



HALF TERM UPDATE

May 2022

Sporting Success

Year 7 Girls make Cheshire County 7-a-side Football Finals

After winning the District 7-a-side Girls Football Tournament earlier this year, the team were drawn to play other district winners from all around county at the Cheshire and Warrington Winter Games Festival. The matches were held at the Cheshire FA Head Quarters.

The girls played really well and got better as the tournament progressed. They ended up in 7th place in the county, which is a fantastic achievement and hopefully a basis for future success, helping to grow girls football here at Bishops'.

Year 8 & 9 Boys are Runners Up in the County Basketball Finals

The Year 8 & 9 basketball team, won our District competition earlier in the year, and went on to represent Chester at the County Finals at the Cheshire & Warrington Winter Games at the Ellesmere Port Sports Village.

They played fantastically well, winning 5 out of their 6 games and were narrowly beaten 11-8 by the eventual winners Wilmslow. Achieving a runners up place at such an event is a great reward for the hard work and dedication that the boys have shown this year, training every Monday and really coming together as a team.

Bishops' crowned Year 7 Chester & District football champions

The Year 7 football team won the Year 7 Chester & District Cup after a well deserved 2-0 victory over Christleton High School. Both goals were scored by Cameron Broady, but it was the overall performance of the team that was so impressive, especially in the second half, where they moved the ball better, creating the chances to win the game.



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Head's Welcome



The start of the Summer term brings warmer days, the culmination of the football season and also the home stretch for many of our students preparing for summer examinations. There is information and resources in this newsletter to support both parent, carer and student as they prepare for their exams. Throughout there will be advice from subject teachers, form tutors and year leaders as classes structure revision and work together. For examination courses "What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from" to quote the words of TS Eliot.

We are also looking forward to September. Another bumper year 7 full of first choice applicants, PE facilities in our Activity Studio, additional catering space and state-of the art classrooms. These projects have been in the planning and building throughout the pandemic and are a great investment in education at Bishops'. It was only at the end of 2019 when we had Ofsted visit us with a glowing report yet so much has changed for us all in the last two years. We felt it was timely to take reflection on where we are now and what we can look to do moving forward. Shortly all parents/carers, students and staff will receive a link to a confidential questionnaire from Kirkland Rowell and I

would greatly appreciate it if you could take the time to feedback. The questionnaire data will be sent to Kirkland Rowell directly and will be fully anonymous.

Ian Wilson
Headteacher

Term Dates

2021/2022	LAST DAY IN SCHOOL	DATE OF RE-OPENING
Summer Half Term	Fri 27 May	Mon 6 June
Summer Break	Thurs 21 July	

Key Date : INSET DAY 24th June

Summer Term Sunshine

As the weather warms up, please ensure your child brings with them a water bottle to keep hydrated. There are water stations available across the school to fill up and students should wear sun cream with a good factor to protect and prevent them getting sunburn.

YEAR 5 OPEN MORNINGS

July 6th
July 13th
9.30 - 11am

Please visit our website
to book your place

@BishopsHigh



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A Word from the Chair

Firstly, I would like to send my very best wishes to students sitting external examinations this term. After the last two years of different arrangements it is good to be able to return to a more normal looking exam season. Students have worked incredibly hard towards these exams, with great support from staff and families, often not in the easiest of circumstances as disruption from covid has continued for many. I continue to be hugely impressed by our school community's resilience and I am confident we will all be able to feel proud of the summer's achievements.

While we have seen the rules and regulations surrounding covid recede, we will of course have to

continue dealing with the realities of covid in school. Bishops' has come together throughout the pandemic and this is no less evident than in recent months when we have felt the impact of so many of our staff being absent with covid. I am thankful for the hard work of all the staff, pulling together and 'keeping on keeping on', and I want to emphasise how much this is appreciated by students, families and governors alike.

With best wishes,

David Walsh
Chair of Governors



£2025 Raised During Easter Social Action Week

Easter is a time for reflecting upon how God sacrificed his only Son, Jesus, to bring hope and salvation to the world. Christians all over the world try to put Jesus' teachings of love into practice at Easter in the service of others.

