MONTHLY SAFEGUARDING VOL 1

NEWSLETTER

This is the first issue of our parent safeguarding newsletter.
It aims to help parents understand key safeguarding topics affecting children and communities.
Safeguarding involves promoting children's welfare and protecting them from harm
Everyone who interacts with children shares responsibility for their safety.
Contact details for reporting concerns are provided, and all staff are trained to help.
"Click here to read the Safeguarding Policy:
https://www.mils-egypt.com/For-Parents/Safeguarding-2025

MILS' Safeguarding Team

Mrs. Maha ElKhamissy
School Principal
Allegations Manager

Mrs. Mona Soliman
Primary Stage HOS
Deputy Allegations Manager

Mrs Faten Massoud
Secondary Stage HOS
Designated Safeguarding Lead (DSL)

English School

Mrs. Enas Abdullah
Deputy Head of KG Stage
Deputy Designated Safeguarding Lead (DDSL)

Mrs. Marwa Mousa
Deputy Head of Primary Stage
Deputy Designated Safeguarding Lead (DDSL)

Mrs. Assmaa Hamad
Deputy Head of Preparatory Stage
Deputy Designated Safeguarding Lead (DDSL)

Ms. Essraa Alaa
Deputy Head of Secondary Stage
Deputy Designated Safeguarding Lead (DDSL)

French School

Mme. Nabla Mostafa
Head of French School
Deputy Designated Safeguarding Lead (DDSL)

Safeguarding Monthly Themes
For the Academic Year 25-26

- **Oct: Mental and Physical Health**

- **Nov: Kindness and Anti- bullying Campaign**

- **Dec & Jan: How to keep ourselves safe**

- **Feb: Digital Safety**

- **Mar: Tolerance and Friendship**

- **Apr: Gratitude**

- **May: Reflection**
- **Jun: Self-care**

MILS Madinaty Integrated Language Schools

NEWSLETTER

Empowering students to navigate the digital world—through privacy settings, reporting tools, and online safety.

Students in Grades 4, 5, and 6 took the lead in developing school-wide initiatives to promote kindness, empathy, and digital safety. As part of their learning experience, they participated in fun and meaningful role-playing activities that helped them understand others, resolve conflicts peacefully, and support each other.

They explored how to stay safe online, how to become respectful digital citizens, and how to support their peers in facing online challenges. These student-led initiatives show that even our youngest learners can become impactful change makers when given the opportunity to lead.
We are incredibly proud of their creativity, teamwork, and positive energy as they take their first steps toward becoming responsible and compassionate leaders— both online and offline.

M I L S
Madinaty Integrated
Language Schools

Steps to take to help your child stay safe online

□Have regular conversations with your child about the apps, games, and websites they use. Ask about their preferences and any concerns they may have online.
 Teach them when to unfollow, block, or report unsafe content or users.

□ Remind your child they can talk to you or a trusted adult if something online upsets them.
 Reassure them they won't get in trouble and that you're there to help. visit:
https://www.internetmatters.org/report-issue/

□Internet Matters – wide range of online safety advice for parents to keep their children safe online.
https://www.internetmatters.org/

EEP partnered with Safe Egypt to launch a student-led digital safeguarding initiative. The two-day workshop, held at GISC and Hayat Academy, taught students about the impact of social media, how to recognize online risks, and how to lead peer-to-peer safety sessions. This marks the beginning of a youth-led movement in online safety.

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.