is your idea of a perfect day?

What's your favourite thing to do?

Who would you talk to if you were feeling worried?

What makes a good day for you?

Who would you talk to if you were feeling sad?

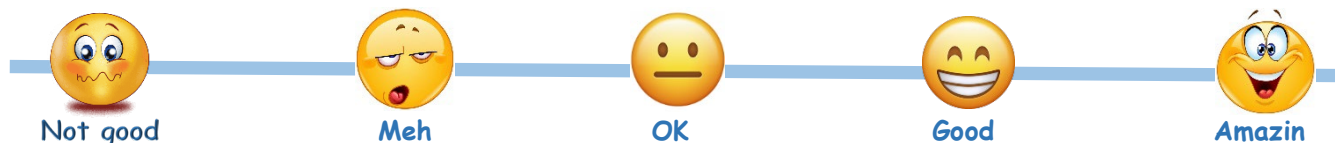
What is the best part of Christmas?

Tell me something new?

What do you do when you have a bad day?

What is good mental health to you?

How are you feeling today?



BTG does not allow mobile phones in school.

Department of Education: Mobile phones in school February 2024

Every school has a duty to create an environment that is calm, safe and free from distraction so all pupils, whatever their background, can learn and thrive. One of the greatest challenges facing schools is the presence of mobile phones. Today, by the age of 12, 97% of pupils own a mobile phone.

Mobile phones risk unnecessary distraction, disruption and diversion. One in three secondary school pupils report that mobile phones are used in most lessons without permission. This not only distracts the single pupil using the phone, but disrupts the lesson for a whole class, and diverts teachers' efforts away from learning.

We owe it to our children to do what we can to remove distractions and enable them to be fully present and engaged in the classroom. We also owe it to our pupils to keep them safe at school. One in five pupils have experienced bullying online. By removing mobile phones from the school day, we can create a safe space where pupils are protected from the risks and dangers associated with social media and cyber-bullying, as well as the peer pressure and possible stigma associated with owning what are often expensive devices.

This is why we are determined that all schools should prohibit the use of mobile phones throughout the school day – not only during lessons but break and lunchtimes as well.

Three in ten pupils cite making and maintaining friendships and their mental health as a cause of worry, anxiety or depression.⁴ By removing mobile phones, children and young people can spend more time staying active and socialising face to face with their peers, activities which have a positive impact on wellbeing.⁵ Schools can help children and young people develop these habits, which will in turn help them thrive outside of school.



Ward Officer for Child & Young Person

Designated Ward Officer – Child & Young person PC Mo Ahmed



It's better to hand items over than risk your own safety.

If you are ever in immediate danger, or if you see a robbery taking place, call 999 for an emergency response.

Victim of Robbery Although following crime prevention advice can really help reduce your chances of being robbed, it may still happen. It can be a frightening experience and leave you feeling worried. Never confront a thief – it's not worth risking your own safety for possessions that can be replaced.

- Fearless is the youth service of independent charity Crimestoppers. Fearless is 100% anonymous but they are unable to take reports from victims. It is a space for Children to give information anonymously.
- If you have been a victim of robbery, it's really important that you talk to a parent, guardian, an adult you trust, the Safeguarding Team or report it to the police
- If your mobile phone is stolen you must get it blocked by calling your Network Service Provider. If you need help to do this, ask your parent or guardian.
- Robbery or attempted robbery are serious crimes and should **be reported**. It's important you seek help straight away by dialing 999 from a friend's or trusted adults phone. This gives the Police the best chance to catch the suspects, recover any stolen property and ensure your safety. If you have returned home you should still report online www.met.police.uk or call 101.
- Whether you have a phone or not, **memorise** or keep a contact phone number (parent/carer/partner) in a separate place in your bag/zipped pocket in case of emergency.
- Victim Support have trained staff to support 0809168911 or www.victimsupport.org.uk/children-and-young-people

As we approach the festive season, we know many of you will be out shopping, celebrating, and preparing for time with loved ones. Unfortunately, this time of year also brings increased opportunities for crime. We are sharing some simple steps to help keep you safe.

Shopping Safety. *Keep bags zipped and wallets secure, especially in busy areas. *Be cautious when using your phone in public—distraction makes you a target. Record your IMEI number and make sure your device has a PIN number. *Avoid carrying large amounts of cash. Stay vigilant at Cashpoints, banks or post offices.

Know Emergency Contacts *Learn your address and phone number by heart *Memorize or have quick access to important phone numbers, such as parents, guardians, or a trusted adult. *Ensure you know how to contact emergency services (999 for urgent help). *Share your live location with a family member and/or trusted friend or use apps that have safety check-ins such as 'Findmyfriend'

Reporting Crime Reporting *The Met encourages the public to report anything unusual. If you see a fight, stay out of it and get help from the police or door security. *In an emergency, always call **999**. For non-emergencies or to report a crime online, call **101** or use the Met Police website. *If you are a victim or witness of a crime, free and confidential support is available via the [London Victim and Witness Service](#).

