



Dorset

Studio School
Newsletter
Winter 2023

Cultural Capital in our rural hamlet

Our Christmas Concert encompassed both religious and secular elements, with performances of contemporary songs as well as verses shared through generations via an aural tradition. Our celebrations also recognised the significance of performing in the church where novelist and poet Thomas Hardy's heart is interred.





► Message from the Principal

Dear Parent / Carer

As it's Christmas, I do hope that you will forgive me an extra-long newsletter, and a summary of the last term on just this one occasion!

Events this term have included:

Inaugural 'Friends of Dorset Studio School' meeting, 'Mental Health Schools Team' workshop for Year 7 students, Dorset Studio School Open Day, 'Key Stage 3 Curriculum Information evening', 'Key Stage 4 Curriculum Information evening', 'Black History Month' conferences and tutor time work, New Parents' Evening, Inaugural 'Celebration Evening', 'Remembrance day'

conference and tutor time preparation, Travel and Tourism and Animal Care Synoptic Assessments, Years 10 and 11 Parents' Evenings, Zero club Celebrations, RAF careers talk, Knife and Gun Crime prevention presentation for upper school students, 'Mental Health Schools Team' workshops for parents, Year 11 Mock Exams, 'Christmas Concert,' celebration assemblies, 'Careers Fair' for Upper School Students, Bovington Tank Museum trip for Year 7 students, Church Ope Cove visit and 'National Dairy Show' visit.

► Parent Communication

We have sent 357 ParentPay messages this term covering all manner of topics. We have issued two newsletters, held nine parent events, introduced the Friends of Dorset Studio School, offered and hosted eight Principal's clinic meetings, conducted a parental survey including multiple follow up discussions and held hundreds of individual parent meetings in school.

► Student conduct

There have been 16,000 incidents recorded on class charts in school this term. 14,000 of those incidents were

positive achievement points awarded by teachers, with 2000 being negative behaviour points. This works out at 1 behaviour per student every three weeks, on average. Behaviour points have been awarded for a range of issues including lack of equipment, incomplete homework and failure to listen well. The category that attracted most negative behaviour points was 'poor manners.' Of the 16,000 incidents this term, 29 or just 1.45% of all negative behaviour points were awarded for bullying. 22 students accounted for these points with 16 students demonstrating this behaviour just once. Six students have repeated this behaviour. We are working closely with them to bring about change. Achievement points were issued for a range of our SMILE factors, with nearly 2000 awarded for 'literacy,' a further 2000 for demonstrating 'good focus,' but by far the biggest category was 8000 points awarded for being 'engaged with the lesson.' It must also be noted that almost half of the school have qualified for Zero club this year, having been awarded zero negative behaviour points so far! Great!

► Student wellbeing

Once again this year we achieved



accreditation from the Anti-Bullying Alliance's 'United Against Bullying' campaign. As part of this campaign, we survey our students twice a year. This yields some very positive results.

Sadly, 31% of students in schools nationally, report to being frequently 'hit, pushed or kicked by other pupils.' At Dorset Studio School the figure was about a quarter of the national figure, at 7.4%. This is still too high though, and we'll keep working on it.

Nationally, 31% of students say that 'frequently, other pupils stop me from joining in with them.' At Dorset Studio School that figure is 3.7% (the national figure being almost ten times higher).

With respect to online bullying, nationally 24% of pupils say that pupils 'frequently are mean or rude to me online.' At Dorset Studio School that figure is 7.4%.

Interestingly, 38% of pupils nationally say that they hit, push or kick other pupils. At Dorset Studio School the figure is 3.7%.

However, Dorset Studio School students report to being slightly less calm, slightly poorer sleepers and slightly greater worriers than might be the case nationally.

► Student Progress

Nationally, we can measure the amount of progress that students make from the end of Key Stage 2 (end of year 6) to the end of Key Stage 4 (end of year 11). When the national Summer 2023 public examination validated results were issued this year, they showed that students at Dorset Studio School made more progress than all but one of all schools in the Weymouth, Chesil and Dorchester areas, with the Thomas Hardy school edging us just very narrowly! County wide, our progress scores were better than half of the well-established large maintained secondary schools, and nationally, our results placed us fourth from the 20 Studio Schools in existence, and the best Studio School south of London.

