

# Newsletter



No: 1304 [www.yarmschool.org](http://www.yarmschool.org) | 29th April 2022

## Headmaster's Welcome

It has been lovely to welcome our pupils back after the Easter break and to see them launch into another term with such enthusiasm. I thoroughly enjoyed the DT Product and Fashion Show on Tuesday - absent for two years because of Covid - and was thrilled to see pupils from Prep and Senior Schools work together in an evening that showcased their hard work in dance, textiles, design, fashion and - in a stunning display in the atrium - product design; well done to all. More creativity has been on display in the Fourth Year play, which has been received with acclaim, though at the time of writing I am yet to see it, and look forward to doing so this evening. We see the launch of our environmental sculpture extravaganza, and I hope as many pupils as possible get involved with this exciting project; details within.

The Easter holidays saw another 'post-covid' first, with our intrepid climbers venturing to Fontainebleau for a highly anticipated and extremely successful overseas trip - the first since the pandemic. As well as this, students took part in Duke of Edinburgh expeditions, rowing camp and competitions (with medal success), drumming workshops as part of the Holiday and Food initiative funded by the Department of Education and more. I am grateful to all staff who supported these activities, as well as those who were involved in supporting revision sessions for pupils sitting public examinations this term.

This year's Yarm Apprentice has drawn to an exciting conclusion with the results revealed within; well done to all students involved, and particularly to the winner and runners up, and a thank you to staff involved throughout the programme; as Mrs Kingsbury said in assembly, the quality of the contenders far outstripped that of the 'real thing'!

It was with sadness that we learned of the death of Alan Gallafant, Chair and Mayor of Yarm's Town Council and someone I admired very much as a unifying force for good in the town. We offer our condolences to his family at this time.

Dr Huw Williams

## Prep School Open Morning: Saturday, 7th May

Prep School are holding their second Open Morning of the year on Saturday, 7th May. Prospective pupils and their parents can visit from 9am - 12 noon.

If someone you know is interested in finding out what our Prep School can offer families with children aged 3-11 years then please encourage them to come along and see what life at Prep School is like!

Pre-booking is essential so please [register a place online](#).

**The Summer 2022 Term  
[Lunchtime & After School  
Activities Programme](#)**

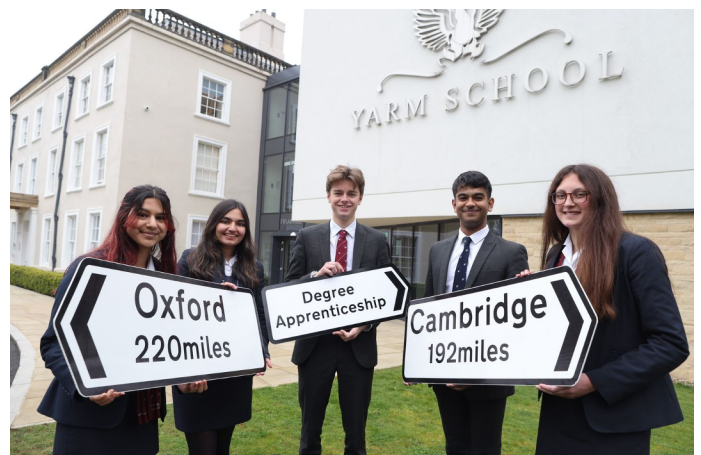
**is now live on the Parents' Section  
of the School website.**

## Bright Futures!

Yarm School's Upper Sixth students have been offered places at some of the UK's leading universities and top firms.

Five students received offers to study at Oxford and Cambridge, and one has been accepted onto a highly competitive degree apprenticeship with PwC.

We're proud that our students gain places at courses and destinations that match their individual interests and career ambitions and wish them all well in the forthcoming examinations.



## Fabulous Fontainebleau: Back to France at Last!

After a 3 year break, we returned to Fontainebleau during the Easter holidays for some bouldering on the world-famous Font boulders. Eighteen pupils from Second Year up to Sixth Form joined Dr Tulloch, Miss Street, Mr Tucker and Miss Jenyns for the week. The pupils really pushed and developed their own personal climbing skills as well as working together tackling all the different jobs and chores campsite life brings.

