

# BETHS VIP

Excellence - Community - Respect

## MESSAGE FROM THE HEADTEACHER



Following on from a previous VIP notice, this wintery weather is certainly temperamental! We can only assume it will now get and remain colder and hopefully the white flaky stuff will appear on Christmas day rather than during the school term! Please ensure our scholars wrap up warm for their journey to and from school. They can wear a v-neck jumper which is plain black, navy or grey. No branded jumpers or hoodies are allowed.

We held the first of the winter concerts on the 4th December, which kick started our Christmas events. Our budding talented musicians played to a welcoming audience, which was lovely to see. The next winter concert will be held on Tuesday 17th December at 6pm. Grab your tickets here [www.ticketsource.co.uk/beths-grammar-school](http://www.ticketsource.co.uk/beths-grammar-school) and enjoy some musical talent!

Our Year 11 scholars commenced their Trial Examinations from Monday 2nd December and it continues into early next week. We are proud of the way they have composed themselves entering the exam hall and wish them the best for their first set of predicted grades.



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Just a reminder that on Friday 13th December, KS3 will have their annual Christmas Carole Service at Christchurch Bexleyheath at 2pm and will be dismissed from the church when it finishes. Please see a letter sent via school comms for more information.

Thursday 12th December is Christmas jumper day! Scholars can wear a Christmas jumper under their school blazer if they wish to participate in the charity event. £1 donation is asked for a children's charity .

Have a lovely weekend and keep warm.



Kind regards,  
Richard Blyghton



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- **W/c 9th December** – Winter Book Week
- **Tuesday 10th December** - Christmas dinner day for Years 7 and 10
- **Wednesday 11th December** - Christmas dinner day for Years 8 and 11
- **Thursday 12th December** - Year 12 Parents Evening (virtual) and Christmas dinner day for Years 9 and Sixth Form
- **Friday 13th December** - 2pm KS3 Carol Service at Christchurch Bexleyheath and Year 10 reports sent home
- **Tuesday 17th December** – 6pm Winter Concert
- **Thursday 19th December** -Year 9 reports sent home
- **Friday 20th December** -Last day of Autumn term, finishing half day.



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# ANDALUSIA TRIP

During the October Half, some of our Spanish students had the wonderful opportunity to visit Andalusia, Spain. After A short and sweet flight later, we touched down in Spain and arrived at our hotel. Team Beths stocked up on lunch ahead of their first excursion.



Our first stop was the nearby Sea Life Aquarium. We were given a guided tour and introduced to sharks, seahorses, and a very large turtle. However, the stars of the show were the family of otters.



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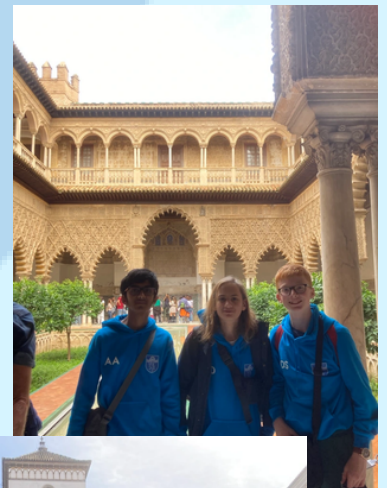
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# ANDALUSIA TRIP

Not only were we treated to a paella-making demonstration, but volunteers also had the opportunity to assist in preparing this traditional and ancient Spanish dish. ¡Tan delicioso!



We began our first full day with a trip to the Alcázar of Seville, a historic palace filled with treasures, including stunning rooms, ducks, and peacocks.



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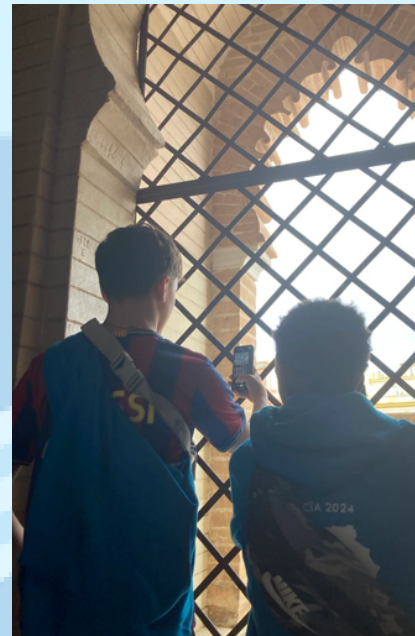
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# ANDALUSIA TRIP

After visiting the palace, we climbed the Giralda—all 36 floors (70 metres) of it! The Giralda is the bell tower of Seville Cathedral. We were very lucky to be at the top when the bells rang!