At Bishops', our students and staff also made a positive difference in the world as courageous advocates of change at Easter. Students took part enthusiastically in their social action by supporting our non-uniform day, raising £1675. The proceeds of the day have been split between our Year Group Charities and the Disaster Emergency Committee (DEC) to support Ukrainian victims of war.

We also held a highly successful Easter Egg Raffle which raised nearly £200 for the DEC. Amazing pewter keyrings designed by Will Caley in the 6th Form and supported in their creation by Year 8 students have also been sold, raising over £150 so far. These are still for sale for anyone who is interested.

In addition, students in Year 8 collected food and hygiene kits for The Salvation Army to help support vulnerable people locally, including refugees moving into the area.

As we move forwards into the summer term, tutor groups and year teams will continue to think of ways of putting Jesus' teachings of love into practice in the service of others in society. Visiting speakers from some of our Year Group charities will be coming into school to help raise awareness of their organisations and this will no doubt inspire our students in their sense of social responsibility.



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Building Work Update

Our building extension and development projects are almost complete.

Our brand-new Activity Studio is already in use by our PE groups, with just the final touches of our free weights section to be completed.

Our purpose-built outdoor catering space is taking shape and will be ready for opening in September. The Huddle will not only serve students and staff during the day but we hope to be able to continue to keep the space open for our community when our courts and fields are being used for competitions, matches and tournaments.

If you have visited Bishops' recently you'll have seen our W block extension. The space which will comprise of nine state of the art classrooms including new ICT suites is almost complete and will be ready to welcome another bumper group of Year 7's this September.



Debates Club *By Cerys Croft, Year 8*

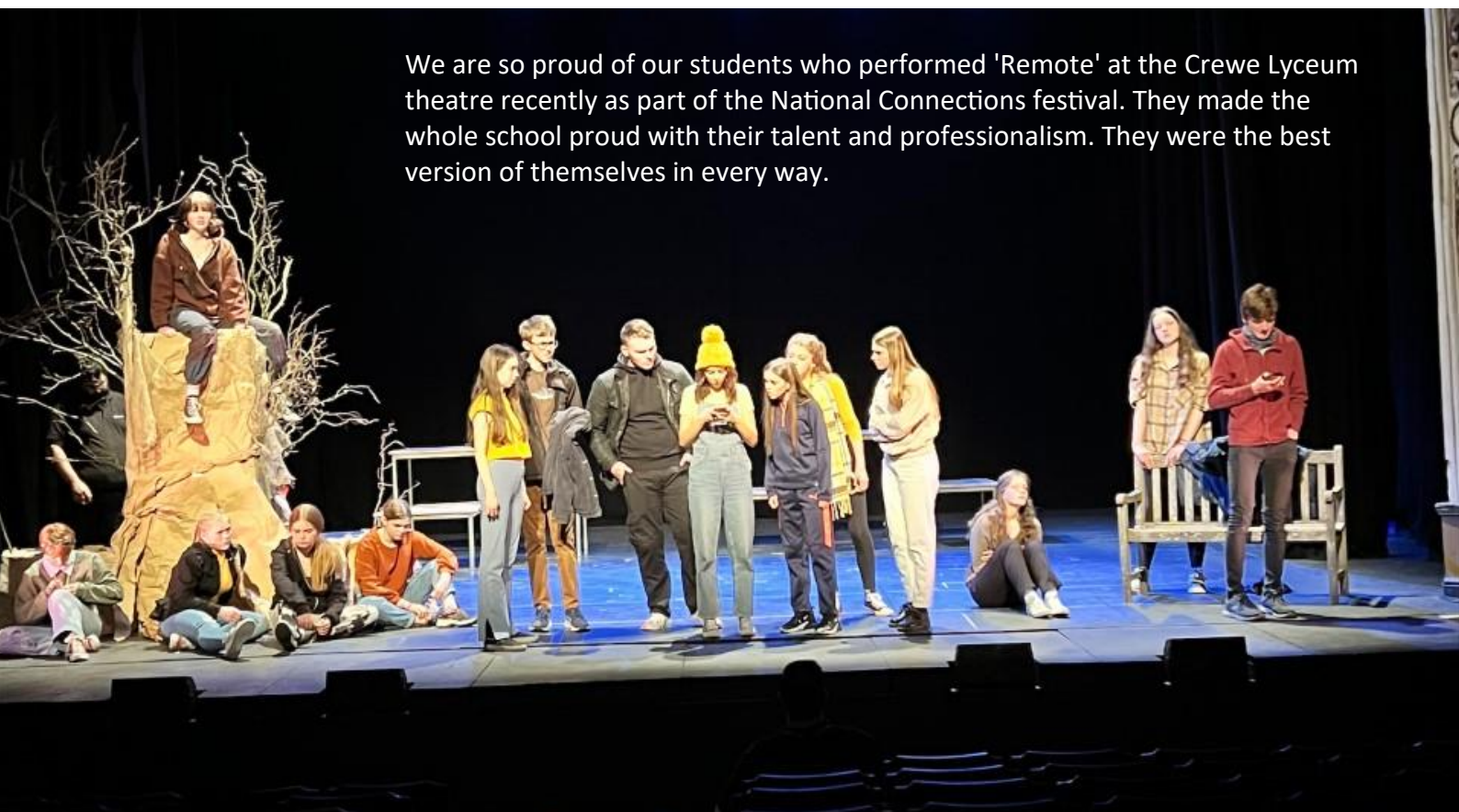
Debate club is an amazing opportunity for students across all year groups, to come together in a safe and equal space where we can express our opinions and views on various topics. These include mental health, politics, current public affairs, and many other topics. When coming to debate club, students feel welcome and valued when expressing ideas.