Driving through snow(!) on the first evening in France, we arrived at our comfortable campsite. For the first couple of days we visited four different climbing venues to learn (or refamiliarise ourselves) with the bouldering techniques, how to find the grade of the climb, and how we should look after our climbing friends through being an active spotter. These climbing areas also had amusing names such as Cul de Chien and Diplodocus.

As the week warmed up into shorts and t-shirt weather we travelled to different climbing venues to improve our climbing judgements and skill level. First time Font visitors started on the white graded routes at the beginning of the week and progressed through the yellow and the odd orange climbs by the end of the week. The Sixth Form students who had previously been to Font as Second and Third Years started on orange and were climbing blue and red graded circuits by the end. The warmer weather also meant we got the barbecue out for dinner, with pupils cooking and preparing delicious meals of burgers, sausages, giant mushrooms and cauliflower steaks.

During the odd half day off we managed to squeeze in some games of rounders, beach football at Elephant, a visit to the local chateau and an ice cream parlour visit (of course!).

My thanks go to the staff who gave up a week of their holiday to assist on the trip, and to the pupils for their energy and enthusiasm on the school's first overseas trip post lockdowns. This trip is open to pupils in Second Year and above who have an interest in rock climbing and bouldering and who may have climbed during the weekly activity programme.

Mr A Mathers



Join the YSA for their fabulous Bollywood Summer Ball! Tickets are on sale at 9am on Saturday 30th April.  
Buy yours from the website: [yarmschoolassociation.org](http://yarmschoolassociation.org). We expect this event to sell out so be quick!

YSA PRESENTS

# BOLLYWOOD SUMMER BALL

---

SATURDAY, 18TH JUNE 2022  
7PM

CARRIAGES AT MIDNIGHT

---

THE PRINCESS ALEXANDRA AUDITORIUM

TICKETS £60  
AVAILABLE ONLINE FROM 9AM  
SATURDAY 30TH APRIL

.....

BOLLYWOOD DANCERS FROM DESI NACH

THREE COURSE MEAL  
BLACK TIE OR PARTY WEAR

[yarmschoolassociation.org](http://yarmschoolassociation.org)

# A talk with Lord Dannatt; 'The lessons learned and the challenges posed by the British Armed Forces in the twenty-first century'

Students and pupils from Politics Society and the CCF were honoured to welcome Lord General Richard Dannatt, GCB, CBE, MC, DL to speak to us on Friday 1st April. Lord Dannatt was commissioned into



The Green Howards in 1971 and awarded the Military Cross in Northern Ireland aged 22. He commanded the 3rd (United Kingdom) Division in January 1999 in Kosovo that year as Commander British Forces. Following this, he became Assistant Chief of the General Staff in the Ministry of Defence before taking command of NATO's Allied Rapid Reaction Corps. In 2006 he took up the appointment of Chief of the General Staff. He was made a CBE in 1996, awarded the Queen's Commendation for Valuable Service in 1999, was appointed a Knight Commander of the Order of the Bath in 2005. Dannatt served as a defence adviser to Conservative Party leader David Cameron. In 2011 he became an independent member of the House of Lords. He is a frequent commentator on defence and security issues in the media. He is honoured for his extreme professionalism and for his outstanding dedication to the British Army.

Lord Dannatt spoke to us in detail about the current situation in Ukraine. Particularly the West's response and how he felt that the West needed to ensure they stood up to Russian aggression. He quoted President Teddy Roosevelt's requirement for the West to hold a 'big stick' in international relations. He suggested that Western governments needed to ensure that there was a desire to maintain defence spending in order to have an instrument to stand up to aggressors.

Lord Dannatt also highlighted the importance of China in the current international situation. He described them as the key player and suggested that Russia feared China's economic power. He felt that the best way out of the current conflict in Ukraine would need to come via Sino-Russian diplomacy and that China should be looking to take an active role in facilitating peace talks.

