



# Every Student Thriving

24 January 2025

Dear Parent/Carer,

Before I discuss part 2 of the dangers of AI from a safeguarding perspective could I please draw your attention to a survey that is being conducted by one of our sixth formers for his extended project. He is exploring the impact of the new tackle height restrictions in rugby and would welcome opinions around this issue to inform his work. The following link will allow access to his survey [HERE](#).

## The Dangers of AI: What Parents Need to Know Part 2

Sexual perpetrators are increasingly resorting to AI as a grooming tool in order to manipulate, deceive and coerce young people.

### Perpetrator processes and AI enablement

Perpetrators are intentionally interacting with AI to personalize their approaches and manipulate children's immature development and psychology to improve their chances of success.

### There are several stages to grooming:

<b>(1) Targeting the victim</b>	AI algorithms support perpetrators by analysing vast amounts of data to: <ul style="list-style-type: none"><li>· Identify vulnerable children with greater precision.</li><li>· Detect patterns of behavior, interests, sentiment and emotional states to use when approaching a child to discredit them or people close to them.</li></ul>
<b>(2) Gaining trust</b>	<ul style="list-style-type: none"><li>· Abusers often use generative AI to create fake and convincing personas, and ensure they are tailored to appear realistic, relatable, and trustworthy.</li><li>· AI can generate fake images or certifications for example to convince a child that someone is really who they say they are. Examples include the creation of certifications, stories or websites to convince a child they are credible.</li></ul>
<b>(3) Filling a need</b>	<ul style="list-style-type: none"><li>· AI tools can be used to create fictitious information that discredits people close to the child.</li><li>· Perpetrators also use AI to begin generating and sharing explicit or pornographic content with the child to desensitize them toward sexual content generally. This is an attempt to "normalize" further stages of the grooming process down the track.</li></ul>
<b>(4) Isolating the child</b>	<ul style="list-style-type: none"><li>· Similar to the ease with which investment scams work, perpetrators can use AI to direct targeted children to spoofed websites and use misleading information to undermine the advice, support or conversations children may have with their support networks, eroding trust.</li><li>· Alternatively, they may threaten to share AI-created content that could embarrass the child.</li></ul>

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<b>(5) Sexualising the relationship</b>	<ul style="list-style-type: none"><li>Abusers may freely and colloquially speak about or share sexually explicit material with the child through AI tools like character.ai, or apps like hotify, or using coded language such as:  NP4NP - Naked pic for naked pic LMP - Like my pic Snacc - A person you find attractive Rule 34 - Any topic can be made into a pornographic topic GNOC - Get naked on camera TDTM - Talk dirty to me</li><li>Abusers may invite the child to explore nudification tools together such as clothoff.ai or nudifier.ai.</li></ul>
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We should not get these issues out of perspective as they are rare however we must always be vigilant about potential impacts of new technology.

You may have read recently of a scam where AI was used to create a version of Brad Pitt who persuaded an adult to part with a large amount of cash (You can read more about it [here](#) as well as advice on how to spot AI generated images). To some degree we are all vulnerable so it is about managing risk and educating ourselves and our young people about abuse awareness.

We continue to live and learn...

Take care - Ian Brierly

### **TRAFFIC ADVANCED WARNING:**

Advance warning - the A413 from Wendover to Great Missenden will be closed on Friday 31st January from 5.30am until Saturday morning. HS2 are starting to move the viaduct decks into place. There is a diversion in place via High Wycombe, Princes Risborough and Terrick.

<https://www.hs2.org.uk/work-items/notice-of-road-closure-a413-london-road-wendover/>



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# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

<b>Year 13 Consultation Evening (4.00-7.00)</b>	-	6th February
<b>Year 11 Consultation Evening (4.00-7.00)</b>	-	13th February
Half-term begin	-	17th February

### CURRENT VACANCIES

- Learning Support Assistants
- Business Studies Teacher
- Science Teacher
- Cover Supervisor
- Caretaker
- Site Supervisor

Please check our website for further details [here](#).

### WHARF ROAD TRAFFIC SURVEY

The local traffic support group would be really grateful if you could fill in the survey below regarding traffic/parking concerns in Wharf Road. Your views would be very much welcomed!

[TRAFFIC SURVEY](#)

### YOUNG PEOPLE'S HEART SCREENING OPPORTUNITY

We have been contacted by the Chairman of Risborough Rangers JFC regarding CRY heart screenings in Feb. The club have arranged for heart screenings for young people aged 14+ via CRY which they started after an ex RRJFC player died at 17 from an irregular heart condition whilst playing football. This is booked for 8th Feb in Risborough and they have a few spaces to fill. Funding has been secured to subsidise the cost across 100 kids so pricing is £65 rather than £85. If you are interested please contact Dan by email: [danneale86@gmail.com](mailto:danneale86@gmail.com)

### WESTONGROVE PARTNERSHIP UPDATE

#### Patient Update from Westongrove Partnership – Aston Clinton Surgery, Bedgrove Surgery & Wendover Health Centre

From Wed 8<sup>th</sup> January there will be a new system for requesting appointments or contacting the surgeries with admin queries. For more information, please go to