Our debates consist of two sides, one for and one against the chosen statement, allowing the room to put forwards ideas and reply to the opposing side. The chosen statement for the next debate is decided at the end of the session to ensure the students have time to prepare for the following week. However, to keep our debate skills sharp, there will be a quick-fire week which will make students think on their toes. At the start of every debate there is a vote to determine who is for and against the chosen statement. These two sides will then split into two and the debate starts! Once each team has then presented their final summaries, there will be a final vote to see which side has won.

An important part of debate club is to allow students to develop their confidence in public speaking and listening skills. The chair for each meeting is voluntary and provides us with an opportunity to develop our leadership skills.

Here's what our current members think. One student said "Debate club is a safe place where we can put our ideas forth and debate topics that we are interested in." Another current member has said "In debate club you feel like your options matter and have worth."

For those interested, come to C129 on a Wednesday lunchtime for a great debate!



We are so proud of our students who performed 'Remote' at the Crewe Lyceum theatre recently as part of the National Connections festival. They made the whole school proud with their talent and professionalism. They were the best version of themselves in every way.

Preparing for Exams

Where can I find revision lists and resources?

Students have received revision lists for each subject and information is also available on Satchel One. These lists include the advance information which has been provided by exam boards and subject content has been reviewed by each department.

What if my child has finished in a particular coursework subject?

Some subjects which are coursework and portfolio based will be completed ahead of other exams. This extra time is a real bonus. Students will use this time in school to revise for other subjects and will be provided with materials for core subjects, which can be used.

When do year 11 finish?

Year 11's final day will be **Wednesday 29th June 2022**. This is the final date when exams could take place and all students need to remain available until this date. Year 11 Prom on **Thursday 7th July** will be an opportunity to celebrate the end of their GCSE journey.

What do I do if my child is ill on the day of an exam?

It is really important that your child attends school for all exams, unless they are seriously ill.

- If a student is unwell and cannot attend, please contact the Exams Officer on email exam@bishopschester.co.uk immediately. You will need to provide medical evidence to confirm illness.

What do I do if I think my child may have Covid?

We already know that the government no longer provides free Covid tests and so examination candidates will not receive free Covid tests or be required to provide a test to verify an absence.

Following UKHSA guidance, the JCQ guidance makes clear that:

- Candidates who are 18 and under who are unwell and have a high temperature, should be advised not to attend exams until they feel better and no longer have a temperature.
- Candidates who test positive for Covid (if they have chosen to take a test or have been directed to do so by a medical professional) should be advised not to attend exams for 3 days if they're 18 or under.

What to do if you arrive late* for an exam

- You must arrive at least 10 minutes before the start of your exam.
- If you are late for any reason, please report to visitor reception and tell the member of staff that you have an exam.