Lord Dannatt also spoke at length about his own military career which lasted 39 years. He told us how he had seen the British Army become a far more professional military force with better equipment and greater experience owing to the conflicts in Iraq and Afghanistan. However he made the point that the government's desire to use the military in the 2000s in simultaneous conflicts in Afghanistan and Iraq,

did not coincide with the necessary personnel and funding uplift. This led to a military and in particular an army which was overstretched, and perhaps did not look after its personnel as well as it could have done. He currently continues to lobby the government to look after the UK's Armed Forces personnel and veterans with more care.

We thank Lord Dannatt deeply for giving up his time to come and talk to a full audience and for his fascinating insights into international relations, conflict and the Armed Forces.

Mr Tim Taylor

## Politics Book Review Sad Little Men: Private Schools and the Ruin of England by Richard Beard

In 1975 the author, Richard Beard, was sent away from his home to an elitist boarding school; so were nearly two in three of the current Prime Minister's cabinet. As a polemic against public schools, *Sad Little Men* puts on trial the nature of the schools and groups of former pupils who are now running the country. The anecdotal style retrospectively analyses private boys' boarding school education, with Beard recalling memories from his time as a type of boy who was trained to lead, revealing the make-up of those who are privileged and seeking power. Reading this book seemed rather timely given Johnson's political manoeuvring to deflect from events such as 'Partygate', as those critics would instantly point to his privileged upbringing and self entitlement, a topic that Beard attempts to dissect.

The book opens by discussing a quote from George Orwell, *The Road to Wigan Pier*, 1937: 'The manners and traditions learned by each class in childhood are not only very different but generally persist from birth to death'. Characters such as Cameron and Johnson are deconstructed, uncloaking aspects of immaturity and juvenility; they can never quite carry off the role of grown-up, or shake a suspicion that they remain fans of escapades without consequences. In other words, Prime Ministers with private, single-sex education look confident of not being caught, or of not being punished if they are. 'The English privilege was obtained by hardship, and the best hardship was to be found at English boarding schools'. Beard then personalised these statements with descriptions of how parents sending children to boarding schools can teach emotional concealment and refusal of confronting emotions. These few paragraphs reveal serious flaws within public schooling, with direct links to the past and current politicians running the country.

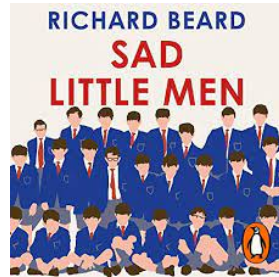
The middle chapters of the book offer more insight into the values and lessons learnt by Beard from his time at school. He quotes multiple letters he sent home from school; he records that behind the surfaces of cricket, friends and

homework, he was lonely. However he learned that survival at boarding school meant concealing these feelings, even from himself. The emotional austerity, he quotes, 'began as soon as my parents drove away'. At the cusp of adolescence, he explains that concealment only leads to anger and isolation.

Despite these insightful, fascinating ideologies, Beard floods *Sad Little Men* with pronouns such as 'we' and 'our', generalising the experience. Only one other ex-pupil is interviewed, one who agrees with Beard. It would be beneficial as a reader to consider a wide range of opinions and how other students reacted with their childhood conditions. Beard makes many large assumptions about politicians, their thought processes and their private lives. Even though they all share a similar upbringing, I find it challenging as to how such conclusions have been reached without real evidence or personal relationships. For a book that praises empathy, there is not much to see here; If Cameron's and Johnson's school days were as terrible as Beard's, you might expect some pity from the author.

On the whole, whilst there are certainly flaws within the book, reading *Sad Little Men* was just as educational as it was captivating - I would recommend this book to anyone with an interest in private school life or seeking to address privilege within 10 Downing Street.