Personal Safety Advice. Staying Vigilant *Remain within a group when possible and stay in well-lit areas. *Avoid dark alleyways or unlit parks. **Avoid Talking to Strangers** *Do not engage in conversations with strangers or accept rides or gifts from people you don't know. *Always tell an adult /parent if someone you don't know approaches or tries to interact with you. *If you think someone is following you, cross the road or go to a place with a lot of people around, like a bus stop or shop **Planning Ahead** *Plan your journey home in advance. *If you take public transport, know your bus or train routes and where to get on and off. *If someone is bothering you on public transport, move to another seat and alert the driver or conductor if necessary.



This is important to remember – if you're threatened with violence, don't risk your personal safety. Property can be replaced, you can't.

Let's work together to make this a joyful and safe Christmas for everyone. If you need advice or want to speak to your local policing team, we're here to help.



Wellbeing during the Christmas Period



As the Christmas season approaches, it brings with it a mix of excitement, family time, and, for many, a much-needed break from school. However, the festive period can also come with challenges that may affect your child's mental health and wellbeing. At Bishop Thomas Grant School, we want to ensure that both you and your child feel supported during this time.

Here are some practical tips for helping your child look after their wellbeing this Christmas:

1. Maintain a Routine

While school routines pause, keeping a regular schedule at home is helpful. Encourage consistent sleep patterns, balanced meals, and a mix of activities like relaxation, play, and family time. A routine provides structure and reduces stress.

2. Stay Connected

Christmas can feel isolating for some. Help your child stay in touch with friends through virtual meet-ups or by writing letters. Staying connected reduces loneliness and helps them feel supported.

3. Manage Screen Time

With new gadgets and video games, screen time can easily spiral. Set healthy limits and encourage outdoor activities, reading, or family games to balance technology use and reduce stress.

4. Encourage Physical Activity

Physical activity is a great mood booster. Encourage outdoor activities like walking, cycling, or sports. Even short walks in the park can help reduce anxiety and improve sleep.

5. Talk Openly About Feelings

The festive season can bring a mix of emotions. Make sure your child knows they can talk to you about their feelings. Listen actively and validate their emotions, offering support for any concerns.

6. Limit Stressful Situations

Family gatherings can sometimes cause stress. Remind your child that it's okay to take breaks or not join every event. Help them focus on the positive and set boundaries for their own wellbeing.

7. Support Their Interests

Encourage your child to explore activities they enjoy - whether it's a hobby, creative project, or hanging out with friends. It helps them relax and feel a sense of accomplishment away from school pressure.

8. Be Mindful of Financial Stress

The holidays can bring financial strain. If your child worries about gifts, reassure them that Christmas is about togetherness, not material things. Encourage gratitude for simple joys.

9. Look Out for Signs of Distress

Watch for signs of anxiety or depression, such as withdrawal or mood changes. If you notice anything concerning, consider reaching out to a counsellor for guidance and support.

10. Enjoy the Moment

Encourage your child to be present and enjoy the holiday without worrying about school or other pressures. This break is a great opportunity to unwind and make meaningful memories.

If you have any concerns about your child's wellbeing during the Christmas holidays, please don't hesitate to contact the safeguarding team at Bishop Thomas Grant School. We are here to support both you and your child. Together, we can make this Christmas a time of joy, connection, and mental wellness.

Wishing you and your family a peaceful and joyful festive season!

The Safeguarding Team, Bishop Thomas Grant School

[Tips For Looking After Yourself At Christmas | YoungMinds](#)





Things to do in South London during the holidays



The festive season in London is magical, but we know that the holidays can also come with a budgetary strain. Fortunately, there are plenty of fun, free activities to enjoy in London that can help you make the most of this special time with your family, without breaking the bank.

Here are some great free things to do in London this Christmas:

Battersea Park Winter Wonderland

Battersea Park is beautifully decorated for Christmas. While the rides cost money, you can enjoy a peaceful walk, festive lights, and views of the river for free.

Southbank Centre Winter Market

Stroll along the Southbank, take in the Christmas lights, and soak up the festive atmosphere. The Christmas market is fun to browse, even if you're just window-shopping.

Christmas Lights at Clapham Common

Clapham Common is lovely to visit during the holidays. The park's lights and local Christmas tree displays make it a perfect spot for a relaxing winter walk.

Greenwich Christmas Markets & Lights

Explore the Greenwich Christmas Market and enjoy the seasonal decorations. The area is full of festive charm, and it's a lovely place to wander around.

Crystal Palace Park Winter Walks

Crystal Palace Park offers a great place for a winter walk. The park's dinosaur sculptures are a unique feature and fun to explore with the family.

Peckham Rye Park and Common

Peckham Rye Park is perfect for a quiet walk. Enjoy the park's scenic beauty and peaceful atmosphere, ideal for a family outing.