We have so much to be proud of and there is so much more that simply can't be measured. Last evening, I attended a wonderful Christmas concert, hosted and arranged by Mrs Harris. Students demonstrated talent and bravery that is hard to put a price on, all of us lucky to be part of something that will be remembered for a long time.

I do hope you enjoy reading this

newsletter and I wish you all a fantastic Christmas holiday. I have included below a selection of things that parents have said about us this term.

Thank you all.

P A Green
Principal

'I wanted to congratulate you and your staff on a lovely awards evening, it was a very pleasant evening and brilliant to see lots of children being recognised! Please pass this on to the staff. Thank you'

'Brilliant school, great to see my child thriving. Most teachers take the time to understand the child individually and build up relationships. Thank you!'

'New to school. Well supported. Love focus on wider skills, work and social skills not purely academic. Attentive and responsive to learning/academic needs. Thank you.'

'Child is thriving by the surroundings and school support'

'Thank you for making the last 7 months amazing for my child. We definitely made the right decision to wait for this school.'



'We are really pleased how Dorset Studio School has helped our son through a really hard time, thank you'

'It's been a bumpy ride for a few months for my daughter but I feel we are working together and communicating better so the teachers gain a better understanding of my child which will help them teach and help her learn. I really like this school and what they are all about. It suits my daughter very well and she is enjoying it.'

'Dorset Studio school has been amazing for my daughter. I have never known a school like it and I am so grateful that she was accepted by them.'

'My granddaughter no longer complains about going to school, which happened daily at previous school.'

'A wonderful learning experience with a dedicated friendly teaching team!'

'DSS is an amazing school. My child is very happy. You all do an amazing job. Thank you.'

'The opportunities to learn more about the curriculum this year have been very informative. We have been very appreciative when teachers have taken the

time to send postcards to our son congratulating him on achievements. The teachers and support staff know him very well and we are very grateful for all the support and help they have given him with his additional needs. The teachers are enthusiastic and this is reflected in the education that they provide. We would like to thank all the staff for their hard work and dedication.'

'I feel that my child is known and cared about by the teachers and staff at this school, which I value highly and definitely didn't experience at their previous school. This matters more to me than anything else as if they have that, I know that the rest follows.'

'I am very happy with my daughter's progress whilst at Dorset Studio School, apart from what I would say are normal friendship issues we've had no major problems and what issues we have had in the past have been resolved'

'Thank you for the support of your pastoral team, as my daughter has given me positive feedback on how this is making her feel.'

'My children enjoy the different outlook DSS has on education'

'Dorset Studio School have been very supportive to my daughter'

'Very pleased with the school it has really helped our daughter to do well and has helped her a lot with her confidence and friendships as well as her education.'

'Absolutely amazing school! Thank you so much to each and every staff member for all their hard work.'

► English

The Autumn term has seen students in English experience a range of challenging, classical and exciting texts. In English, we select texts with the ethos of 'windows and mirrors' in mind. This is the idea that it is our role to introduce students to texts that not only add to their understanding of the world and culture in which they live in but also to broaden their understandings of other cultures, periods of history and ideas.

With this in mind, students in Year 9 have been investigating Ancient Greek mythology. These stories give an insight into how our world today is organised but also allow students the skills to decode new words (many originate from Ancient Greek).



More recently, students have been reading Robert Louis Stevenson's classical tale 'Jekyll and Hyde', learning about its local links to Dorset (it was written whilst he was living in Bournemouth) but also analysing how Stevenson uses the gothic genre to discuss the battle of good v evil within us.

In Year 8, students read George Orwell's warning against dictatorship in 'Animal Farm' and also delved into Ancient Greece themselves by looking at Aristotle's ideas of how to successfully create powerful, persuasive writing. They then analysed some examples from powerful people like Queen Elizabeth I, Malala, Winston Churchill and Martin Luther King among others. Before we leave for Christmas, this will lead to them having a go themselves with some students presenting their own speeches to their class.

Meanwhile, Year 7 have been enjoying Michael Morpurgo's 'Private Peaceful', looking at how the writer uses language to create our impressions of characters and shows us how the sergeant was able to persuade young men to enlist. Through this study, Y7 were also able to divert to a short study of Dulce Et Decorum Est by



Wilfred Owen. Before Christmas, Y7 students will practise some of the essential elements of grammar in English and enjoy a trip to Bovington Tank Museum, helping to bring parts of the Private Peaceful text to life.