We made a quick stop for lunch—good food, great company, and beautiful surroundings.



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# ANDALUSIA TRIP

We set off early to visit the iconic palace and fortress. Not only was it one of the world's wonders, but it was also a stunning example of Islamic architecture and one of the best-preserved palaces from the historic Christian and Islamic worlds. The students explored how the complex incorporated elements of Spanish Renaissance architecture.



After a stroll through Granada, we visited not one but two stunning cathedrals. We were fortunate to see the resting places of the iconic Spanish monarchs Isabella of Castile and Ferdinand of Aragon, as well as Philip the Handsome and Juana, another Spanish queen.



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# ANDALUSIA TRIP

We were treated to a fabulous flamenco show by a local group. They explained that flamenco's origins could be traced to the gitanos of China, Africa, South America, the Islamic world, and Europe. Although several members of our group were eager to volunteer their skills (some had even brought their own castanets and fans), we left it to the professionals!



We took advantage of some free time that evening to walk along the pier and enjoy some ice cream. After dinner, the students used their remaining energy in the hotel games room.



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# ANDALUSIA TRIP

Happy birthday to our quinceañero, Tobi! As well as spending his special day in Málaga, we celebrated at dinner tonight with tapas, cake, and party hats. Mr. Timothy, whose birthday was on Friday, also received a shout-out!



Our last day was spent in Málaga. We began by climbing the majestic Gibralfaro Castle. From its walls, we surveyed the whole of Málaga.



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# ANDALUSIA TRIP

Once dropped off in central Málaga, the students indulged in some retail therapy (parents and friends can look forward to their gifts!), stopped by the house of Málaga's most iconic resident, Pablo Picasso, and visited the impressive Málaga Cathedral.



Football and tapas made for the perfect end to our last day. The students played football and volleyball, read, or chatted on the nearby beach before heading to a local restaurant for tapas. We were treated to a stream of delicious, traditional tapas dishes.



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# ANDALUSIA TRIP

## **Mi visita a Andalucía ¡Qué gran experiencia! por Amara Mendoza Iglesias YR13**

¡El viaje escolar a Andalucía fue un torbellino de emociones! Pudimos sumergirnos en el flamenco tradicional, probar la auténtica paella e incluso caminar por la antigua Alhambra. El primer día, a pesar de la salida temprana, caminamos con entusiasmo a lo largo de la costa y llegamos al acuario local de Sea Life. Durante nuestra visita, vimos varias especies de peces mediterráneos, sin embargo, creo que el animal favorito de todos fueron las curiosas nutrias. Luego caminamos hasta un restaurante de paella donde aprendimos a hacer el plato más tradicional del país y nos sumergimos realmente en la cultura española saboreando la paella y conversando animadamente alrededor de la mesa.

El segundo día viajamos a Sevilla, donde exploramos el Real Alcázar. Este asombroso monumento, con sus hermosos jardines, nos dejó cautivados. Luego subimos los 36 pisos de La Giralda, lo que aumentó nuestra emoción mientras disfrutábamos la vista de la ciudad con asombro. Tuvimos la suerte de escuchar las campanas sonar mientras estábamos en la cima. El tercer día descubrimos la tan esperada Alhambra. Las intrincadas estructuras y la arquitectura realmente nos dejaron impresionados mientras recorríamos la mezcla de arte morisco y español. Más tarde ese día, visitamos la impresionante Catedral de Granada, con su grandiosidad y elegantes columnas altas. Por casualidad, ese fue el único día del año en que abren las catacumbas, las cuales pudimos visitar.