Tate Modern & Tate Britain

Both Tate galleries offer free entry. Tate Modern, near the Southbank, is popular for contemporary art, while Tate Britain features British art through the centuries.

Brockwell Park Christmas Markets

Brockwell Park hosts local Christmas markets, where you can enjoy arts and crafts. The festive decorations and park setting make for a pleasant outing.

Wimbledon Common Winter Walks

Wimbledon Common offers a calm winter escape. Take a stroll through the park and enjoy the peaceful surroundings.

Richmond Park Deer Spotting

Richmond Park is home to wild deer, and winter is a great time to see them. Enjoy a scenic walk and the tranquillity of this large park.



Free Events at Dulwich Picture Gallery

Dulwich Picture Gallery often offers free events or workshops during the holiday season. Check their schedule for special free entry days.

Free Carol Services at St. Paul's Cathedral

Although not in South London, St. Paul's Cathedral is easily accessible. Attend a free carol service and enjoy the Christmas spirit in this iconic setting.

Greenwich Park & Observatory

Greenwich Park offers stunning views of London and is perfect for a winter walk. While the Observatory has an entry fee, the park itself is free to explore.

Dulwich Village Christmas Markets

Dulwich Village has a festive market where you can browse local goods and enjoy the holiday atmosphere. It's a charming spot for a stroll.

South London's Christmas Window Displays

Many shops in Brixton, Dulwich, and Clapham put up beautiful Christmas window displays. Walk around these areas to take in the festive cheer for free.



The winter HAF programme is back and will be running from **22 December to 2 January**. As a reminder, parents can now book directly on Lambeth booking system, [Eequ](#). Parents can book up to **5 sessions from 17 November at 4pm**.

HAF

WINTER

Lambeth's Holiday Activities & Food

Dear Parent/Carer

I'm delighted to let you know that this winter Lambeth Council will be hosting our Holiday Activities and Food Programme.

We are partnering with local holiday club providers across the borough to provide an exciting programme of meals and activities for children and young people in our local communities. Free places are available for children between the ages of 4 and 16 years, who are eligible for benefits-related school meals.

The programme will run from **22 December to 2 January** and is designed to give local families on benefits-related free school meals access to free, healthy food and fun activities over the winter holidays. Each programme will provide:

- Free, healthy, and tasty food
- Fun physical activity sessions
- A wide range of other activities to suit different ages and personalities
- Opportunities to learn more about food and nutrition for children and families

You will be able to book up to 5 sessions per eligible child on our Eequ booking system from 17 November at 4pm.

To find out more scan the QR code or visit the web address below. I hope your family can take full advantage of the winter programme.

If you'd like to learn more about what Lambeth Council has on offer to support with the increased cost of living, such as food vouchers, free childcare and access to pre-loved school uniform, visit www.lambeth.gov.uk/costofliving.

Yours faithfully,

Councillor Ben Kind – Cabinet Member for Children, Families and Education



If you want to receive this copy translated in other languages or in easy read format, please contact communications@lambeth.gov.uk