Over at our Poundbury site, Y10 and Y11 have been digging down into GCSE study. Year 10 have already studied two of their GCSE texts in An Inspector Calls and A Christmas Carol - it is great to see the knowledge that they gained from their KS3 study come to fruition here.

Y11 have practised GCSE English Language, completed their mocks and are en route to studying their final text, Macbeth, after Christmas.

With continued effort, revision, resilience and practise (both in school and with your support at home) I am optimistic that they will have a successful year.

Thanks for your support,

Gary Remmer,
Head of English/Teaching and
Learning Co-ordinator

► Literacy Goals

Literacy goals are well under way at Dorset Studio School and we've started to celebrate the first students who have achieved 25 literacy points! Well done to Max Beddows, Riley Kellaway and Harry Scrooge who are the first to receive a free book from our vending machine! We're looking



forward to giving out many more books in the Spring term.

Andrea Harrison,
Literacy Co-ordinator

► Humanities

It has been a hugely busy time of year for all students studying Humanities subjects, but perhaps Year 11 students have experienced the greatest demand on their time with the entire year group working on their synoptic assessments in Travel & Tourism. This culminates in five key assignments completed over a number of weeks. It makes up 30% of their final Travel and Tourism grade. Tasks varied from looking at different types of primary and secondary data used by Travel and Tourism organisations to planning an actual visit with a full itinerary and costings for a solo traveller to Rome. Students will now begin to focus on their summer exam module which constitutes 40% of their final grade. In addition, year 11 students have recently completed their mock exams. GCSE Geography students completed two exam papers to help prepare them for their summer exams. Teachers look forward to meeting parents of our year 11 cohort on Tuesday 12th December to feedback

on synoptic assessments and mock exam performance and to discuss how to ensure all students maximise their full potential in the summer.

Students in Years 7-9 have been enjoying a mixed Humanities curriculum where they experience lessons in both History and Geography in their lessons. Our Year 7 students have been investigating the diverse Geography of the UK as well as studying the Norman Conquest of England in 1066. After Christmas they will continue to study in UK landscapes in depth.

Great big campaign to restore hedgerows across Purbeck begins – Swanage News



Our Year 8 students have been finding out about the British Empire and Trans-Atlantic slave trade in their history lessons whilst investigating large and small ecosystems in Geography. Recently students have been outside studying

the connections between plant and animal life in hedgerow ecosystems. In the New Year they will start to look at the impact of the agricultural and industrial revolutions on society and on the local countryside. We will also be studying in depth, the significance of the Tolpuddle Martyrs culminating in a visit to the Shire Hall Museum in February.

Year 9 students have been studying Hitler and the rise of the Nazis in their history lessons whilst learning about different world cities in Geography. After Christmas they will complete a module of World War II and the Holocaust.

Mr Dearden (Head of Humanities).

► Science

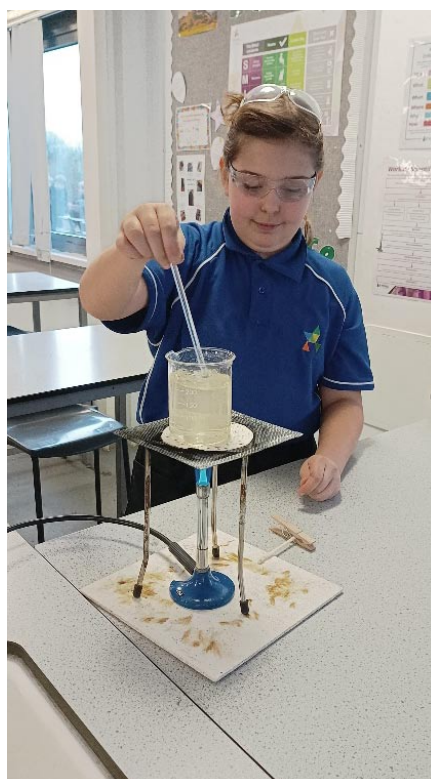
This term we have started Science Club! This has involved some enthusiastic keen scientists in year 9 and a number of curious year 7's who have undertaken practical's designed by the year 9's with the help of our essential science technician. The club aims to give students hands-on experience with a number of practical experiments while learning about science. It has been great to see so many different faces and keen Dorset



Studio School students who want to get involved!