- The exams officer will collect you from reception and escort you to the exam room.
- You will be given the full time allowed for your exam. However, if you arrive extremely late for an exam (after 10am for a morning exam and after 2.30pm for an afternoon exam) you may be able to sit the exam but there is a chance that the exam board will not mark your paper.

What happens if you have an unauthorised absence from an exam?

- Your exams are extremely important and it vital that you attend at the nationally set day and time.
- If a student merely decides to avoid an exam, they will receive a zero mark and parents/carers will be invoiced for the exam entry fee. On average, this is approximately £60 per exam but varies depending on the exam/exam board.

When are GCSE results released?

The GCSE exam results date is **Thursday 25th August** and further details around this will be communicated nearer the time.



Online Resources and Links

WEBSITE NAME AND LINK	KEY STAGE	SUBJECT	MAIN FUNCTION	GUIDANCE
 www.bbc.co.uk/bitesize	3 / 4	All	KS3 and KS4 content and integrated revision and quizzes	Choose 'Secondary', KS3/GCSE, the subject and topic
 MathsWatch vle.mathswatch.co.uk/vle	3 / 4	Maths	Online lessons and activities	KS4 students have login
 senecalearning.com	3 / 4	All	KS3, KS4 and KS5 content and integrated quizzes	Sign up for account
 Quizlet  quizlet.com/en-gb	3 / 4	All	Flashcards, diagrams and study guides. Good for learning vocabulary.	Sign up for account
 www.twinkl.co.uk	3 / 4	All	Units of work with activity sheets, booklets, PowerPoints	Sign up for account
 yourfavouriteteacher.com			Online lessons and activities, including quizzes and tests	Sign up for account
 TED TALKS ted.com/talks	3 / 4 / 5	Themed	Ideas worth spreading – search by topic	
 instructables instructables.com	3 / 4	Practical subjects	Step by step guides to make things – some big and some small	Sign up for account
 edX edx.org	4 / 5	Most	Online courses for 6 th formers and above	Register
Subscriptions for KS3				
 lexialearning.com	3 / 4	English	English phonics and comprehension; improved reading skills	Only some students have login
Subscriptions for KS4				
 pearsonactivelearn.com	4	MFL	A wide range of front-of-class teaching resources, online homework and practice, as well as planning and assessment materials	KS4 MFL students have login
 gcsepod.com	4	All	Videos for most subjects, linked to our exam specs.	KS4 students have login
 TASSOMAI tassomai.com	4	Science	Bespoke science learning journey for all sciences, which suits the level of each student.	KS4 students have login



Hello from Miss Sadler

Year 10 Leader

Year 10 have recently completed their first cycle of Pre-Public Examinations. We have been very impressed with their mature approach to the exams and hope this sets them in good stead as we look towards Year 11. Once students receive their results, we will be working together to act on feedback and areas of improvement. I am looking forward to celebrating with Year 10 their achievements, as we enter the final term of this academic year. I have no doubt they will approach Year 11 with the maturity and diligence we have already witnessed throughout Year 10.



Hello from Mr Bowden

Year 11 Leader

We have arrived at the start of the final term of high school and the run into the summer GCSE exam season. This is undoubtedly a challenging time for our students with the extra demands of independent revision and managing their time effectively.

The year group have been excellent throughout their two rounds of mock exams (Pre-Public Examinations or PPEs). Their conduct and professionalism around this exam process has been pleasing to see, especially given that the previous two-year groups didn't have the opportunity to see their journey through. The exam regulations are zero tolerance and demand that students are informed, prepared and mindful of their individual responsibilities. This is something that I have watched my year group get right, time after time, with each exam and makes me feel proud to see them in action.

As the flagship year group in the school our Year 11s have the opportunity to positively influence the attitudes of the younger year groups. They are role models and should take this responsibility seriously. Our Year 11s have come through adversity to get to this point and should feel rightly proud of themselves. These young adults set the standard with their professionalism towards punctuality to lessons, uniform and presentation, and attitude towards their studies and this must be maintained in lessons and throughout exams. During the first two weeks of May I will be running a BESt point competition. The 30 students who accumulate the most BESt points within this period will receive discounts from The Class of 2022 Leavers Hoodies.

