

# SAFEGUARDING MATTERS

EDITION 2



THE DEANERY  
Church of England High School and Sixth Form College

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## WELCOME

In our second edition and as part of our ongoing commitment to keeping all children safe, we want to bring your attention to some critical safeguarding issues that are increasingly relevant in today's digital age. Topics such as the use of inappropriate digital language, online and face to face grooming, and other online risks are significant concerns for young people. We understand the pressures of navigating the online world, and it is essential that we work together to ensure that children are protected from harm in both the real world and the digital spaces they occupy. In this bulletin, we aim to highlight key concerns, offer guidance, and share strategies for supporting our children in staying safe online. We also share some guidance for parents who may be separated.

If you have any concerns or topics that you feel should be shared with all parents through this forum, please do not hesitate to contact me at [enquiries@deanery.wigan.sch.uk](mailto:enquiries@deanery.wigan.sch.uk)

## ONLINE SAFETY DIGITAL DICTIONARY

- Learn and understand some of the language your child might be using both online and offline when talking to their friends.

### **Refer back to our dictionary when you're unsure about a word or phrase**

- You don't need to learn these terms - use this as a reference if you hear your child use a word that you don't recognise.
- This dictionary isn't exhaustive, but we'll continue to add more terms over time as they become relevant or noteworthy.

### **Your child might not understand the words they're using**

- This is especially true if your child is younger. It's important to remember that they:
  - Might not mean to use this language in a hurtful way
  - Might mean to use a different word
- If you hear your child using a term you don't recognise, you can ask them what they mean, and then check this resource to see if the child is using the word correctly.
- If the term is potentially an offensive one, you can ask your child:
  - "Do you know that some people might be offended by that word/phrase?"
  - "Do you know why it might be a bad idea to say that?"
- See below for NSPCC resources on how to talk to your child about different issues like sexism, racism and bullying.

### **Language related to cyberbullying, harassment and cybercrime**

Cyberstalking	Using the internet or text messages to repeatedly harass or bully someone - often using multiple apps and platforms and multiple accounts.
Doxing / doxxing	Publicly posting someone's private information (e.g. their name, address, place of work or school), usually without their consent. This information might be used to harass the person further.
Dogpiling	When a group of people, usually a large group, target a single person with harassment.
Griefing	Deliberately trying to ruin other people's fun in online games (e.g. destroying another player's house in Minecraft).
Finsta	'Fake Insta/Fake Instagram' – this may mean a second, private, Instagram account for sharing more personal content with a trusted group of friends, or a second Instagram account made to look like another person, either to impersonate them or bully them. This is also known as a 'sock puppet account'.

KYS	Stands for 'kill yourself', used to harass or upset others.
Phishing	A kind of scam where criminals trick targets into giving up personal information (including bank details or account passwords).
Ratio / ratio'ing	When a negative response to a social media post gets far more positive engagement than the original post.
Troll / trolling	Deliberately saying hurtful or inflammatory things to get a response from someone, or a group of people.
Sub-tweeting	Negatively talking about someone publicly on social media without tagging them in a post, so the person might not see it. It's most common on X (formerly Twitter) but can happen on other platforms.
Swatting	Calling emergency services (usually the police) and falsely claiming a serious crime is happening at someone else's home (e.g. a bomb threat or a hostage situation), with the intent of police arriving at the person's house. This is done to harass and frighten someone.

Read the NSPCC's guidance on [talking to your child and supporting them](#) if they're being bullied.

#### **Language related to dating and sex**

Bodycount	A way for someone to say how many people they've had sex with (e.g. 'my bodycount is 3').
Catfishing	Pretending to be someone else on the internet (e.g. on dating apps), sometimes to trick others into sending them nude images and/or money.
Ghosting	Suddenly breaking off all contact with someone, which might include blocking or 'unfriending'/unfollowing them on all platforms. This usually happens in romantic relationships but can also happen between friends.
Hook-up / hookup	Casual sex and/or casual sexual relationships.
Nudes	Nude or semi-nude images. It's sometimes written as 'newds', 'noods' or 'n00ds' to avoid language filters on some apps.
Thirst trap	A sexually-suggestive photo or image intended to grab people's attention and boost engagement. It usually isn't a nude image so that it can be posted on social media.