Izzy Leighton, Lower Sixth



## Fashion Show 2022!

Due to Covid the last couple of fashion shows have been cancelled, so it was refreshing to provide an opportunity to show the garments produced by the Textiles department. Having an audience back watching the runway, was thrilling for all participants to experience the atmosphere. The fabulous Prep and Senior school dancers, the Eco Fashion Show contestants and the GCSE and A Level groups unveiled all of their hard work despite all the challenging conditions of the past couple of years.

A big well done to everyone who was involved, and to everyone who produced a fantastic, unique garment. A special congratulations to the Eco Fashion Show winner, Olivia Mitchell (3rd Year), and all of the runners up for making some innovative seasonal themed garments! Finally, thanks to all of the PAA staff for making the evening run smoothly, Mrs Dunkley for the wonderful dance routines, as well as all of the staff involved, and to Mrs Jackson - for her undoubted non-stop support, talent and effort.

Imogen Slack, Lower Sixth



## Fashion Show Dance 2022!

First to Fourth Year Yarm School dancers took to the stage for the first time in over 2 years in this year's D&T Fashion Show. They opened the show with energy, elegance and confidence as they performed an exciting dance based on weather/seasons. They performed choreography to a medley of music including 'Singing in the rain', 'Thunder' and 'Here comes the sun'. Well done to all dancers involved!



YARM SCHOOL DANCE PRESENTS  
DANCE SHOWCASE 2022

# BRING THE BEAT BACK



**FRIDAY 10TH JUNE, 6.30PM**

THE PRINCESS ALEXANDRA AUDITORIUM  
TICKETS: £6.50 ADULTS, £3.50 CONCESSIONS

[WWW.THEPAAONLINE.ORG](http://WWW.THEPAAONLINE.ORG)

## Belle is the winner of the Yarm Apprentice 2022!

Lower Sixth student Belle, the 2022 winner of Yarm Apprentice, was Project Manager twice (both times successfully leading her team to victory, firstly designing a menu item for Hobo and secondly branding a shampoo), and she was a member of the winning team overall on 3 occasions and for the bonus Christmas stock selling task. She was also peer voted as "Outstanding Leader" across all the tasks.

Quotes from her peers included:

"She was organised and handed out responsibility well whilst supporting each member of the team"

"She led clearly and divided work up evenly. She included everyone and was very organized"

"Lead really well. Instructions were clear. Took all ideas on board"

"Always stepped up to take action. Never let anyone down. Stayed with her team"

"Had the most innovative ideas throughout the whole YA"

"Always organised and effective with her leadership."

"Won both tasks she PM'd"

"She is so organised and every task she was PM for, we won"

"She was enthusiastic throughout each task and did everything to the best of her ability"

"In control, but allowed others ideas to be listened to"

"Very fair in delegating tasks and was genuinely interested in the task at hand"

"Good at finalising decisions"

"Always listened to everyone's ideas"

Miss C E Rhodes

## Reflections from Runner-Up Imogen Slack

Entering this activity, the level of professionalism and intensity was far from expected, yet being involved in Yarm Apprentice has been a handful of emotions which I will never regret or forget. Despite only winning two of the five tasks, I found the real way to pitch was to pitch yourself as an 'entrepreneur', being creative, a team worker, and constant perseverance was one of the main ways to gain points in this thrilling system. Although this activity took much determination, I would recommend it to anyone, but particularly the Business and Economics students for next year, as the entire process revolves around individual progression and drive, yet also how to win and work as a team. I would love to sneak into this activity next year, and do it all over again!

Imy Slack, Lower Sixth

## Reflections from Runner-Up Amy Willis

Yarm Apprentice is an incredible chance to incorporate all key employable skills into real life situations, under a range of time frames and locations. It is a challenging but rewarding experience I would recommend to anyone looking for something to allow them to push themselves. I have loved all aspects of the Yarm Apprentice, from working with a range of people in teams, to leading and having to make tough decisions to pushing my creative boundaries to find out of the box ideas, I have thoroughly enjoyed it all. I encourage any current Fifth Years to get involved with this fantastic opportunity next year!

Thank you to Miss Rhodes so much again for all your support in the Yarm Apprentice.