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# ANDALUSIA TRIP

El ambiente tranquilo fue el lugar perfecto para descansar después de tanto caminar. Antes de la cena, vimos una emocionante actuación de flamenco. La electrizante muestra de pasión nos enseñó la importancia de la unidad y la comunicación a través del poder de la emoción, la danza y la música. Después de la cena, dimos un paseo tranquilo por el paseo marítimo, lo cual me encantó. El último día fuimos a Málaga y tuvimos la oportunidad de explorar la fortaleza de la Alcazaba con sus impresionantes vistas. Después, dedicamos algo de tiempo a caminar por la ciudad, paseamos por el mercado en el puerto de Málaga y mis amigos y yo nos detuvimos a tomar un helado. Un momento muy memorable para mí fue jugar al voleibol en la playa antes de nuestra noche de Tapas, donde celebramos el cumpleaños de Tobi con pastel y sombreros de fiesta hechos por los estudiantes de año 13. Este viaje fue una experiencia inolvidable y estoy muy agradecida de haber podido participar en ello.

My visit to Andalucía ¡What a great experience!  
by Amara Mendoza Iglesias YR13

The school trip to Andalucía was a whirlwind of excitement! We got to immerse ourselves in traditional flamenco, taste authentic paella, and even walk through the ancient Alhambra. The very first day, despite the early start, we eagerly walked along the coast and arrived at the local sea life aquarium. During our visit we saw various Mediterranean species of fish however I think everyone's favourite animal was the curious otters. We then walked to a paella restaurant where we learnt to make the country's most traditional dish and truly immersed ourselves in the Spanish culture by savouring paella and exchanging good conversation around the table.



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# ANDALUSIA TRIP

The second day we travelled to Seville where we explored the Royal Alcázar. This astonishing monument with its beautiful gardens left us captivated. We then walked up 36 floors of La Giralda which built upon our excitement as we took in the view of the city in awe. We were even fortunate enough to hear the bells ringing whilst at the top.

On the third day we discovered the highly anticipated Alhambra. The intricate structures and architecture genuinely left us all amazed as we ventured through the blend of Moorish and Spanish artistry. Later that day we visited the breath-taking Cathedral of Granada with its grandeur and elegant towering columns. Coincidentally that was the one day a year they open the catacombs which were available for us to take a look at. The calm atmosphere was the perfect place to rest after a lot of walking. Before dinner we watched an exhilarating flamenco performance. The electrifying display of passion taught us the importance of unity and communication through the power of emotion, dance and music. After dinner we took a peaceful stroll along the promenade which I loved. The last day we went to Malaga and had the opportunity to explore the Alcazaba fortress with its stunning views. After we took some time to walk around the city, walk along the market on the Malaga's port and me and my friends stopped for some ice cream. A very memorable moment for me was playing volleyball on the beach before our evening of Tapas where we celebrated Tobi's birthday with cake and party hats made by the year 13s. this trip was an unforgettable experience, and I am so grateful that I was able to take part.



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# STEM AMBASSADORS

Applications for the Junior STEM Ambassador program are now live! For more information or if you have any questions, please contact Ms. Commerford.



## BETHS SCHOLARS JUNIOR STEM AMBASSADORS APPLICATION FORM

Welcome to the **Junior STEM Ambassador** application form! At Beths Grammar School, as Head of STEM Ms. Commerford is overseeing the Stem Ambassador programme, who plays a key role in encouraging students to engage with **Science, Technology, Engineering, and Mathematics**. The STEM Ambassador team consists of Senior STEM Ambassadors from Years 12 and 13, who guide and support the **Junior STEM Ambassadors** from **Years 7 to 11**.

**Roles and Responsibilities of a Junior Stem Ambassador (What to expect?)**

- Promote STEM subjects and their importance to other students across the school.
- Assist in organizing and leading STEM-related events and activities.
- Support Senior STEM Ambassadors in mentoring and encouraging younger students to engage with STEM.
- Act as a role model by demonstrating enthusiasm and passion for STEM subjects.
- Share information about STEM opportunities such as clubs, competitions, and career pathways.
- Help create and distribute STEM-related resources, displays, and posters around the school.
- Work collaboratively with teachers and other students to develop initiatives that raise awareness of STEM.
- Attend regular meetings with Senior STEM Ambassadors to discuss ongoing projects and ideas.