<https://www.westongrove.com/how-to-request-an-appointment-from-8th-january-2025/>

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**SAFEGUARDING ADVICE FOR PARENTS :** Click [HERE](#) for practical tips

## What Parents & Educators Need to Know about HEALTH & FITNESS APPS

### WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

#### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children; a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

#### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

#### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

#### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

#### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

#### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

### Advice for Parents & Educators

#### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

#### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

#### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

#### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

#### 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.

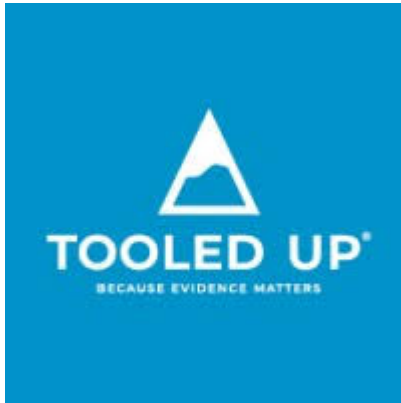


Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



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### TOOLED UP – PARENTING STYLE



**What is your parenting style?** Are you a permissive parent, an authoritarian, or an authoritative one?

**Is your partner on the same page as you?** Do you always present a united front to your children, and would you agree that doing this is not always easy?

You've probably realised there are different ways to be a parent, even if you've never consciously adopted one style of parenting. **Tooled Up** has a range of **resources to help you consider your own parenting technique** and to help you

be the **best parent you can be**.

Our [Exploration Into Parenting Styles](#) webinar is a great place to start. In this guide, Dr Kathy Weston and Professor Stephen Scott of Parenting Matters discuss **differing parenting styles** and **explain how** these can **best support children** with family life.

Our webinar [United Front Parenting](#) explores the **ways you and your co-parent can stay in step** with each other when it comes to rules, arguments and interactions.

If you have a **question about parenting**, rest assured others are asking the same thing! Browse our [A-Z of Frequently Asked Parenting Questions](#) and discover how Tooled Up can help you.

If you are parenting **younger children**, Dr Gauri Seth **answers** your **questions** on topics including **boundary pushing, arguments and screen time**. You can access her Q&A webinar here: [Parenting Younger Children](#).

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## COMMUNITY SUPPORT



**Opening Hours**  
Every day 8.15am - 8.45am

We have a good selection of second hand uniform items all at **no charge!**

- |              |              |
|--------------|--------------|
| blazers      | jumpers      |
| trousers     | skirts       |
| white shirts | PE kit items |

If you **need** an item or want to **borrow** or **swap** something for a different size please visit the shop during opening hours. For more information or to request an item please email [uniformshop@johncolet.co.uk](mailto:uniformshop@johncolet.co.uk)

We rely on donations so can't guarantee we will have all items in stock.

**Wendover Cricket Club**

### Join Wendover Girls Cricket



The **Girls Section** at Wendover Cricket Club welcomes new recruits to attend its winter indoor training programme.

When	Saturday 25th January - 13:00 to 14:00
Where	John Colet School sports hall
Duration	10 weeks excluding 23 <sup>rd</sup> February
Open to	Girls year 5 to 8 of any ability, soft balls will generally be used
Cost	1 <sup>st</sup> session free, £5.50 thereafter



For more info / to sign up  
Contact: Jonathan Seabrook [jseabrook@wendoveremail.co.uk](mailto:jseabrook@wendoveremail.co.uk) or 07767-148 119

## SAFEGUARDING LEADS & INFORMATION



**Mr Crawford**  
Deputy Headteacher  
DSL



**Be Safe,  
Be Kind**



**Mrs Rowland**  
\*Operational Safeguarding Lead  
DDSL

If parents have any concerns about this practice or, believe that any young person at John Colet School might be at risk, then please do contact one of the members of our Safeguarding Team via

[safeguarding@johncolet.co.uk](mailto:safeguarding@johncolet.co.uk)

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## Every Student Thriving

Year 7 to 8 only

RCN: 1165035

# empower **U**

empowerU is a 6-week interactive mental health training program designed for students (aged 11-13) to develop foundational mental health first aid and essential life skills.

## Benefits for young people:

1. Practical tips for self-care and resilience
2. Strategies to stand up to bullying and embrace inclusion
3. Navigate the digital world and staying safe
4. How to build a stronger, more positive mindset

## Why Join?

Learn to tackle challenges, grow your confidence, and create your path to a happier, healthier YOU!

## Where and When?

**Starting from:** Tuesday, 25th February / 4-6pm  
**Location:** Southcourt Family Centre Plus, Aylesbury  
**Register:** [mindofthestudent.org.uk/empoweru](http://mindofthestudent.org.uk/empoweru)



Buckinghamshire  
Council



[mindofthestudent.org.uk](http://mindofthestudent.org.uk)

Mind of the Student is a registered charity (1165035) in England and Wales.

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**B I N G O**

*night*



**Friday 14  
February**

**Eyes down  
at 7.30pm**

**Wendover Memorial Hall  
Tickets cost £10 per person  
Raffle and bar from 7pm**



[chilternsneurocentre.org/bingo](http://chilternsneurocentre.org/bingo)

Registered Charity Number: 800853

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