Holly Grove School
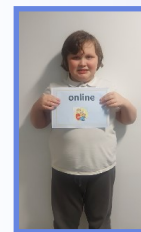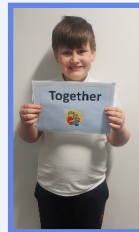# Online Safety Newsletter

8th February 2024

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

Be smart on the internet

Together
we can
stay safe
online

Safer Internet Day 2024 | Tuesday 6 February
Coordinated by the UK Safer Internet Centre
saferinternetday.org.uk

Safer Internet Day 2024

What Is Safer Internet Day?

Safer Internet Day is an annual event which is organised by the UK Safer Internet Centre. It has been marked each year since 2004, in over 100 countries worldwide.

The theme for 2024 is **'Inspiring change? Making a difference, managing influence and navigating change online'**.

Safer Internet Day explores the online safety support children and young people receive and encourages them to shape the future.

The Internet has an amazing range of opportunities and information online but how do we keep it safe for everyone to use?

The UK Safer Internet Centre

The UK Safer Internet Centre is coordinated by three leading charities: Childnet International, South West Grid for Learning and Internet Watch Foundation. The centre has one mission: 'to make the internet a better place for children and young people'.

Their aim is to ensure that children and young people are aware of how to use the Internet safely and responsibly, making good choices and keeping themselves safe.

Safer Internet Day 2024

In line with this year's theme, the UK Safer Internet Centre are hoping to explore the following areas:

- What do children and young people think about new technologies?
- How can they use the Internet to make a positive difference?
- What changes do children and young people want to see online?
- What can influence and change the behaviour of children and young people online and offline?

In light of some of the changes in the KCSiE 2023 (see right), Holly Grove now have an Online Safety team who meet every term to ensure these standards are in place and upheld to keep all our pupils safe online when in school.

Our Online Safety Team

Laura Eve Lesley Katie Iayn Nicola
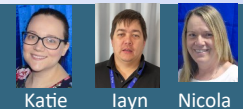
- identify and assign roles and responsibilities to manage filtering and monitoring systems
- review filtering and monitoring provision at least annually
- block harmful and inappropriate content without unreasonably impacting teaching and learning
- have effective monitoring strategies in place that meet their safeguarding needs

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Once again, we are very proud at Holly Grove, to be registered as a 'Safer Internet Day' supporter.

CERTIFICATE
OF SUPPORT

THIS IS TO CERTIFY THAT

Holly Grove School

Supports Safer Internet Day 2024

6 February 2024

#SaferInternetDay   UK Safer Internet Centre   saferinternetday.org.uk

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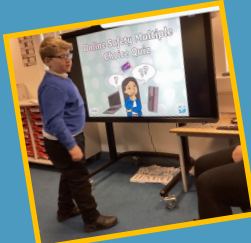**Online** SAVE THE DATE! **Safety**

After School Staff Training -

Summer Term - Online Safety

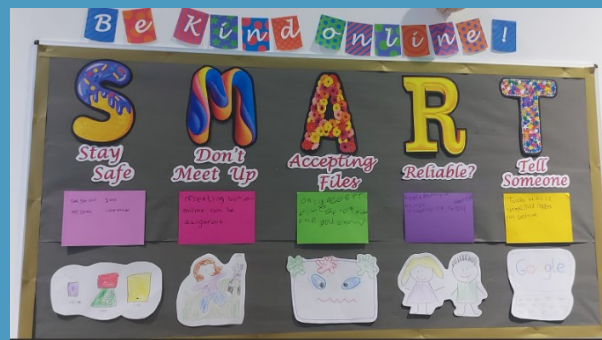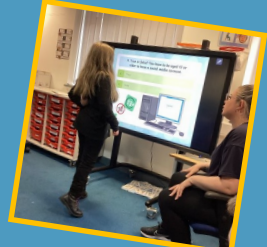**Parent Forum - Thursday 6th June 2024 at 1:30pm - Online Safety.**