*Please write responses to the following questions in the boxes below, your responses to these questions will be part of the selection process we use to assess candidates for the role of Junior Stem Ambassadors, so our advice is to include as much as possible as to why you think you are suitable for the position!*

<b>Full Name</b>	<b>Year Group</b> <input type="checkbox"/> Year 7 <input type="checkbox"/> Year 8 <input type="checkbox"/> Year 9 <input type="checkbox"/> Year 10 <input type="checkbox"/> Year 11	<b>Your house</b> <input type="checkbox"/> Abbey <input type="checkbox"/> Brampton <input type="checkbox"/> Cray <input type="checkbox"/> Eardley <input type="checkbox"/> Hurst <input type="checkbox"/> Wickham
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1) Why are you interested in becoming a junior stem ambassador?

2) What specific STEM subjects or areas are you most passionate about? (e.g., Science, Technology, Engineering, Mathematics)

3) What ideas do you have to promote STEM subjects to younger students at Beths Grammar School?

4) What qualities do you possess that you think make YOURSELF a good STEM Ambassador?

**THANK YOU FOR FILLING OUT THE APPLICATION FOR THE OPPORTUNITY TO BE A JUNIOR STEM AMBASSADOR, ALL FORMS NEED TO BE SUBMITTED VIA FORM TUTORS OR DIRECTLY HANDED INTO MS COMMERFORD BY MONDAY 16<sup>th</sup> DECEMBER.**



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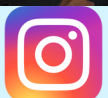
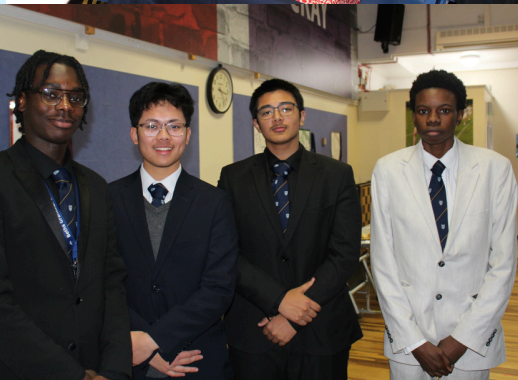
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# CHRISTMAS AFTERNOON TEA

On tuesday, we were delighted to host a festive Afternoon Tea for our local retired and semi-retired community. The afternoon was packed with fun, including games, Christmas songs, and plenty of festive cheer. A huge highlight was the brilliant performance by Beths musicians, who got everyone into the Christmas spirit with their music. We also want to say a massive thank you to our amazing student helpers - your hard work, energy, and smiles made the event so special. It was a wonderful way to spread some holiday joy and bring people together to celebrate the season!



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# WINTER CONCERTS

Beths Grammar School warmly welcomes you to their annual Winter Concert Series. Students from years 7-13 look forward to entertaining you with a wide variety of music, including holiday favourites. Our two concerts will see soloists, the Beths Orchestra and Beths Big Band all come together in magical evenings of music.

Let the magic of music bring us together this season—we can't wait to welcome you!



Beths Grammar School  
**WINTER CONCERT SERIES**

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**Winter Concert - 27th November 2024**  
**Winter Concert 2.0 - 17th December 2024**

.....

Performances by Beths Big Band,  
Beths Band classes, soloists, and much  
more...

Tickets available via Ticketsource or scan the QR code :  
[www.ticketsource.co.uk/beths-grammar-school](http://www.ticketsource.co.uk/beths-grammar-school)



For more information or to purchase tickets, please follow this link <https://www.ticketsource.co.uk/Beths-Grammar-School/winter-concert-series-27th-november-and-17th-december/e-jkgbjb>



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# YEAR 8 STUDENT AMBASSADORS

Congratulations to our Year 8 Student Ambassadors, who have taken on roles across the school, including School Council, Librarians, Anti-Bullying Ambassadors, Sports Captains, Charity Ambassadors, and Beths Podcast Team!

## Anti Bullying Ambassadors:

Proud Year 8 Anti-Bullying Ambassadors standing with Ms Monteith, their Head of Year. During Anti-Bullying Week (11th–15th November), the ambassadors led assemblies, organised a KS3 poster competition, and encouraged the whole school to take part in 'Acts of Kindness' and write anonymous apology notes to peers. Ms Monteith won the school staff award for Anti-Bullying Week across all schools in the UK. Well done to everyone involved—keep up the outstanding work!



## Sports Captains

Proud Year 8 Sports Captains representing each house—best of luck in all your sporting fixtures this year!