In addition to BESt points (earned via excellence in attitude, classwork, conduct & homework) we are running a Passport to the Prom scheme. Students collect stamps for this 'Passport' by maintaining high standards in uniform, attendance, conduct, homework, revision class attendance etc. Once a certain threshold number of stamps has been accumulated then they have earned a place at the Prom. Exceeding this threshold will also bring additional discounts to Prom tickets. The Prom is booked for the 7th July at the Mercure Chester Abbots Well Hotel. Tickets can be paid for via the school online gateway. This can be done in one lump sum or in small instalments. Refunds can be made at any point up until the end of June if there is a change of circumstance.

Students with 'a plan' typically do better. My strong advice would be to ensure regular check-ins with your child and see if they have made and are sticking to a revision timetable. In my experience having a clear plan that incorporates time off from studying is the best way forward for managing healthy wellbeing. This is something that students can ask form tutors about if they require assistance. We will be sharing further information around the examination series and preparations for that soon.

I wish every one of our Year 11 students the best of luck with their preparation for and completing of exams. I hope that they all achieve success that they can be proud of and that allows for them to reach their next step.

Kirkland Rowell Parent Survey 2022



We are constantly trying to improve the education that we offer our students at Bishops' and are once again at a stage where we need you to tell us how well you think we are doing and how we can improve the things that are important to you.

Please look out for an email in the next few days containing a link to a confidential questionnaire. This will take about 10 minutes and if you are able to spare the time, we would be very grateful if you could complete a separate questionnaire for each of your children at Bishops.

By completing the questionnaire, you will be telling us how you think we should be spending our time and resources to make our school the best that it can be for your child.

Questionnaires go directly to Kirkland Rowell who are running the survey, so will be fully anonymous and will make a difference to how we run the school and plan for the future.

Students' opinions are also important to us, and they will be given the opportunity to complete their own questionnaires during school time.

Thank you.



Miss Foster on her way to Women's Euro 2022

Miss Foster has been selected to be part of a twelve-strong team of referees for UEFA women's Euro 2022. Miss Foster is a former Liverpool striker who won 63 caps for Wales between 1997 and 2011 before picking up the whistle in 2013 was promoted to UEFA's elite list for referee's in 2020. Miss Foster will be the first Welsh referee at a major tournament since the men's world cup in 1978!

"I am proud to have represented Wales as a footballer of course – 63 caps in that era was tough"

"But to continue to be able to represent my country through refereeing is just as important to me. It's going to be a proud moment for the refereeing community in Wales and also for my friends and family who have been through this long journey with me."



Wednesday 11th May 2022

10.00am - 2.00pm

at The Holiday Inn, Ellesmere Port

Sensory Processing

Coffee/Tea on arrival.

Sensory Processing Talk & update from PCF.
Opportunity to chat/meet with other
parents and carers. Lunch included.

Holiday Inn Ellesmere Port, Cheshire Oaks,
Lower Mersey Street, Ellesmere Port. CH65 2AL

Book online today to reserve your place.
www.pcfcheshirewest.org/whats-on

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Exam Success

Food for thought

Eating a variety of healthy foods doesn't just give your body a boost, it also benefits your brain cells. Skipping meals may well give you extra cramming time, but it can also leave you hungry and unable to concentrate. So, eat regularly and sensibly. Think wholemeal sandwiches and fruit, rather than cakes and biscuits!



Brain Fuel:

- Bread, pasta, cereals and potatoes are filling and packed with starchy carbohydrates, which release energy slowly, meaning you can keep going for longer.
- Fruit and vegetables give you essential vitamins and minerals. Aim for at least five portions a day.
- Drink plenty of fluids. Dehydrated brains don't think clearly and water is healthier than sweet, fizzy drinks.
- Make sure you eat breakfast on the day of an exam.

If you're not getting enough iron then you could hinder your ability to concentrate for long periods of time and your energy levels will begin to drop. If hour long sessions of revision are proving too much, try eating more leafy green vegetables like spinach.

Exercise:

Staying in your room can seem like the best option when revision time is short. But a bit of the great outdoors can blow the cobwebs away and help you relax. If you can't get out, at least get up and out of your chair for a stretch and a wander. Better still, go for a swim or put those footie boots on and give your mind and body a workout.



Using the support around you!