► Animal Care

In the year 9 Animal Care practical sessions we have spent the last 2 weeks learning how to handle turkeys. The students worked as a team to catch the turkeys and weigh them. It is important to keep a record of



their growth rates to make sure they are healthy and ready for the festive period. They weighed between 7.5kg and 10kg. The stags (males) were heavier than the females (hens). The students then found hazel branches in the woodland to hang up in the pen. This will provide the birds with enrichment (something to keep them entertained) which they enjoyed.

In year 8 the students have been enhancing Eccles Wood for fauna. They have been working safely as a team to build hedgehog shelters using material found in the woodland. Hedgehog numbers are in decline due to an increase in



roads, housing and fencing which has impacted their natural habitat so it was great that students were trying to improve the area to make it more hedgehog friendly.



For the small animal side of animal care pupils have been undertaking health checks and husbandry for a range of small mammal including hamsters, degus, chinchillas and mice. They



have also been facing their fears by demonstrating their handling skills with snakes, millipedes, cockroaches and even a lovely tarantula called Rosie. A special mention for Ted who overcame his fear and held not one but two snakes for this first time!

We have recently moved onto feeding and watering routines, with pupils taking the lead on monitoring and recording the daily feeding and watering schedules of over 25 mammals. The routines the developed included sanitising feed bowls, weighing the appropriate food and recording feeding data. With their newfound skills, there should be no excuses at home for not feeding any pets or livestock at home!

Miss Harvey and Miss Rees

► Physical Education

Our lower-school students have positively embraced the seasonal weather whilst studying Football out on the sports-field so really well done all especially during the recent cold-snap! Years 10-11 have enjoyed the warmer confines of the sports hall at Poundbury studying Badminton.

After the Christmas holiday, years 7-9 will be inside studying

Basketball but due to the low temperature in the sports hall, should wear a base-layer or extra t-shirt underneath their rugby or PE tops still.

Years 10-11 will be studying Unihoc (indoor hockey) and require the same uniform as this term which consists: PE top or Rugby shirt, black shorts or leggings, black socks and sports trainers. They are welcome to wear a base-layer or t-shirt underneath their rugby or PE tops should they so wish.

Hall of fame

Year 11 student Charlie Woodland took part in the 100 Percent Mini Downhill Series MTB race at the Forest of Dean on 3rd December.

Fixtures

Area XC Race 2 – Colfox

After the initial postponement due to a waterlogged venue, the eagerly awaited fixture went ahead on Thursday 30th November during the first snow showers of the year and with very low temperatures. All of our team runners completed their races and cheered each other on despite the freezing wind-chill. A special mention goes to Ollie Gillman in Year 9



who finished 6th in the Juniors.

The Area XC Race 3 is to be held on Monday 8th January at Budmouth. The team sheet is up already.

Boys County Table Tennis Tournament – Dorset Table Tennis Centre. With 2 teams entered this year, we await the much-anticipated Tournament to be held on Wednesday 13th December. Good luck boys!

School Plus

Although students are not studying a for a qualification in the subject, we deliver PE in-line with the National Curriculum programs of study. Students become physically confident in a way which supports their health and fitness. Opportunities to compete during each lesson and in other activities build character and help to embed values such as fairness and respect.

Each lesson starts with the literacy in PE “Word of the



Week” where students must have checked the noticeboard and learnt the word and meaning. This is checked by students explaining the word aloud in front of the class. For example: Offence – meaning the attacking team or player.

‘Passing the Baton’

By the time you read this, many will know that I have made the difficult decision to leave at Christmas. Having spent 7 happy years at the school, it is time for me to pass the baton to the new Head of PE. I have thoroughly enjoyed working with the children and staff at this school and will certainly miss them all greatly.

Have a super Christmas all!

Mr Burton – Head of PE

► The Arts



Some of our students in year 7 singing to Maddy the ancient round ‘Tree’ in the forest.