lambeth.gov.uk/haf

A place we can
all call home


Lambeth



PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS 2025



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BELLA ITALIA

Children eat free Sunday - Thursday

BILLS

2 Kids Eat Free on Boxing day 2025

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

COCONUT TREE

Kids eat FREE from Fri 19th Dec - Sun 6th Jan 2026

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARSTONS PUBS

from 29th Dec - Jan 9th 2026 in selected locations

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

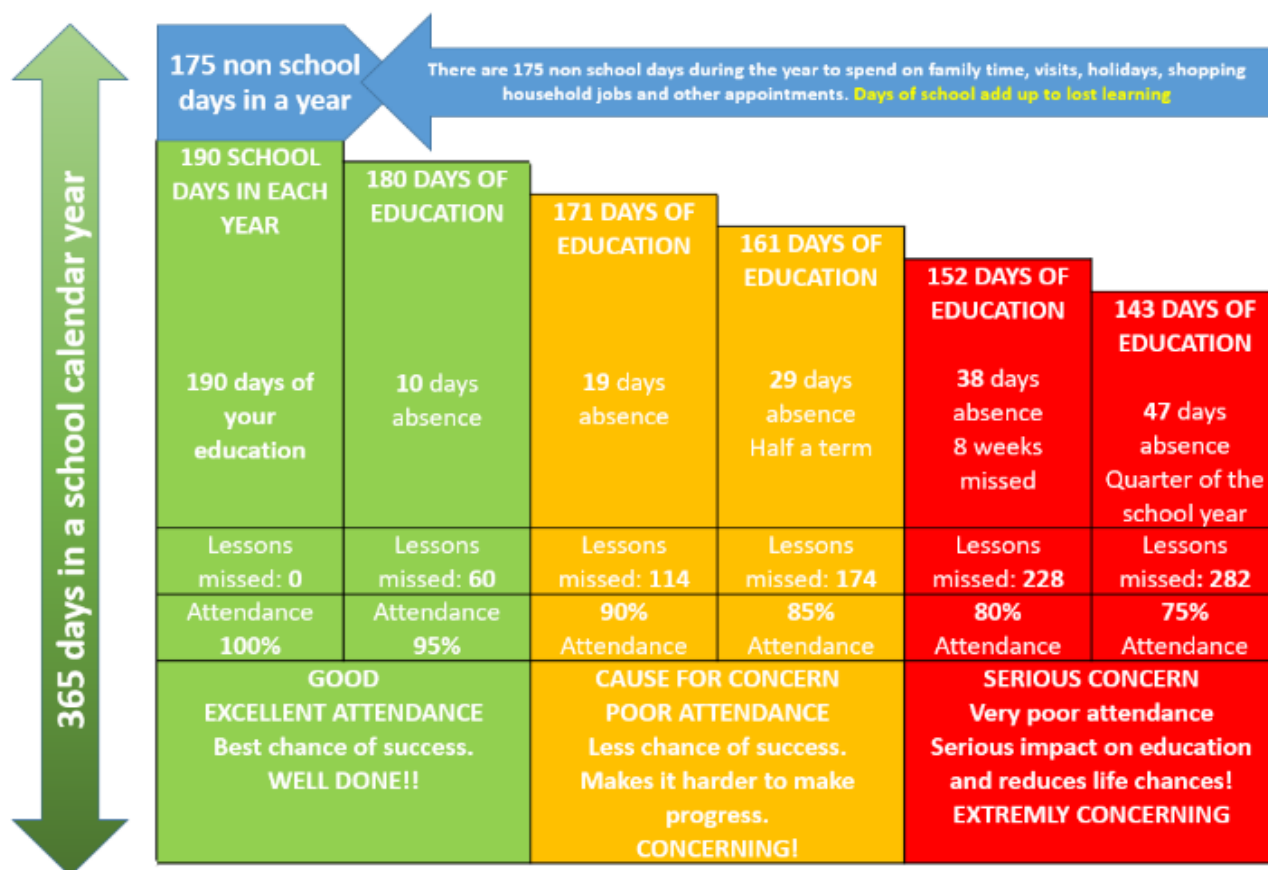
WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

Safeguarding → Attendance



Attendance is a safeguarding issue. The Government requires children to attend school for 190 days a year

<https://educationhub.blog.gov.uk/2024/02/29/fines-for-parents-for-taking-children-out-of-school-what-you-need-to-know/> .

School attendance Your child should attend school every day unless there is an unavoidable cause, like illness. Good school attendance gives your child the opportunity to success and helps develop skills for life. Missing school damage's a pupil's learning and their grades, disrupts routines and make's pupils vulnerable to crime.

If your child is off school Phone the Attendance Office as soon as possible on the morning of absence to give a reason. Make routine dentist and doctor appointments after school or during holidays. If you have to make an appointment during school time, help your child to be at school for most of the day and let the school know about the appointment. You will be asked for a medical certificate or appointment card. Holidays in term time are only authorised in exceptional circumstances.

How can you be sure parent fines are fair? Fines are a last resort, and parents will be offered support to help improve their child's attendance first. The vast majority of fines for unauthorised absence (89%) are issued for term time holidays. If your child is facing barriers to school attendance due to special education needs or disabilities (SEND), schools, local authorities and wider services are required to work together to provide the right support in the first place.

When Penalty Notices are used When the school agrees for your child to miss school in advance, or accepts your explanation, absence is 'authorised'. All other absence is 'unauthorised'. Penalty notices may be used where absence is unauthorised, for example: * A parent has taken their child on holiday during term time without authorisation, especially when this means pupils miss exams or GCSE's. * Pupils are regularly late for school after the register has closed. * A pupil has eight or more unauthorised absences within the previous 10 week period. * Enquires made at school after a truancy sweep show the pupil's absence at that time as unauthorised. * Non-medical or medical meetings which are not related to your child.

If attendance does not improve or there has been no engagement with any support plan, we will issue you a notice to improve your child's attendance. You will be given a fixed period to improve your child's absence. If attendance does not improve and there is an overall absence of 10 sessions (5 school days) over 10 weeks, a fine can be issued.

How much could I be fined if my child misses school? In the majority of cases, schools and local authorities will try and provide support to help you improve your child's attendance first, if this isn't effective or the absence is for unauthorised term time holiday, parents may face paying a fine. Under the new national framework, all schools will be required to consider a fine when a child has missed 10 or more sessions (5 days) for unauthorised reasons. From August 2024, the fine for school absences across the country will be **£80 if paid within 21 days, or £160 if paid within 28 days**. If you have already received Fixed Penalty Notice, a second FPN will result in an automatic £160 fine. If you received 2 fines within a 3-year rolling period, your child's school will have to consider a referral to the local authority for legal escalation, which could be a referral to the Magistrates Court under section 444 of the Education Act 1996, which could lead to a fine of up to £2500 and a possible 3-months custodial sentence. Money raised via fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.

