



# Sixth Sense

**Which Week?**  
**This Week: Monday 16th Oct (Week 2)**  
 Next week: Monday 23rd Oct (Week 1)

## World Mental Health Day



Two important days may have past you by last week that I wanted to take the opportunity to pause and reflect upon.

1. Friday 13th October was the National M&Ms Day (in the USA), a day in celebration of the pellet-shaped sweet treat!
2. Alternatively, on Monday last week, it was World Mental Health Day 2023, where people all over the world, including the Academy get involved by raising awareness of mental health. This year, the Mental Health Foundation has helped thousands of people to speak up about mental health through events being held across the UK, and despite mental health being a universal human right, some groups face more barriers to good mental health than others, these include:



- 2-3 times more likely for children and adults in the lowest income bracket to develop mental health problems than in the highest.
  - 5 times more likely for asylum seekers to have mental health needs than the general population.
  - 38% of people with severe symptoms of mental health problems also have long-term physical conditions.
- Further information can be found through clicking [here](#) in addition to access the Academy's own resources [here](#).



## The 'Good to Great' Corridor

The corridor that leads from the Common Room to the 'Student Service Corridor' is having a change of function for us as Sixth Formers.

This area is becoming our 'Good to Great' corridor where we are able to align ourselves to our motto (and indeed Birmingham's) of moving 'Forwards' as successful, hard working, polite and resilient students as we transition from your area of privilege to the Academy's main building, where our standards and expectation are the **SAME** as that of the other students in the Academy.

- ⇒ Step 1: **RESPECTFUL** in removing any outdoor coats and ensuring we have our formal jackets and correct footwear on.
- ⇒ Step 2: **RESPONSIBLE** in ensuring all headphone, Airpods and equivalent are taken off or taken out and put away.
- ⇒ Step 3: **READY** to cross the threshold into the main building, to act as the very best role model to our younger students and to ourselves in working to the very best of our ability in lessons.

## KEY Info

***Final Call for 6th Form Open Evening Help: Once again, we have an open evening on (this) Tuesday 17th October from 4-6pm. If any of you are happy to support as an ambassador on this afternoon, please can you email or speak to Mr Bowers to make him aware.***

- ⇒ **No assembly on Friday 20th October for Year 12** due to Mr Bowers being on a course. Please go to your normal form room.
- ⇒ **Retake GCSE English (Change of Room: A025) and retake GCSE Maths (Room: D211).** These take place EVERY morning (except Monday) during registration time.

## National Online Safety: Sharing Photos Online



This week's online safety guide focuses on sharing photos online. One of the more heart-warming, life-affirming aspects of social media is being able to share special moments in our lives with family and friends: from the first day of the school year or celebrating a birthday to smiling holiday selfies. Is there, however, such a thing as too much sharing – and can it actually put you and/or other individuals in danger?

With potential risks such as accidentally displaying identifying details (images showing where someone lives or what school they go to, for example) and photos being seen and saved by strangers, perhaps we need to take a little more caution over what we post and where we post it. The guide on page 2 runs through some safety considerations when sharing images.



# What Parents & Carers Need to Know about SHARING PHOTOS ONLINE

School is often a time chock-full of milestones for your child, and you may well be eager to share their accomplishments with the world. In today's digital age, sharing images of such precious moments on social media is commonplace, and – while that's a lovely thing to do – it does come with some risks attached. Our guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of their children online.

## WHAT ARE THE RISKS?

### INVASIONS OF PRIVACY

Even with the right settings in place, absolutely nothing online is 100% private. Anyone who can view your photos could take screenshots and potentially share them elsewhere. Privacy settings are still important, though, so it's always wise to ensure your social media accounts have them set up; just bear in mind that you can't completely control what happens to anything once it's gone online.

### REVEALING PERSONAL DETAILS

Small details in photos can often reveal personal information. Backgrounds can give clues to where you live, for example, while school logos on uniforms, sports kits, or bags could help someone identify which school your child attends. With interactive maps and reverse image searches commonplace online, information like this could easily be misused by an individual with malicious intentions.

### MISUSE OF IMAGES

Once something's been shared online, it's almost impossible to get it deleted. Photos can show up in search engine results and be downloaded, manipulated, and shared without consent. There's the potential for someone's images to be used for advertising purposes (which in many cases, isn't illegal) or even more inappropriate reasons, such as cyber-bullying or serious forms of exploitation.

### ONLINE GROOMING

Pictures that convey details about your child's interests, activities, or daily routines could arm an online predator with the kind of information they can deploy to gain a child's trust. They might use this knowledge to pretend to be the same age as the child or to have a shared hobby. Essentially, the more a predator knows about a young person, the easier it is for them to invent some 'common ground'.

### PRESSURE TO PLEASE

When their parents or carers share notable moments and accomplishments in a child's life on social media, some children may begin to feel an expectation to *always* meet certain standards, to achieve things, or to behave in ways that are "worth sharing". Knowing that other people (even friends and family) can see these posts on social media might also add to the pressure they're feeling internally.

### IMPACT ON DIGITAL FOOTPRINT

Every photo of a child posted online contributes to their digital footprint. Young people's lives have never been so closely and publicly documented as they are now, and this permanent online presence could affect a child's future opportunities or the choices they make as they grow up – in addition to influencing how they see themselves and, consequently, their emotional wellbeing.

## Advice for Parents & Carers

### REVIEW SETTINGS REGULARLY

Make sure your social media's secure in terms of who can view your content or see your location (only family and trusted friends, for example). Privacy settings aren't totally foolproof, but they do make it tougher for strangers to access your pics. Reviewing your settings regularly is also a good starting point for conversations with your child about managing their own social accounts when they're older.

### CONSIDER OTHER CHILDREN

When taking a group photo, make sure you get parents' or carers' permission to share it on social media. There may be an important safeguarding reason for them not wanting their child's photo posted publicly online, or it might simply not tally with their personal beliefs or cultural background. A quick conversation in advance, just to make sure, is usually hugely appreciated.

### Meet Our Expert

Gabriella Russo is a safeguarding consultant with more than 30 years' experience working with children, families, and adults in education, local authority, and mental health settings, both in the UK and internationally. She has developed online safety training for local authorities and foster care agencies across Britain and is the online safety expert for Foster Wiki.



### CHECK YOUR PHOTOS

Photos of your child shouldn't provide any clues to where they live or go to school: even a house number, street name, or car number plate could be a giveaway. Cover up or blur out school logos, too. If you *really* want to share a particular pic, you could post a watermarked or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

### THINK AHEAD

Try to consider the longer-term implications of what you post. Would you be happy with that photo being online in 10 years' time? Would your child still be OK with the image when they're older? Once your child is mature enough, you could ask for their consent before posting: it respects their privacy, fosters trust and understanding, and helps them to start thinking about their own online life.