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# YEAR 8 STUDENT AMBASSADORS

## Librarians

Proud Year 8 librarians who work hard each week to keep our Little Library in English and the LRC organised. Interesting fact: some of our librarians are also members of the Beths Book Podcast team!



## Charity Representatives

Our Year 8 Charity Reps will be working hard this year to raise money for various charities through exciting events they plan. First up: creating Christmas-themed food hampers for Bexley Food Bank! All donations will go directly to support the local community. Watch this space!



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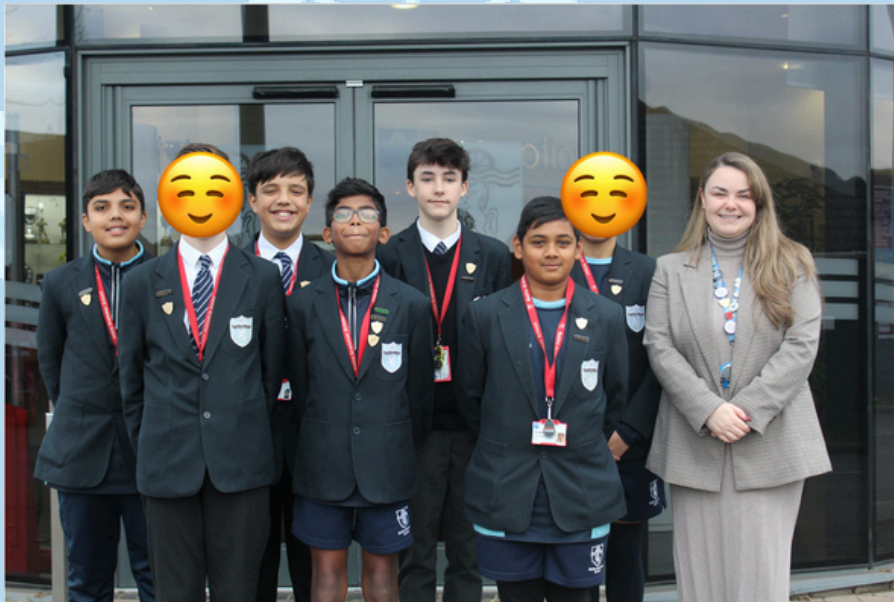


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# YEAR 8 STUDENT AMBASSADORS

## Beths Book Podcast

What a year it has been for the Beths Book Podcast Team! Our scholars have been working hard on something special for December –their first live podcast episode during Winter Book Week at Beths! This month’s theme is ‘Literature Through Time’. Catch the recorded episode launching mid-December, and in the meantime, catch up on previous episodes here: [https://youtu.be/HiNBQp7\\_Xg8](https://youtu.be/HiNBQp7_Xg8)



## Student Council

Proud Year 8 counsellors are ready for their first meeting of the year! Thank you for your hard work in ensuring student voices are heard at Beths—we value every scholar’s input. Remember to share your thoughts with your House Rep before their meeting next week!



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# TREE PLANTING

An investment in all our futures.

This week saw our Year 7 and 8 students each pot their own tree, creating Beths Grammar School's very first tree nursery.

Saplings, sourced from seeds collected and stored in the UK and Ireland to minimise the risk of importing invasive pests and diseases and to keep their carbon footprint to a minimum, were potted into reused pop bottles, underlining our commitment to reuse and repurposing of plastics.

Our trees have been chosen as a mix of fruit and nut species: elder, rowan, hazel, blackthorn, crab apple and dog rose especially for the range of wildlife they will support.

Elder is a small tree, popular for gardens. The fragrant flowers appear in May and June and can be used to make elderflower cordial. Rowan berries, which the tree produces in autumn, can be used to make jams and jellies. Hazel trees provide hazelnuts during the autumn months, best picked in September and October. Blackthorn trees produce purple fruits called sloes, which can be used to make sloe gin, cordial and even jam. Crab apple trees provide small, sour crab apples which can be turned into jelly. The dog rose produces edible fruits called rose hips, which can be used to make syrups, jellies and teas.



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# TREE PLANTING

When full, our tree nursery will accommodate 1000 trees and will produce the equivalent amount of oxygen needed for everyone on site. Our trees will be used in community planting projects in the boroughs around the school.