Online Scams Awareness



Internet Matters have worked with Roblox and Ambitious about Autism to create new resources to support neurodivergent children who like playing games online, to help recognise and deal with scams.

Please feel free to pass this information onto your pupil's parents and carers, or share within your own newsletters.

Online safety support for neurodivergent children



Online scams like trust trades and fake giveaways can cause harm and upset to all children, but neurodivergent children are at greater risk of falling victim to scams.

Internet Matters have worked with Ambitious about Autism and Roblox to create new resources to help families with neurodivergent children learn and stay safe from scams within games.

There's a guide for parents, a video for children and young people, plus stories for families to read and discuss together to explore the risks, with practical actions for children to take to help stay protected.

Find all the resources [here](#).

**internet
matters.org**

Together,
we've got this.

Be scam smart

Protecting neurodivergent children from scams in online games

Learn about scams your child might come across in the games they play online and how you can prevent them from coming to harm.

Contents

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- ▶ [Types of scams in online games](#)
- ▶ [5 tips to protect your child from scams in games](#)
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- ▶ [Advice for families new to online gaming](#)
- ▶ [Scam safety checklist and top tips for Roblox](#)



Neurodivergent children are at greater risk of scams

Research shows that neurodivergent children typically spend more time playing online games than their neurotypical counterparts.

Coupled with other risk factors such as communication differences and increased impulse or hyperfocus behaviours, neurodivergent children are often at greater risk of becoming victims of scams.



Risk factors

Increased screen time

Many neurodivergent children can become deeply absorbed in activities they enjoy, such as online games. This focus can result in them not noticing how much time has passed. While being immersed in a game can be positive, spending longer on a platform also increases the chances of encountering scams.



Tip: Explore video game and console screen time controls to help manage this.



Communication differences

Some neurodivergent young people can be naturally open and trusting, which can be a real strength in many contexts. However, this can sometimes make them more vulnerable to people online who may not have good intentions. For example, if a young person takes what others say at face value or assumes honesty, they may be more at risk of being targeted by scammers.



Tip: Talk regularly about what positive and harmful behaviour looks like.



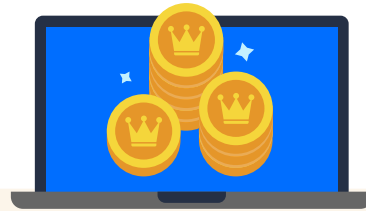
Spontaneity and quick decisions



Young people who act with spontaneity often bring energy, creativity and fresh ideas. Online, though, this can also mean they might agree to a trade or make a choice without pausing to consider the possible risks.



Tip: Create a Stop-Think-Act routine to help your child think before acting online.



Preference for concrete concepts

For those who connect most easily with hands-on, tangible experiences, digital items and virtual currency can feel less clear. Because these can't be physically touched or seen, it may be harder for neurodivergent young people to recognise how actions in online spaces can have real-world effects.



Tip: Try to compare items and experiences online to similar items or experiences offline.

Types of scams in online games

Not every scam in an online game is financial, especially if your child doesn't have access to money. Explore a range of scams below to familiarise yourself with potential risks.

Trust trades



In a trust trade scam, **the scammer first builds a sense of friendship or reliability** before persuading someone to hand over valuable items. Children who are eager to connect with others, who may be more isolated or have a smaller friendship network, or who naturally take people at their word, can be particularly at risk of this type of scam.

Fake giveaways



These scams target children's accounts. **By promising free in-game currency, rare items or other prizes**, they can get children to share their login details or other personal information.

Phishing

A common scam across all online spaces, **in games this might look like sharing fake links or websites** claiming to offer rewards or benefits. This can lead to personal details being stolen or malware and viruses infecting devices.



Account takeovers

Similar to trust trade scams, **victims first develop a friendship or some other form of trust with the scammer**. The scammer then claims they can help them get a certain item, beat a level, get free in-game currency or something else. The victim shares their login details and ends up losing their account.



5 tips to protect your child from scams in games

Popular games that children play have community standards that every user must follow. These rules generally do not permit behaviours related to scamming.

The platform will work to suspend or remove any user who breaks these rules. However, this doesn't mean your child won't come across fraudsters in their games. So, it's important to take active steps to keep them safe.



1

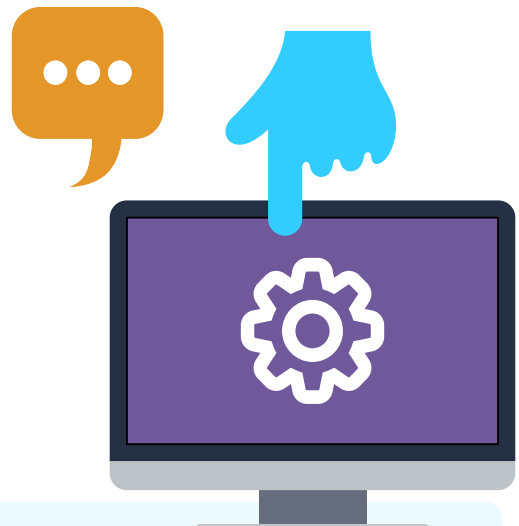
Review blocking and reporting tools

With your child, find where the blocking and reporting tools are. Do this outside of a game such as when reviewing their Friends list as well as during a game, so they know where to find those tools if they need them.