Amy Willis, Lower Sixth

## Happy talk, keep talkin' happy talk!

I am delighted to be able to update the total of money raised through YA 2021/22 for charity.

Comprising of:

Covid Aid £68.41

Teesside Family Foundation £20.50

Breast Cancer Now £28.67

Oxfam £94.10

Sands £97.60

This gives us a grand total of £309.28

Thanks again to all the Yarm Apprentice participants for their hard work (and to all the members of the school community who supported our activities).

I'm currently planning next year's YA, so if anyone has an amazing idea for a task please feel free to drop me an email or, if you will be in the Lower Sixth in September, think about signing up and perhaps you will be crowned Yarm Apprentice 2023!!

Miss C E Rhodes



Yarm School's Artist in Residence presents

# "THE YARM SCHOOL ENVIRONMENTAL SCULPTURE EXTRAVAGANZA!"

Miss Jenyns is very excited  
to be collaborating with  
Tees Valley Wildlife Trust  
for this amazing  
Community Project.

## WHAT CAN YOU DO?

We need you to bring in materials and trash from  
home, for example:

- Old/torn, colourful clothing
- Broken, plastic toys
- Broken/scratched CDs
- Disused cables/wires
- Plastic bags
- Broken jewellery
- Broken/old kitchen utensils
- Old rope
- Drinks cans (not food cans)
- Plastic bottle tops
- Plant pots
- Broken Coathangers etc.

Please ensure all  
items are clean!



Please bring in your trash now and leave them  
in the marked containers in the DT Department.  
We will begin building the sculptures during Activities on Tuesdays  
and Thursdays in the DT Workshops.

## Non-stop rowing throughout the Easter holidays: Yarm School Boat Club participate in 5 events.

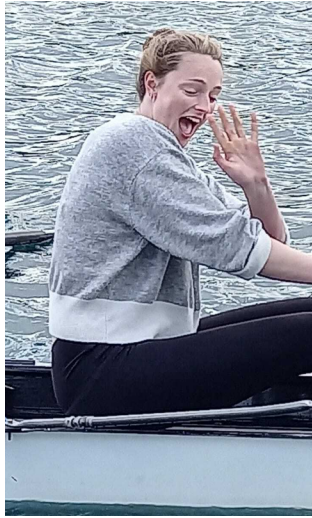
Easter 2022 was probably one of the busiest times for the Boat Club in many years. Over the course of the three week holiday period, pupils took part in various events in Yarm, Peterborough and Nottingham.

Yarm was the focus for a Junior 14 camp lead by Mr Bewick. Although the weather was rather cold and windy, all the participants had lots of fun as well as making technical improvements. While this was happening at Yarm, Mr Lund took Archie Norton and Harry Wildridge to the Junior 16 GB Training Camp. This was by invitation only as they had proved their ability by meeting the standards set by GB Rowing. Not only were they given expert coaching, but there were several seminars lead by the GB doctors, GB physiotherapists, Pilates experts and the Chief U19 and U23 GB coaches.

After some holiday time, it was time for the Boat Club Easter camp, held at Peterborough Rowing Centre. Over 45 pupils from 4th Year to Upper Sixth attended five days of selection and crew formation. This camp helps to inform coaches in order to select crews for the coming summer regattas. This is an intense week of training with the first of three daily sessions starting at 7.00am each morning. By the end of the week, there were a lot of tired athletes, but in spite of their blisters and aching limbs, they had thoroughly enjoyed the experience and the camaraderie.



As is customary, there is always a scratch eights event at the end of the camp and this year was no different. The race was won by a staff crew, ably assisted by the late addition of Sarah Portsmouth, who had not only been in the winning Boat Race crew, but had also just undergone six days of seat racing for the GB U23 squad. However, the pupils did not give the staff an easy time and the final was extremely close.