This is the first student-led sustainability activity of the year and the first of a series of school-wide projects driven by our new Sustainability Lead, Mr Martin and supported by our Key Stage 4 Eco-Club.



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# CHINESE CLUB

Chinese paper-cutting is one of the traditional folk arts in China. It is the art of cutting paper into different shapes.

During Chinese experience club, students learned about the history and culture of Chinese paper-cutting and had the opportunity to try cutting out various shapes and designs. They successfully created impressive paper-cutting artworks.



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# SPORTS FIXTURES AND RESULTS

## Results for week commencing 2nd December

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
04.12.24	Kent League	1 <sup>st</sup> XI	V Wilmington Grammar School for Boys	Home	Lost 2-4

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Score
04.12.24	Kent Basketball	U14A	V Maidstone Grammar School	Away	Lost 44-42
05.12.24	Jr NBA	U13A	V The Howard School & Robert Napier School	Away	

RUGBY					
Date	Competition	Team	Opposition	Venue	Score
02.12.24	Friendly	U13A	V Wilmington Grammar School for Boys	Home	
06.12.24	Friendly	U12A	V Bexley Grammar School	Home	

NETBALL					
Date	Competition	Team	Opposition	Venue	Score
05.12.24	Friendly	3 <sup>rd</sup> VII	V Haberdasher's Aske's Crayford Academy	Away	



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# SPORTS FIXTURES AND RESULTS

## Fixtures for week commencing 9th December

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
09.12.24	North Kent League	U15A	V Wilmington Grammar School for Boys	Away	2:30pm
09.12.24	ESFA	U13A	V Wilson's School	Home	2:15pm
11.12.24	Kent League	1 <sup>st</sup> XI	V Bexley Grammar School	Home	2pm
12.12.24	North Kent League	U15A	V Welling School	Away	3pm
12.12.24	ESFA	U13B	V Haberdashers' Hatcham College	Away	3:15pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
11.12.24	Kent Basketball	U18A	V The Howard School	Away	2:30pm

NETBALL					
Date	Competition	Team	Opposition	Venue	Start time
10.12.24	Friendly	3 <sup>rd</sup> VII	V Chis and Sid	Away	4pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
11.12.24	Friendly	1 <sup>st</sup> XV	V Bennett Memorial Diocesan School	Home	2pm

\*Please note that some matches may be cancelled/postponed and therefore we ask you to keep an eye on the SOCS website.  
Beths Grammar School | Sports Home ([bethssport.co.uk](http://bethssport.co.uk)).

If you have any questions, please email us at  
[fixtures@beths.bexley.sch.uk](mailto:fixtures@beths.bexley.sch.uk)



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# BETHS PARENTS ASSOCIATION

❄️ Stay Warm & Stylish this Winter! ❄️🧢

🌟 Get your Beths Grammar School Bobble Hats today! Perfect for:

- ✅ Cold school mornings 🏫
- ✅ Rugby or football training sessions 🏉⚽
- ✅ Parents cheering on the sidelines! 🙌🔊

🎁 Great for Christmas presents! 🎄

🧢 Essential for the slopes! 🏂

🔥 Warm and snug for chilly days!

🛒 Shop the Beths Parents' Association Store now:

👉 Direct link to bobble hats & merch:

[https://bethspa.square.site/shop/merchandise/5?page=1&limit=30&sort\\_by=category\\_order&sort\\_order=asc](https://bethspa.square.site/shop/merchandise/5?page=1&limit=30&sort_by=category_order&sort_order=asc)

🌐 Full store:

<http://store.bethspa.co.uk>

⏳ Don't delay - stock up for the holidays, hit the slopes in style, keep warm at training, or support your scholar from the sidelines this winter!

💙 A must-have for all Beths Grammar families! 💙



BACK IN STOCK  
OodBALLS

STORE.BETHSPA.CO.UK

**BETHS**  
PARENTS'  
ASSOCIATION  
Supporting Community, Causes and Care



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# KEEPING YOUR SCHOLAR SAFE ONLINE

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# SNAPCHAT

AGE RESTRICTION **13+**

SNAP STREAK **97** DAYS

WHAT ARE THE RISKS?

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

### PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'Snapmaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

### MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

### SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

### INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

## Advice for Parents & Educators

### UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account, their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

### BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

### FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

### ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're hard into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

### 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.



## #WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2023>

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