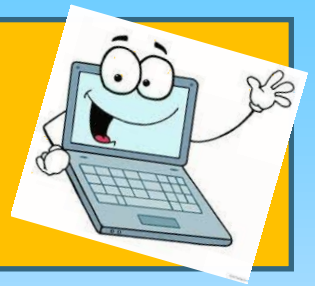




Holly Grove School Online Safety Newsletter



8th February 2023

www.holly-grove.lancs.sch.uk / www.facebook.com/HollyGroveSchool

Safer Internet Day

What Is Safer Internet Day?

The Internet is a very useful and fun place. It can be used for many things such as learning new facts, watching videos, playing games, listening to music or chatting with family and friends. Safer Internet Day aims to help children and young people understand how to use the Internet safely and make good choices when they are online.

In 2023, Safer Internet Day is on 7th February.

Is the Internet Always a Fun and Enjoyable Place?

There are many different kinds of websites that you can use safely but it is important to know that not all websites are like this. Some websites are not suitable for children and young people and some can harm your computer.

Anyone can post things on the Internet so not everything you see is real or true. It could be a fake picture, out-of-date information or the facts might be incorrect.

Did You Know...?

You can check information by looking at other websites to see if the facts are the same. You can also check by looking in a book or asking a trusted adult.

Sometimes, people go online and pretend to be someone different so they can trick people. It is important that a trusted adult knows what you are doing when you are online.

Some people may write rude or unkind words in an app, a chat or in a game.



How Can We Stay Safe on the Internet?

- Use apps and games that are for children.
- Do not download anything without permission.
- Ask an adult before clicking on a file someone sends you.
- Never chat to a stranger.
- Never agree to meet someone you only know online.
- Never tell anyone your personal information.

Stay Friendly Online

It is important to treat people online in the same way we would treat them face to face.

Did You Know...?

You can block people who make you feel uncomfortable or are unkind to you in a chat, game or app.

It is important to tell a trusted adult if anything online makes you feel sad, worried or uncomfortable.

We are very proud to be registered as a 'Safer Internet Day' supporter.

CERTIFICATE OF SUPPORT

THIS IS TO CERTIFY THAT

HOLLY GROVE SCHOOL

Supports Safer Internet Day 2023

7 February 2023

#SaferInternetDay

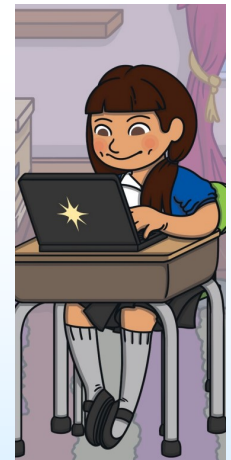


Want to talk about it?

Making space for conversations about the online world

saferinternetday.org.uk

For Safer internet Day, we have been discussing and learning how we can stay safe on the Internet. We looked at our School Rules for Online Safety and took part in lots of activities linked to Keeping Safe Online.



We made our own E- Safety Posters to display in class.



We recapped our Online Safety Rules.

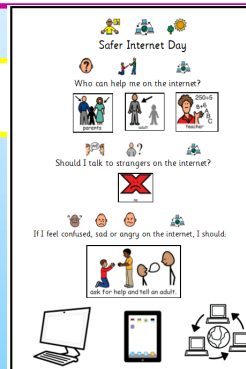


We created Avatars

We interviewed each other about how we use the Internet at home.



We watched videos and looked at books about Safe Online Gaming and how to be aware of the dangers on the Internet.





Laura Byrne, Our ICT / Computing Lead dropped in to discuss online safety with parents that attended our Nibble and Natter Session this week.

If you were unable to attend the Nibble and Natter session you can scan the QR code to watch this video on online safety.



After School Staff Training -
Wednesday 22.2.2023 - **Online Safety**

Parent Forum - Thursday 27th April
2023 9.30-11am - **Online Safety.**

Makaton



Online Safety

Use these Makaton signs to support a young person to stay safe when using the internet.