2

Talk about when to use those tools

Focus on the situations they could find themselves in such as a good friend they've made asking to trade a rare item or gain access to their account. **Remind them that it's better for them to use the tools too much than not at all,** and that the people they block or report won't know they've done it.



3

Use built-in parental controls

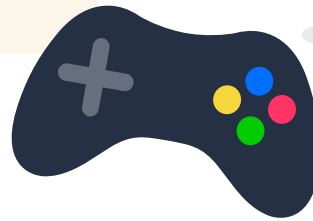
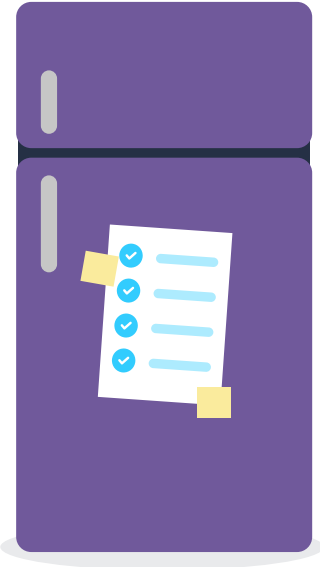
Popular games and platforms have built-in parental controls that you can use to restrict who your child can talk to. **Make sure you clearly explain the reasons for using these controls, especially with older children.** You can also encourage them to use similar safety tools on their own account by showing them how.

4

Agree on clear boundaries

As a family, create a set of rules when it comes to communicating with others and managing money in online games. This could include who they can add as a Friend, what kinds of games they can play and the steps they need to take when trading or buying an item such as telling you first.

Write the boundaries and display them in your home to serve as a repeated reminder. You can even review them before your child starts a session in their favourite game to help them remember the actions they should take.



5

Talk about their experiences

Create a routine around talking to your child about their experiences within their game. This could be daily, a couple times per week or some other schedule that works for your family.

Ask them what games they're playing, what they like about them, who they play them with, if they've blocked or reported anyone and if they dealt with anything scary or confusing.

Use these regular chats as an opportunity to remind them of how and when to use reporting tools, what safe communication looks like and what steps they should take to stay safe, based on the boundaries you created together.

Regular check-ins can help you stay on top of potential risks and reinforce your child's attention to their safety online.



Extra steps for securing accounts

Many neurodivergent children understand online security basics but might require support when it comes to managing the practical steps to stay safe, such as remembering multiple logins or completing multi-step processes.

Turning these into simple routines and practising together can make online safety feel easier and more manageable.

- **Encourage strong, unique passwords** for each gaming account. A family password manager can take the pressure off remembering them all.
- **Switch on two-step verification** or multi-factor authentication wherever possible. Practise logging in together a few times so it becomes familiar.
- Remind children **never to share login details**, even with friends. Agreeing on a safe phrase can give them confidence to say “no.”
- **Check that recovery emails** and phone numbers are up to date, so you can quickly get back into accounts if needed.

[Get more tips with our guide](#)

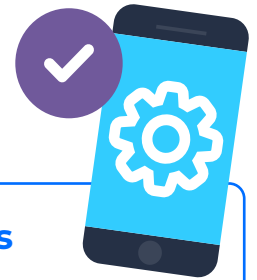


Advice for families new to online gaming

Starting with the right routines can reduce risk and anxiety later.

- **Set up accounts together.** Walk through privacy settings, parental controls and passwords step by step.
- **Play alongside your child** at first so you both understand how the platform works.
- **Review safety tools** before they face problems - prevention is easier than repair.
- **Establish spending rules early.** Visual reminders or written agreements work especially well for neurodivergent children.
- **Keep routines consistent.** Neurodivergent children may find changes stressful, so reviewing safety steps before each play session can help.

Quick checklist: Protecting your child from scams in games



Set up safely

- ☐ Create accounts together.
- ☐ Use strong, unique passwords.
- ☐ Turn on two-step verification.
- ☐ Check privacy and parental control settings.
- ☐ Practise account logins together until familiar.

Agree on boundaries

- ☐ Write down family rules (friends, trades, spending).
- ☐ Display rules somewhere visible.
- ☐ Use visual reminders (posters, contracts, checklists).
- ☐ Stick to consistent routines before and after gaming.

Practise using safety tools

- ☐ Show how to block and report users.
- ☐ Role-play common scam situations.
- ☐ Reassure them blocking/reporting is safe.
- ☐ Repeat safety steps regularly to build confidence.