Read the NSPCC's guidance on [talking to your child about healthy relationships](#).

#### **Language related to extreme beliefs**

'Chad' and 'Stacy'	Used by people in the incel subculture to describe conventionally-attractive men ('Chads') and women ('Stacys').
Incel	'Involuntary celibate' - a subculture mostly made of young men who think they're unable to find a romantic or sexual partner. People in this group may blame women and girls for this, and use sexist and misogynistic language to describe women.
Great replacement	A far-right conspiracy theory stating that the global elite is deliberately replacing the population of white people (mainly in Europe) with non-white people.  It's related to 'white genocide' (see below).

Manosphere	A subculture focused on masculinity and opposition to feminism. It's sometimes called 'men's rights activism' or 'men going their own way' (MGTOW).
Taking the red pill	To become aware of 'truths' about the world according to a subculture. This mostly relates to incel and manosphere culture, but is also used by far-right extremists (e.g. 'becoming red-pilled on race').  People in the incel subculture sometimes use the term 'black pill' - hopelessness that there is nothing a man can do to improve his attractiveness to women.
White genocide	A far-right conspiracy theory stating that there is a plot to make white people extinct.











As well as its guidance on healthy relationships, find out from the NSPCC [how to talk to your child about racism](#).

### Emojis with inappropriate meanings

Emojis can have lots of different meanings and most of the time children and young people will use them innocently.

However, they might sometimes use them to discuss inappropriate things like drugs or sex.

If you see your child using these emojis, it doesn't **necessarily** mean they're using them in the ways described below.

  	Cannabis.
  	Cocaine.
 / 	Nudes / noods - short for nude or semi-nude photos.
	Plug - slang term for a drug dealer.
	Pornography (rhyming 'porn' with 'corn').

## GROOMING

- Grooming is when a person builds a relationship with children or their families with the aim of child sexual abuse.
- Grooming can happen face to face or online.
- Adults who engage in grooming behaviour try to isolate children and might ask children to keep secrets.
- If you're concerned about grooming, check in with your child.

### What is child grooming?

Grooming is **when a person prepares a child or their parents, carers and environment for sexual abuse**.

It involves building a trusting relationship with a child, family or community group over many weeks, months and years. This allows the person who is grooming to spend more and more time with the child. The person will try to get the child used to physical contact like hugging, kissing and tickling. They'll introduce the idea of sexual contact by talking about sexual topics or showing the child pornography.

Grooming lays the groundwork for sexual abuse. After sexual abuse happens, the person might continue the grooming. This is to prepare the child for more abuse in the future or to stop the child from telling anyone about the abuse.

All children have the right to grow up safe from abuse. Talking with children about grooming and protecting children from sexual abuse is part of creating safe environments that help children grow and thrive.

## Child grooming signs

Many of the signs of grooming can look like **normal adult-child relationships**, which is why grooming is difficult to spot. Watch for signs and keep an eye on your child's behaviour.

The following signs might indicate that your child or a child in your care is being groomed.

Your child:

- talks a lot about a particular adult or older child, or wants to spend a lot of time with them or meet them alone
- hides social media/text messages from a particular person
- is in a relationship with a much older person
- is skipping school or sporting activities
- is spending less time with friends or changes friendship groups suddenly
- spends more time alone in their room
- has unexplained gifts like new toys, clothes, jewellery or electronics and doesn't want to talk about where the gifts came from
- doesn't want to talk about what they've been doing or lies about it
- stops telling you about their day or asking for your advice.

## Signs someone is grooming parents

Grooming often involves gaining the trust of a child's family or carers to get time alone with a child. It can look like a close relationship with the child's family, so it can be difficult to spot. If something doesn't feel right, it's important to trust your instincts and watch for signs.

## Who might be involved in child grooming?

### Anyone can engage in grooming behaviour.

They can be people of all genders. They can include older children, relatives, family friends, strangers, professionals, people from a family's place of worship, sporting coaches, early childhood educators and school teachers.

## How and where does child grooming happen?

Grooming can happen face to face or online.

If grooming is happening **face to face**, the person might find ways to get to know a child and the child's family. They might offer to take the child on outings.