This song was taught to Maddy and Mrs Harris was taught it through aural tradition by another forest school teacher. Mrs Harris has taught the whole of year 7 in music and students have worked hard to learn and perform it. This is a traditional round with the theme of the forest, and in addition students are now learning a song call ‘All the Leaves’ to perform for Maddy, also sung originally by a group called Northern Harmony. Students also love singing ‘Country Roads’, it’s become a theme for year 7!

Maddy was delighted with the outcome and asked the girls to sing ‘Tree’ in the forest.



We were also delighted to have the annual Christmas Concert at St Michael’s Church at Stinsford

this year on 5th December. The Rev Leila Mather kindly agreed to us performing there in the heart of Hardy Country. Students have been preparing some readings and vocal pieces both in singing club and in curriculum time. Staff also offered their services as performers too.

► Careers Education, Information, Advice and Guidance (CEIAG)

Key Stage 4 Careers Week 2023

On Monday 4th December, 16 employers and Apprenticeship training providers spent the morning at our Poundbury site. Representing the vast range of different areas that make-up the Land-Based Sector, they provided a multitude of exciting and sustainable career options for our students to consider.

Students had the opportunity to meet sector experts and gain valuable career information, advice and guidance in their specialist areas. This will be used to help them make informed career decisions when considering post-16 training/education options.

In addition to discussing technical details, employers happily gave advice on the importance of acquiring key transferrable



employability skills and attitudes which are required by all sectors.

On Wednesday 6th December, Kingston Maurward College delivered a school conference to all students at the Poundbury site, listing their vocational subject options and the various levels, including student entry requirements.

On Thursday 7th December, Weymouth College hosted another conference at school. Their offer is non-land based, covering more general options including 'A' levels as well as a wide range of apprenticeships and BTEC qualifications.

On the same day, a group of year 10 students who have already expressed an interest in studying 'A' levels visited The Thomas Hardy School's Sixth Form to experience a more academically focused environment.

On Monday 11th December, year 11 students visited Kingston Maurward College to gain further insight into all post-16 education and training routes, by being shown round the vocational departments by specialist staff.

In the New Year further career events will include:

* More conferences from

employers, sharing what their organisation do and expect from future employees.

* Work placement "taster" days.

* A visit to Weymouth College to meet specialist staff in their teaching areas and get a feel of post 16 college life.

* Year 10 work placement selection of preferred employers to support intended career pathway routes.

* Year 11 1-2-1 Impartial Career Information Advice and Guidance interviews with an independent Careers Advisor.

* A visit to University of Reading (specialist degrees in Land, Animal and Environment subjects)

Useful Dates for your Diary:

Yeovil College Open Evening
- Thursday 18th January 17:00–19:00

Kingston Maurward College
Open Morning - Sunday 21st
January 2024

Weymouth College Open Evening
- Tuesday 6th February 2024

Bournemouth & Poole College
Apprenticeships information

evening - Thu, 8 Feb 2024

Please contact David Humphreys if you would like to discuss any career guidance matters

► Pupil Wellbeing

Dorset Mental Health Support Team in Schools

Over the past half term, Mrs Speer and Miss Tiffin have worked together with the Dorset Mental Health Support Team in Schools to deliver two 1-hour sessions for parent/carers who are looking to understand and support their child with anxiety or worries. The sessions covered theory around anxiety in young people, potential triggers and maintenance factors, and key strategies to support their child with managing worries.



FREE

2 SESSION WORKSHOP - APPROX. 1HR EACH

Supporting your child with anxiety or worry

These sessions are available for parent/carers who are looking to understand and support their child with anxiety or worries. The sessions cover theory around anxiety in young people, potential triggers and maintenance factors, and key strategies to support their child with managing worries. It also explores parental wellbeing and the importance of this when supporting children.

To find out more, speak to a member of school staff

scan me or access our social media for other information or resources

@DORSETMHST



They also explored parental wellbeing and the importance of this when supporting children.

For any parents or carers who were unable to attend these face-to-face workshops this term, another series of sessions will be available in the Spring Term this time to be accessed online. More information regarding dates and times will be sent out via ParentPay in the New Year.

For more information on the Dorset Mental Health Support Team, please see <https://camhsdorset.org/about-camhs/mental-health-support-teams-mhsts>

Dorset Police visit – Firearms and Knife Education

Officers from Dorset Police attended our Poundbury campus and delivered an input to raise awareness around weapons. The presentation is part of our preventative work to help educate students, empowering them to make better choices.