To keep safe



To emphasise 'Safe' draw formation back towards body



Safe/ask



Internet

Hint: this looks complicated but if you think of it as 2 signs it's a 'world' and then 'wiping a computer keyboard' (just tap your middle fingers together in the middle of the 2 signs)

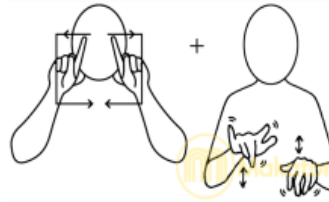


Sign WORLD. At bottom of arc spread fingers out, middle fingers touch briefly as hands turn out and move forwards



Computer

Hint: You can also mime opening a laptop and typing as a sign if this is more appropriate to the type of computer being used



Some of our pupils would like to share some Online Safety Advice.



'Never give your name or where you live to someone you do not know!'



'When you play on a game and you see and hear something bad, tell your parents!'



'Give yourself a nickname and not your real name!'



'Better safe than sorry!'



If you have any questions or concerns regarding your child's online safety at home, please don't hesitate to contact school. You will be directed to someone who can support you.

September

8th - International Literacy Day. You could celebrate with your learners by using our learning-to-read books.

Download and print our FREE online safety posters for your classroom!

Check out our Education Sessions for schools! For Sexual Health Awareness Month, you could use our "Online Pornography," help page and explore its potential risks for young people.

January

Happy New Year! Use our Help & Advice pages to set online safety resolutions with your learners.

Digital resilience is a skill we feel is essential for young people. Use our resource for 11-14 year olds.

Empower young people with SEND to build happy and healthy online relationships using our Thrive Online resource.

May

4th - Discuss the importance of privacy and personal information this National Password Day.

Why not spend some time exploring our SMART with a Heart video lessons for 6-9 year olds?

Mental Health Awareness Month is a great way to check in with your learners' digital wellbeing. They could create a digital wellbeing journal and update it weekly.

October

10th - Raise digital wellbeing awareness with your learners this World Mental Health Day.

Research ways to celebrate Black History Month - who are the black pioneers of the subject matter in your curriculum?

Have you witnessed harmful content online? Report to the Report Harmful Content platform.

February

7th - Let's celebrate #SaferInternetDay!

For LGBTQ+ History Month, check out the resource we made with Stonewall, and the poster we created, to help support LGBTQ+ young people online.

Remember that you can contact the Professionals Online Safety Helpline if online issues arise.

June

It's the deadline for entries to the Childnet Film Competition! Winners will be announced in July - good luck to all those who entered!

Check out the blog on our website to see how you can encourage parents and carers to address online safety with their children over the summer holidays.

Book a Childnet Education Session for next year.

November

14-18th - Anti-Bullying Week returns with the theme of "Reach Out". Take a look at how you can get involved.

13th - World Kindness Day! Look at the ways your learners can spread kindness both online and offline

Register your school as a Safer Internet Day supporter, ahead of the big day on Tuesday 7th February 2023.

March

2nd - World Book Day is a fantastic opportunity to read our Digiduck and learning-to-read book with children aged 3-7.

Keep #SaferInternetDay conversations going by exploring our Help & Advice pages.

Childnet Film Competition launches - an amazing opportunity for educators and learners to represent their schools and make films and storyboards!

July

Remind learners and parents of where to go if they need help reporting online over the holiday, including on popular social media apps.

Take a well deserved break, but also make sure to see how you can protect your reputation online with our resource.

A perfect send off for your Year 6s would be using our Moving on Up resource, helping with the move to secondary education.

December

Send learners home for the Christmas break with our free "Family Agreement" and "My Life Online" templates.

Have you signed up as a Safer Internet Day supporter yet? Remember to check out the free resources!

Why not register your interest in the Childnet Digital Leaders Programme and receive a free guest login to explore the platform?

April

1st - April Fool's Day can be a clever way of introducing misinformation to your learners.

2nd - On World Autism Awareness day, use our Thrive Online and STAR SEND toolkits to explore online safety with young people with SEND.

Did you know your school can join the Childnet Digital Leaders Programme at any time? New modules are added throughout the year!

August

Why not enrol in the Childnet Digital Leaders Programme ready for September?

Subscribe to the Childnet Newsletter for important news and resources throughout the year.

Remember to visit childnet.com for all of the latest online safety news as well as free resources on a range of issues!



TOP TIPS



These top tips have been written for you (parents and carers) to share, and talk about, with your children. It's never too early to talk about life online!