Keep communication open

- ☐ Schedule regular check-ins (daily or weekly).
- ☐ Ask: What game did you play? Who with? Did anything feel confusing or worrying?
- ☐ Provide simple scripts they can use:
 - “I don’t share my password.”
 - “I’ll ask my parent first.”

Tips to protect children from scams on Roblox



- **Familiarise yourself with Roblox’s Community Standards:** Learn what kind of behaviour around cheating and scams isn’t allowed on the Roblox platform to better understand what should be reported. [Visit the Community Standards here.](#)
- **Create a parent account:** This lets you set parental controls on your child’s account to manage who they interact with, which can prevent strangers from contacting your child to try and scam them. [See Roblox’s parent’s guide here.](#)
- **Show children where to block and report:** With your child, explore how they can block and report users or experiences that might be trying to scam them or others. [Find step-by-step guidance here.](#)
- **Review your child’s Connections:** Check who is on your child’s Connections list and set boundaries around them adding new people. This can help you prevent strangers from gaining Connections-level access to your child.

"MY DAD HAS *bipolar disorder.*"
 "My brother has *AUTISM.*"
"My mom has *CANCER.*"
"I translate for my parents."
 "My sister has *special needs.*"
 "My grandfather has *Alzheimers.*"
 "My mother has an *addiction.*"
"MY FATHER HAS *Multiple Sclerosis.*"



We recognise young carers as children and young people under the age of 18, who provide unpaid care for mums, dads, brothers, sisters, grandparents, and in some cases other family members/ friends because of a disability, illness, mental health condition, or drug and/or alcohol addiction.

We are aware that the demands of this caring role can sometimes affect a student's emotional, physical and social wellbeing and academic progress.

All young carers are different their caring roles are different too. If you think you are a young carer or know someone who is a young carer, please let us know.

We would like to thank Sonny Daniels and the Lambeth Young Carer project for the invaluable support they have given and continue to give our Young Carers and their families. [Carers Hub Lambeth](#) | [Carers Hub](#) | [Greater London](#)

HOW CARING AFFECTS YOUR EDUCATION

BEING A YOUNG CARER CAN MEAN

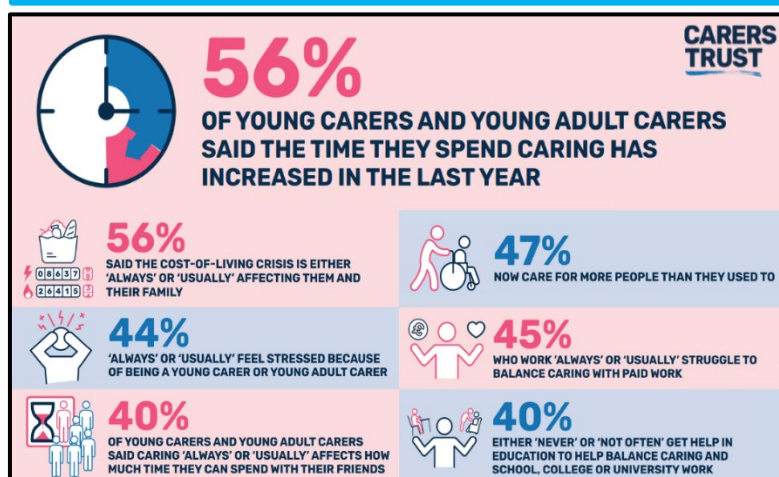
- YOU ARE TIRED IN SCHOOL** (YOU FEEL THAT YOU ARE BEHIND IN LESSONS, YOU DON'T HAVE TIME TO DO HOMEWORK)
- YOU GET BULLIED AT SCHOOL** (YOU DON'T ALWAYS HAVE THE RIGHT STUFF, LIKE UNIFORM OR PE KIT)
- YOU SOMETIMES MISS SCHOOL**
- TEACHERS DON'T UNDERSTAND**

WITHOUT HELP YOUNG CARERS CAN'T SEE A POSITIVE FUTURE

- STRUGGLE TO KEEP UP WITH LESSONS
- MISS SCHOOL
- GET LOWER EXAM GRADES
- STRUGGLE TO MAKE THE TRANSITION FROM SCHOOL

If you know anyone in school who may be a Young Carer, or if you are a Young Carer, please let us know.

Tell your Head of Year or the Safeguarding Team, we would like to help our carers.