Exams can put additional pressure on young people. In school, teachers are there to help. If students have questions about work, what to revise or how to revise a particular topic – ask them!

Our student dashboard is available with links to help support students. Parents and carers can also access resources on our parent dashboard found on our website.

YOUNG
MINDS

YoungMinds



Headspace



Calm Harm App

kooth

Kooth



Every Mind Matters | NHS



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What is the Internet of Things?

These are everyday objects that connect to the internet. They can be voice activated, or controlled by downloading and using an app or via a Bluetooth connection. Examples of the Internet of Things includes smart speakers, smart meters (for home electricity and heating), and wearables such as fitness trackers.

What is the Internet of Toys?

The Internet of Toys are toys that connect to the internet. These toys can be controlled using a smartphone app, voice commands or via Bluetooth.

Connected toys are different from other toys because they collect, use, and share data via the internet. Examples of the Internet of Toys include connected action figures and dolls, robotic toys such as drones, and learning development toys that aim to teach children a new skill.

What are the risks associated with the Internet of Things?

Although connected devices and toys provide children with opportunities for learning and interactive play, there are risks associated with the Internet of Things. For example, concerns have been raised about whether these devices are collecting too much personal information from children. Some children (either accidentally or on purpose) are able to search for and access age-inappropriate material via a connected device such as a smart speaker or tablet.

Children may make 'in-app purchases' and spend money, which is often taken from their parents' bank account without their knowledge or consent.

Some of these devices may be more vulnerable to hacking and monitoring, as there are currently no security standards in place for connected devices.

Luckily, there are things you can do to minimise these risks.

How can I make my connected home more secure?

1. **Research** different products online and read reviews. This is a great way to find out more about a product including age restrictions and credibility.
2. **Read the manual** provided by the manufacturers. Information should be given about privacy, how it connects to the internet, and information about any app which is required to use the device.
3. **Make use of parental controls** available on your broadband and any internet enabled device. Find out how to use parental controls by visiting your broadband provider's website.
4. **Enable the 'SafeSearch'** function on your connected device and search engines. This will limit the material your child sees when online. However, no parental control or 'SafeSearch' function is 100% effective.
5. When you buy a connected device or toy, **change the default password**. Use a strong password that cannot easily be guessed and do not share this with others.
6. **Set your Bluetooth device to 'undiscoverable'** so your child doesn't share data or pair with an unknown device.
7. **Review and/or delete audio**

files. Some connected devices or toys work by listening to voice commands, they usually record and keep these audio files to work properly. Refer to the manual and find out how to review and/or delete these files. If there's a microphone on your child's device, you can 'mute' it to prevent the device from recording and storing audio files.

8. Include connected devices in your [online safety conversations](#), reinforcing the message that if your child sees or hears anything that makes them feel worried, they can speak to you or another adult they trust.

9. **Keep connected devices in communal areas** of the home such as in the kitchen or living room.



English Weekly Wins

Year 11 students will have received a booklet from their English teacher designed to support independent revision alongside GCSEpod and Educake quizzes set by their teacher.

Complete the 4 'Weekly Win' tasks set every Monday. Hand them in to your English teacher, by printing them off or electronically via email, to win passport stamps, treats or BEST points.

Each task is designed to build on relevant skills or knowledge that you will need for one section of the exam for either your Language or Literature GCSE. Each page should take you 20 minutes to complete. Each page links to key GCSE pods that complement the focus of that task, use them for help. Every day you complete a page, cross it off the calendar to see how your revision is progressing.