This Safer Internet Day make space for...

Make space for enjoying time online together

Play games, watch videos, and learn new skills with your child. Share what you are doing online and talk about what they like doing online. Show your child how great a space the internet can be and all of the ways you can use it as a family.

Make space for talking about the online world from an early age

Show your children the amazing things they can do on the internet, before they begin to use it independently. The earlier you talk about the online world together, the easier these conversations become as they grow up.

Make space for using the internet to build key skills

Why not find fun and educational games to play together, or watch videos about topics your child is interested in? The internet is a great space to practice key online safety skills like keeping your personal information safe and asking for help when you need it.

Make space for setting clear boundaries about tech use

Establish expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It might be no tech at dinner, blocks on certain sites, or only using devices when there is an adult in the room. Discuss these with your family, and review and adapt them as time passes and their internet usage changes.

Make space for familiarising yourself with safety tools

There are loads of amazing tools and organisations to support you in keeping your child safe online. Explore the different privacy settings and parental controls available to you, and know how to report inappropriate content. These can all help make the internet a safer place for your children.

Make space for conversations about what to do if something goes wrong

Reassure your child that they can always come to you if something makes them feel uncomfortable or upset while they are online. You may also like to talk to your children about putting devices down, turning them over, or pausing content if they see something they don't like.

Supporting children and young people with SEND online

Advice for parents and carers to help children and young people with special educational needs and disabilities (SEND) stay safe online.



Connecting & Sharing

Although children and young people (CYP) with SEND are more likely to experience content, contact and conduct risks. Risks do not always lead to harm. It's likely that CYP may talk to strangers online while gaming or in a group chat, or may experience negative comments, but the key thing is to ensure they know how to recognise warning signs to prevent this turning into harm.

What you need to know

How is socialising online different for CYP with SEND? Interacting with others online through social media or other platforms has become an important part of CYP lives and even more so for those with SEND.

The benefits

Connecting, creating, and sharing with others online brings a range of benefits which can support a child's wellbeing, including:

- Making and maintaining friendships which might be harder to do offline
- At times it can be seen as a safer option to interact with others (depending on what they are doing) than allowing CYP to go outside (avoids risks of face-to-face bullying/ increased fears around knife crime etc)
- Some CYP find socialising behind a screen easier than face-to-face which makes them feel included and able to make friends and build connections
- The viral nature of the online world means CYP can put a spotlight on issues and concerns to affect change in the real world
- Being who they want to be without judgment
- A welcome distraction for needing downtime
- Managing their moods and relieving boredom
- Finding their 'tribe' of like-minded people
- Being more independent
- Discovering new interests

The risks

From our research, we know that CYP with SEND experience greater risks when it comes to content, contact or conduct risks. Any child, from any background can be at risk of the following risks online. But some are more vulnerable than others:

- **Online abuse** – this can include sexual or emotional abuse
 - **Coercion** – Being enticed to send nude photos with sometimes the lure of gifts, tokens or money
 - **Inappropriate content** – this can include sexual, violent or harmful content. CYP with SEND are also more likely to see content that promotes self-harm and suicide
 - **Fake news and misinformation** – an [Ofcom](#) study found that 12-15 years old overall, saw social media as the least trustworthy source of news (39%)
 - **Cyberbullying** – this can include direct hate/negative speech of the CYP, exclusion from group chats, not liking a photo or status, etc. CYP with vulnerabilities have three times more likely to be exposed to hate speech and content promoting self-harm and suicide than CYP without vulnerabilities
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- **Content** – being exposed to inappropriate or harmful content which may include bullying and abuse, or harmful topics (e.g. pornography, self-harm, etc)
 - **Contact** – meeting strangers and being involved in high-risk relationships online
 - **Conduct** – where a child behaves in a way that contributes to risky content or contact or is the recipient of harmful conduct online

Rules for online safety



1. I will always ask the teacher before I use the Internet and I will be sensible whenever I use it.
2. I will only use websites my teacher has told me about.
3. I will not give my name, address or telephone number to anyone on the Internet and I will tell my teacher if anyone asks me for my name, address or telephone number.
4. I will never agree to meet anyone I have spoken to on the Internet.
5. I will not download programs or bring programs into school on disc or CD ROM from home into school.

