

Lent Term 2 - 2026

SPH - Heads, Hearts, Hands

At St Philip Howard, safeguarding remains at the heart of everything we do. This half term, our focus is on online safety, artificial intelligence, social media awareness and positive digital behaviour.

Technology brings many opportunities – but it also brings new risks. We are committed to helping our students stay safe, informed and responsible online.

Online Safety – Social Media & Messaging Apps

Many of our students use social media and messaging platforms daily. While these apps can support communication and connection, they can also expose young people to:

- Online bullying or unkind comments
- Pressure to share images or personal information
- Inappropriate content
- Contact from people they do not know
- Screen time affecting sleep and wellbeing



What Parents Can Do:

- Have regular, open conversations about online activity
- Keep devices out of bedrooms overnight where possible
- Check privacy and location settings together
- Encourage your child to tell you if something feels uncomfortable

Remind your child: If it wouldn't be okay face-to-face, it isn't okay online.

Artificial Intelligence (AI) & Deepfakes – What Parents Need to Know

Artificial Intelligence tools are becoming more common and easier to access. Some young people are experimenting with AI image generators, chatbots and editing tools.

What are Deepfakes?

Deepfakes are images, videos or audio recordings that have been digitally altered using AI to make someone appear to say or do something they never did.

These can be:

- Used as “jokes” that quickly go too far
- Shared without consent
- Used to embarrass, humiliate or bully
- Extremely distressing for the person involved

Creating, sharing or possessing harmful or inappropriate manipulated images can have serious safeguarding and legal consequences.

Our Message to Students:

- Think before you create
- Think before you share
- Just because technology allows it, does not mean it is right



Gaming, Group Chats & Online Behaviour

Many safeguarding concerns now originate in:

- Gaming chat functions
- Large WhatsApp or Snapchat groups
- Anonymous apps
- Screenshotting and resharing content

Students sometimes assume messages “disappear” – however screenshots and recordings mean content can be shared widely and permanently.



Please speak with your child about:

- Respectful communication
- The impact of “banter”
- Not forwarding images or videos
- Leaving group chats that become unkind



Parental Workshop – Behaviour, Boundaries & Positive Parenting

We are pleased to invite parents and carers to our next parental workshop delivered by Compass on Thursday 12th March, 6:00pm – 7:00pm in school.

This session will explore:

- Setting clear and consistent boundaries
- Managing behaviour calmly and confidently
- Supporting emotional regulation
- Strengthening positive parent–child relationships

Working together as school and families’ makes the greatest difference.

Signs Your Child May Be Struggling Online

- Becoming withdrawn or secretive about devices
- Sudden changes in mood after using their phone
- Not wanting to attend school
- Sleep disruption
- Deleting accounts suddenly



If you are concerned, please contact us. Early conversations prevent escalation.

If You Are Worried About Your Child

If you have any concerns about your child’s safety or wellbeing, please contact:

safeguarding@sph.srscmat.co.uk

Safeguarding is everyone’s responsibility.

Together – heads, hearts and hands – we keep our children safe.

**Team SPH: heads, hearts, hands-
together on the success journey**