WEEKLY STRUCTURED REVISION TASKS



Year 11

English Revision Masterclasses

English Language Paper 1

- Tuesday 17th May ~ 2:15 ~ Lecture Theatre
Mrs Bates

A Christmas Carol

- Monday 23rd May ~ 3:15 ~ Lecture Theatre
Miss Stephenson

DNA

- Tuesday 24th May ~ 2:15 ~ Lecture Theatre
Mr Thomas

The Merchant of Venice Unseen Poetry

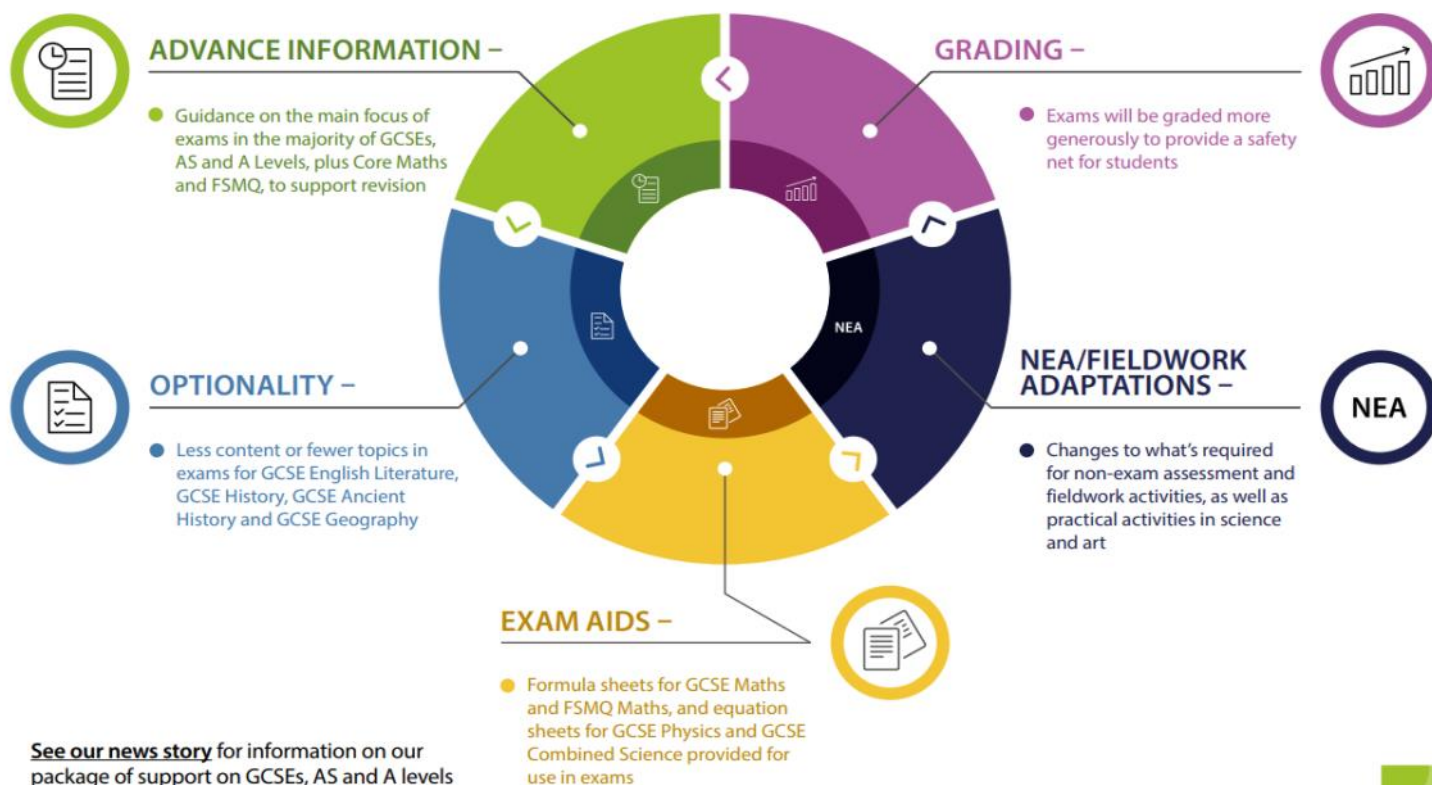
- Monday 6th June ~ 3:15 ~ Lecture Theatre
Mr Robinson and Mrs McManus

English Language Paper 2

- Tuesday 9th June ~ 12:45 ~ Lecture Theatre
Miss Jessop



THE PACKAGE OF SUPPORT FOR GCSE, AS AND A LEVEL STUDENTS IN SUMMER 2022



OUR PACKAGE OF SUPPORT FOR CAMBRIDGE NATIONALS AND CAMBRIDGE TECHNICALS STUDENTS IN 2022

For our Cambridge Nationals and Cambridge Technicals, we introduced a package of support for students that best suited the style of assessment taken through the year and ensured students taking our VTQ qualifications are not disadvantaged compared to students taking GCSEs and A Levels this summer.