If grooming is happening **online**, the person might pretend to be a child of the same age or a celebrity. The person might use text, instant messaging or online chat to build a relationship with the child.

Children and teenagers won't or can't always tell you that they're experiencing sexual abuse. You might need to watch for [signs of sexual abuse](#) in your child's behaviour and emotions instead.

## What to do if you see child grooming signs

Grooming isn't always obvious. People engaging in grooming behaviour work hard to gain trust and respect from children and families.

You should take the following steps:

- Watch out for signs that you or your child is being groomed.
- Don't leave your child alone with a person you're concerned about until you find out more.
- Avoid letting the person do favours for your family.
- Ask other families who know the person what their relationship with the person is like.
- Find out how your child feels about the person by asking questions like 'Do you like the way cousin A acts around you?' or 'G likes a lot of your Instagram posts. Does he follow you on any other social media?'
- Encourage your child to talk by asking questions like 'Is anything worrying you?' or 'Are you OK?' This can help you make the best decisions to keep your child safe.

**Contact the police immediately if you have concerns that your child is being groomed.**



### Top tips for separating parents

The FJYPB have devised these top tips for parents to help them think about matters from their child's perspective.

- ☺ Remember I have the right to see both of my parents as long as it is safe for me.
- ☺ I can have a relationship with the partner of my other parent without this changing my love for you.
- ☺ Try to have good communication with my other parent because it will help me. Speak to them nicely.
- ☺ Keep my other parent updated about my needs and what is happening for me. I might need their help too.
- ☺ Don't say bad things about my other parent, especially if I can hear. Remember I can often overhear your conversations or see your social media comments.
- ☺ Remember it is ok for me to love and have a relationship with my other parent.
- ☺ Don't make me feel guilty about spending time with my other parent.
- ☺ Don't make permanent decisions about my life based on how you feel at the moment. Think about how I feel now and how I might feel in the future. My wishes might change.
- ☺ Be open to change, be flexible and compromise when agreeing arrangements for me.
- ☺ Its ok with me if my parents don't do things exactly the same. You are both different and that's alright with me.
- ☺ Don't be possessive over me and the things that belong to me. Make it easy for me to take the things I need when I spend time with my other parent, such as schoolwork, PE kits, clothes, books, games, phone etc. Let me choose what I want to take with me.
- ☺ Keep me informed about any changes to my arrangements.
- ☺ Try not to feel hurt if I choose to spend time with my friends instead of seeing you. I am growing up!
- ☺ Remember that important dates (birthdays, celebrations, parents evening, sports day etc) are special to you, me and my other parent. I may want to share my time on those dates with each of you.
- ☺ Work out between you and my other parent who is responsible for the extra things I need, such as new school shoes and uniform, school trips, dinner money and the cost of my hobbies or after school activities. I don't want to be involved in this.
- ☺ Remember that I don't expect you or my other parent to be perfect, so I don't want you to expect my other parent to be perfect either. Accept mistakes and move on.
- ☺ Make sure I am not left out of key family events. Please compromise with my other parent so I can join in.
- ☺ Please don't stop me having contact with extended family members who are important to me. Ask me how I feel about them. Don't assume my feelings are the same as yours.
- ☺ Don't use me as a messenger between you and my other parent.
- ☺ Don't use my relationship with my other parent against me, or them.

- 😊 Don't ask me to lie to my other parent or other family members.
- 😊 Don't ask me to lie to professionals, or to say what you want me to say.
- 😊 Don't make me scared to say what I think about my arrangements for fear of being told off or treated badly by you if you don't agree.
- 😊 Remember that I might want something different to my brother or sister.
- 😊 Don't worry about how others see you or what they think. I am what matters.

## BBC Bitesize – !not just for children! – Check out the Wellbeing section for Parents

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## Wellbeing

Wellbeing tips for parents to help you support a healthy, happy childhood - with advice on sleep, bullying, mindfulness, as well as ways to look after you and your child's mental health.

Part of [Parents](#)

Bitesize offers wellbeing support for parents in respect of their children – areas such as eating disorders, waiting for CAMHS appointments, loneliness, chatting to children about mental health and tackling anxiety.