The presentation covered many aspects including parts of the law, the consequences of carrying or using such weapons and the police response to these incidents. An important part of this presentation was to highlight changes in legislation, which now makes possession of certain weapons, some of which shown below, illegal to have in private.

Further information and a full list of the items can be found here; [Offensive Weapons Act \(nbcc.police.uk\)](https://nbcc.police.uk). Please visit the link and look at the items so you know what can no longer be owned. It might have been something that was simply bought as a holiday souvenir or kept as a decorative item. Previously people have thought they could have most weapons within their own homes, only committing offences when taken outside, this is no longer the case.

If any questions or issues have been raised from the presentation, then please forward these back to the school or contact Dorset Police via Surrender@dorset.pnn.police.uk

► Community Wellbeing

Cost of living support

Buying gifts for our loved ones and getting the house ready for

Christmas is part of the festive holiday cheer. However, for families dealing with financial pressures this time of year can lead to more stress and anxiety as money worries cause tension and can become a source of family disputes. Talking to someone can help point you in the right direction and provide the strength to tackle problems. Reach out early for whatever help you need if you are struggling in any way.

Dorset Citizen's Advice offers advice and support on:

- money and benefits
- access to food
- housing
- support for children
- mental health and wellbeing
- energy, water, phone and broadband costs
- managing debt
- employment
- general help

Contact your local Citizens Advice office to find out more about their outreach services via <https://citizensadvisedorset.org.uk/>

For information about the full range of support that is available for households through the UK Government, please go to

<https://helpforhouseholds.campaign.gov.uk/>



For advice and guidance on managing mental health and wellbeing, please see the very helpful “Every Mind Matters” website via the NHS:
<https://www.nhs.uk/every-mind-matters/lifes-challenges/>

► Safeguarding

Reporting a safeguarding concern during the Christmas holiday:

If you are concerned about a child’s welfare or worried they are at risk of harm or abuse;

If the child lives in Dorset please contact the Children’s Advice and Duty Service (ChAD) on 01305 228866.

Daytime service is available Monday to Friday between 8am and 10pm, Saturday and Sunday 9am to 10pm and on-call out of hours service 24/7.

If you have concerns about a child living in the BCP area please contact:

Children’s First Response Hub,
Telephone: 01202 123334

Email: childrensfirstresponse@bcpcouncil.gov.uk

Out of hours telephone: 01202 738256

Out of hours email:
childrensOOHS@bcpcouncil.gov.uk

In an emergency, please always dial 999.

► Online Safety

Support your child with CEOP Education resources

The CEOP Education 11-18s website www.thinkuknow.co.uk/11_18/ is a great resource for children and young people to explore a range of online safety topics. Their website offers advice articles and signposts clear ways to access help and support across 7 key categories:

- Relationships
- Socialising online
- Nudes
- Sex and sexual content online
- Sexual abuse
- Support
- Online safety

#AskTheAwkward

As young people form and maintain relationships online, they need regular conversations with you to support them to have positive experiences and be safer. #AskTheAwkward provides three films, an introduction to asking the awkward and help sheets to get the conversation started. Find the resource here:

www.thinkuknow.co.uk/parents/ask-the-awkward/

Other recommended resources: Internet Matters is a useful tool showing how to set parental controls across a range of devices and websites. www.internetmatters.org/parental-controls/interactive-guide/

Social Media Safety Tips for children with new devices

With Christmas less than two weeks away, many of us will be using social media to share our excitement with friends and family. Being active on social media can be a great way to show others how much fun you’re having, but it’s important that you know how to use these apps safely and securely so that bad things don’t happen. By following the social media safety tips on the next page, you can support your child to make sure that their personal information stays private, postings are positive and that their social media use overall is responsible, healthy and most of all enjoyable.

Wishing you all a safe and enjoyable Christmas and a very happy new year,

Paul Chapman

Assistant Principal / Designated Safeguarding Lead



National
Online
Safety®

#WakeUpWednesday

12 Social Media

Online Safety Tips

FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.



2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.



4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.



5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.



6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.



7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.



8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.



9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.



10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.



11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.



12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