What Parents & Carers Need to Know about FACEBOOK MESSENGER

Facebook Messenger is a communication app through which users can exchange messages and send photos, stickers, and video and audio files. Messenger allows both one-to-one and group chats, has a stories feature and – via its latest addition, Rooms – can host a video call with up to 50 people. As of 2021, the app had 35 million users in the UK alone (more than half the population!) among its 1.3 billion users worldwide.

Whereas Messenger is integrated into Facebook on desktops and laptops, it has existed as a standalone app for mobile devices since 2011.

AGE RATING
13+

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Messenger's numerous features can encourage children to spend more time on the app – and therefore on their phone, increasing their levels of screen time. It also invokes FOMO (the Fear of Missing out), especially among older children, who will almost certainly have a high proportion of their friends communicating via the app.

LIVE STREAMING

The new Rooms feature lets Messenger users hold video calls with up to 50 people. A young person can join any room they see, but the other people in these rooms don't even necessarily need to be Facebook account holders. This live streaming development heightens risk factors around privacy, security and the possibility of exposure to inappropriate content.

REQUESTS FROM STRANGERS

If the Facebook profile which accompanies their Messenger app is set to public, there's a possibility that young people will receive message requests from individuals they don't know. There have previously been reports of grooming attempts on Facebook, with predators using fake profiles to engage children in conversation.

OVERSHARING PERSONAL INFO

If the app is given access to their device's photo library or location services, young people can unintentionally share sensitive information (private photos, videos, their number or current whereabouts) with people on Messenger who they don't know. Even among friends, shared photos or videos don't always stay private: the recipient(s) could save and re-share them with others.

CYBERBULLYING

Like many communication apps, Messenger can be an avenue for cyberbullies or trolls to target children. This might take the form of harassment, abusive messages or being purposely excluded from (or targeted in) group chats. A 2021 Ofcom report revealed that more than half (55%) of 12–15-year-olds had suffered such negative experiences online in the preceding year.

SECRET CONVERSATIONS

The Secret Conversations function lets Messenger users have encrypted exchanges that no-one else can read. Unlike regular chats on the app, these can only be viewed on the device being used at the time. Messages can also be set to delete once read (although screenshots can be taken), so a child could chat privately with someone without any record of that conversation having taken place.

Advice for Parents & Carers

USE ADDITIONAL SECURITY

Messenger's App Lock feature uses your child's fingerprint or face ID to ensure that nobody else can access their messages without permission. Messenger has also added a variety of optional tools to increase young people's safety on the app, including two-factor authentication, login alerts and filtered message requests.

REVIEW THE CHAT LIST

Some parents regularly check their children's Messenger conversations (to see who they're talking to, rather than what they're talking about). While this is certainly safe, it can seem intrusive. If approached in a sensible, collaborative way, however, it can help parents and carers to keep an eye on exactly who their child is communicating with.

REPORT INAPPROPRIATE BEHAVIOUR

If your child experiences anything negative on Messenger, you can help them report it. Facebook can then take action such as disabling the offender's account, limiting their ability to send messages or blocking them from contacting your child again. If your child doesn't want to display to others that they're online, they can switch off Active Status in the app's settings.

DISCUSS LIVE STREAMING

Talk with your child about safe and secure video calling. When setting up calls on Messenger Rooms, only invite people who your child knows and trusts. Show them how to lock a room if they don't want other people joining – and how to remove anyone they don't want on the call. Remind them about behaving responsibly during a live stream, even if it's with people they know.

ADJUST PRIVACY SETTINGS

Make your child's Messenger stories visible only to their friends. Avoid adding your child's phone number (so they can't be found by someone using their number to search for them), and not syncing contacts lets your child choose who to add (or not) individually. Via Settings, you can control who appears in your child's chat list, who goes into the message request folder and who can't contact your child at all.

ENCOURAGE SAFE SHARING

Ensure your child knows to send pictures and videos only to family and trusted friends, and not to publicly share images which compromise their location (showing a landmark near home or clothing with identifiable logos, like a school or local club crest). Encourage them to pause before sharing anything – if there's a chance it could harm their reputation (or someone else's), don't send it.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



NOS
National
Online
Safety®
#WakeUpWednesday