At the end of the camp the senior rowers returned home to Yarm, but the Junior 15 rowers now had to turn their attention to rowing in the Junior Inter Regional Regatta at Nottingham. They were joined by some Junior 14 rowers to form the backbone of the Yorkshire regional team. The country is divided into twelve regions and all regions form a team to compete. However, the weather conditions at the National Water sports Centre in Nottingham were more reminiscent of the North Sea than a rowing course. Because of this, it meant there had to be a restricted programme of racing with the results being awarded on the best time over two heats. There were some excellent performances from all our pupils but the highlight of the day was a bronze medal for the Junior boys' coxed quad of Will Jeavons, Will Lewis, Sai Sidaginamale, Jack Pritchard and very well coxed in such conditions by Jack Stoddart.



### Junior Inter Regional Regatta Results:

J14 4x+ - 12th (Lydia Wain, Harry D'Ambrogio, Shehab Saad, Patrick Tulloch & Sam Pritchard)

WJ14 4x+ 8th (Brooke Allick, Abby Stewart, Becca White, Jenny Atkinson & Sally Matthews)

**J15 4+ - 3rd \*Bronze Medal (Jack Stoddart, Will Jeavons, Sai Sidaginamale, Will Lewis & Jack Pritchard)**

J15 2x - 11th (Luke Anderson & James Ward)

WJ15 4+ - 5th (Joshita Mishra, Libby Laverick, Hannah Bettinson, Sophie Jewitt & Cecily Deering)

WJ15 4x+ 10th (Ellen Willis, Eve Gray, Lucy Bardgett, Emily Nicholson & Thea Cant)

WJ16 4- - 5th (Hannah Stewart, Kitty Brown, Storm Smith & Morven Hawthorne)

WJ16 8+ - 8th (Crew formed from the WJ15 4+ & WJ16 4-)

J16 2x - 5th (Harry Wildridge & Archie Norton)

\*Composite Crew J16 4+ - 7th (Danielle Devlin, Alfie King, Kaaman Birk, Leeds RC & Leeds RC)

\*Composite Crew J16 8+ - 6th (Danielle Devlin, Archie Norton, Harry Wildridge, Alfie King, James Waine, Leeds RC, Leeds RC, Doncaster RC & Doncaster RC)

The fifth event of the holiday period was the GB Junior U19 Trials. This was the following day after JIRR and involved Harriet White and Cordelia Deering in the Women's Pairs event. In order to attend the trials, they had to meet all the selection criteria laid down by GB Rowing, which they did very well. Like JIRR the previous day, the conditions were very windy and again it meant a restricted programme of events. Both girls are still very young in this event and their performance promises well for the future.

Mrs A Lund



## DON'T MISS - THIS WEEK!

### Toploader

With over 84 million streams on Spotify alone in 2020, Toploader are gearing up for a busy 2021 & 2022 as they celebrate the 20 year anniversary since the release of their debut album 'Onka's Big Moka', which sold over two million copies and remained in the Top 5 of the UK album chart for over six months earning them 4 Brit Award nominations.

**Saturday 7th May 2022, 7:30pm**

[Book Online Here](#)



## COMING SOON ....

### Jimmy Tarbuck – A Life in Showbusiness

After more than sixty years at the very top of his profession Jimmy Tarbuck relives many of the most iconic moments of a life on stage and screen.

Featuring memorable footage highlighting a fabulously glittering career, from going to school with John Lennon to playing golf with Bing Crosby.

A story that retells the incredible journey of a true national treasure.

**Friday 13th May 2022, 7:30pm**

[Book Online Here](#)



## A DATE FOR YOUR DIARY

### The Queen's Knickers

It's a busy year for the Queen – she has lots of important events to attend. But disaster has struck the palace as Her Majesty's knickers have been nicked- call the royal guard!

TaleGate Theatre Productions, producers of 'Father Christmas Needs A Wee!' and 'The Giant's Loo Roll' bring you this regal children's musical full of songs, silliness and a corgi or two!

**Sunday 31st July 2022, 2:00pm, 6:00pm**

[Book Online Here](#)



56

# What Parents & Carers Need to Know about GROUP CHATS

64

## WHAT ARE THE RISKS?

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.

### 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.

74

## Advice for Parents & Carers

117

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.04.2022