Lambeth: 020 7501 8970
connect@carershub.org.uk

Merton: 0300 303 1555
info@csmerton.org

Bromley: 0808 278 7898
spa@bromleywell.org

Croydon: 07522 046 395
youngcarers@talkofftherecord.org

Lewisham: 0300 111 1110
youngcarers@imago.community

Wandsworth: 020 8877 1200
eleanor@wandsworthcarers.org.uk

Southwark: 0300 111 1110
youngcarers@imago.community



Further guidance and support

Safeguarding is
Everyone's
Responsibility

How to start a conversation about mental health – Mentally Healthy Schools 	Guide for parents of children who have got in trouble online (inappropriate or illegal behaviour)	Text SHOUT to 85258 	 https://crimestoppers-uk.org/fearless/more-info/youth-support-services Youth Support	 https://dyspraxiafoundation.org.uk/	Family Lives – Support with all aspects of family life  We listen, support and never judge
YOUNGmINDS fighting for young people's mental health https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/	YOUNGmINDS fighting for young people's mental health Supporting young people with mental health and wellbeing – Parents Survival Guide https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/	YOUNGmINDS fighting for young people's mental health YoungMinds – ADHD and Mental Health https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/	YOUNGmINDS fighting for young people's mental health Young Minds autism and mental health: https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/	YOUNGmINDS fighting for young people's mental health Young Minds – how to look after your mental health during revision and exams https://www.youngminds.org.uk/young-person/blog/how-to-look-after-your-mental-health-during-revision-and-exams/	https://www.operationencompass.org/ OPERATION ENCOMPASS In every force. In every school. For every child.
 HELPLINE 0800 800 5000 help@nspcc.org.uk	NSPCC – Advice for talking about difficult topics https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children	NSPCC – Keeping children safe on-line https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/child-safe-settings-tiktok/	NSPCC – Let children know you are listening 	https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/supporting-children-with-send-talking-online/	 For women and children. Against domestic violence.
coram https://www.coram.org.uk/ work with families using creative techniques to explore ways of strengthening family relationships creativetherapyadmin@coram.org.uk	 https://www.mind.org.uk/for-young-people/feelings-and-experience/exam-stress/#WhatIsExamStress	childline 0800 1111 Childline – coping with anxiety and stress https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/	https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/?gad_source=1&gclid=EAlaQobChMly4eYh9OAhQMVIQ8h19CgFYEAAYASAAEglG_D_BwE	 No problem too small 0800 1111 www.childline.org.uk	 kooth Kooth is a free online service offering emotional and mental health support for children and young people www.kooth.com
Parent Zone Local - advice, resources and information: www.pzlocal.org.uk	Recording of previous live streams for parents: https://www.youtube.com/user/theparentszone/videos?view=2	Parent guides - games, apps, platforms and emerging technologies: https://parentzone.org.uk/advice/parent-guides	Setting up games consoles: https://parentzone.org.uk/article/digital-family-basics-games-consoles	Setting up phones and tablets https://parentzone.org.uk/article/digital-family-basics-smartphones-tablets	Setting up smartwatches and fitness trackers: https://parentzone.org.uk/article/digital-family-basics-smart-watches-fitness-trackers
https://www.childrensociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines/what-is-county-lines?gad_source=1&gclid=EAlaQobChMiz5335vedgwMVcpRQBh1c4gSpEAAAYASAAEglDfD_BwE	Free school meals https://www.london.gov.uk/who-we-are/what-mayor-does/priorities-london/free-school-meals/guidance-and-support-families?ac-180594=200498	Attendance https://www.lambeth.gov.uk/schools-and-education/school-attendance-and-exclusions/school-attendance	 South East London https://selmind.org.uk/	 cifas https://www.cifas.org.uk/youngpeople	Setting up smart speakers and connected toys: https://parentzone.org.uk/article/digital-family-basics-smart-speakers-toys
Young Carer Referrals by Borough Bromley https://www.bromley.gov.uk/carers/young-carers Croydon https://www.talkofftherecord.org/croydon/young-carers-service/ Lambeth https://www.carershubs.org.uk/young-carers Merton https://www.carersfirst.org.uk/young-carers/ Wandsworth https://carerswandsworth.org.uk/youngcarers/ Southwark https://www.carersfirst.org.uk/young-carers/				Protect neurodivergent kids from scams in games Internet Matters https://www.btg.ac/Information/UK-GDPR/	coram https://www.coram.org.uk/ work with families using creative techniques to explore ways of strengthening family relationships creativetherapyadmin@coram.org.uk

Local Social Service Child Protection Referrals

Bromley	https://www.bromley.gov.uk/children-families
Croydon	https://www.croydon.gov.uk/children-young-people-and-families
Lambeth	https://beta.lambeth.gov.uk/children-young-people-families
Lewisham	https://www.lewisham.gov.uk/my-services/children-and-families
Merton	https://www.merton.gov.uk/social-care
Southwark	https://www.southwark.gov.uk/all-services
Wandsworth	https://www.wandsworth.gov.uk/community-safety/

<https://www.btg.ac/Information/Policies/> The school operates several policies which acts on statutory guidance and uses procedures that have been agreed by the local authority and are fully supported by the governing body and the staff

<https://www.btg.ac/Information/UK-GDPR/> UK GDPR legislation focuses on the way we gather, handle, store and dispose of data on our pupils, parents, staff and alumni. We have robust and secure systems for both our electronic and paper records

Safeguarding and Well-Being Bulletin can be found on the school website: www.btg.ac
The school website contains lots of useful information