SAFER INTERNET DAY AT HOLLY GROVE SCHOOL

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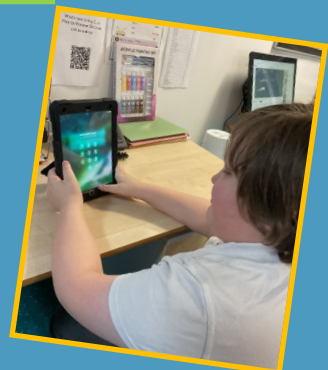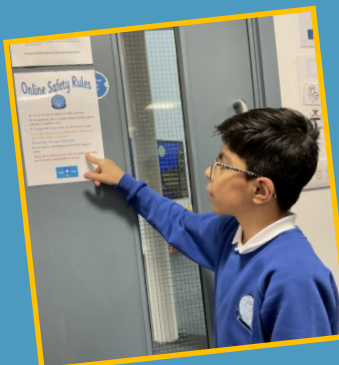
We watched videos and looked at books about Safe Online Gaming and how to be aware of the dangers on the Internet.
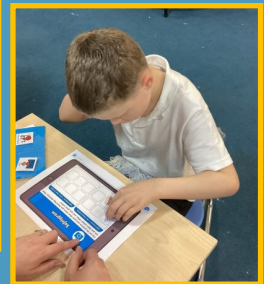
We recapped our Online Safety Rules.

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

Laura Byrne, Our ICT / Computing Lead will be hosting an Online Safety family forum in the summer term.

Full details will be sent to you nearer the time but in the meantime, if you have any questions or concerns about your child using the internet, in school or at home, please don't hesitate to contact school . You will be directed to someone who can support you .

Here are some things we have learned this week on how to stay safe online.

'Never give your name, phone number, address or bank details to anyone online– even if they need help'

'When you play on a game and you see something that should not be there or there is a pop up, tell an adult!'

'Don't talk to strangers!'

'Don't give anyone your password and don't let people know where you are!'

'Don't meet anyone from the Internet!'

'If you see something on the internet that makes you feel scared or sad. Tell an adult straight away!'

'If you feel scared or upset from something online, you can tell your mum, sister, teenager, Teacher and TA!'

Makaton

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

To keep safe

To emphasis 'Safe' draw formation back towards body

iPad/Tablet

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

Staff have attended and continue to access regular training in school , including Safeguarding and Prevent Training.

You can view all of our policies on the school website:

www.holly-grove.lancs.sch.uk

internet matters.org

INCLUSIVE Digital Safety

OSWGfL

You can visit the Internet Matters website, where there is an 'Inclusive Digital Safety' hub tailored to support parents and educators of children with SEND.

Scan the QR Code

Or visit https://www.internetmatters.org/inclusive-digital-safety/

YouTube

YouTube is intended for users over the age of 13 (however, children of all ages may use the Service and YouTube Kids if enabled by a parent/legal guardian).

What if my child is under the age of 13?
If your child is under the age of 13 then your child should use either YouTube Kids or a Supervised Account. Which option you choose, will depend on your child's age and your requirements.

- YouTube Kids – this is a separate app that includes a smaller selection of videos based on the age you select:
- Preschool (ages four and under)
- Younger (ages 5–8)
- Older (ages 9–12)

- Supervised accounts – this is a parent-managed version of YouTube. You can select one of the following options, again depending on your child's age and your requirements:
- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+
- **Most of YouTube** - This setting includes almost everything on YouTube except for videos marked as 18+ and other videos that may not be appropriate for viewers using supervised experiences.

Google have created a table to show the differences between YouTube Kids and a Supervised account to help in your decision:
https://support.google.com/youtube/answer/10315420

Posting videos
You should be over 13 to post videos. If your child does post videos on YouTube, ensure they understand what information they should keep private and what to do if they receive negative comments. Talk to them about the different settings available -
1. Public: anyone can view the video.
2. Private: video can only be viewed by users that you select.
3. Unlisted: only people who have the link to the video can view it.
YouTube have produced these safety tips for teens when posting content:
https://support.google.com/youtube/answer/2802244

How can I make YouTube safer?
- Explore YouTube together and see what they like to watch. Make sure your child understands that they can **talk to you** if they see anything that makes them feel uncomfortable online.
- Restricted mode - is an additional setting (when logged in via a Google account) to restrict the availability of mature content.
- Ensure your child knows how to **report inappropriate content/comments.** Find out more here: https://support.google.com/youtube/answer/2802027.

YouTube Shorts

You should be over 13 to post videos on YouTube. YouTube Shorts are short videos which are similar in format to videos which you find on TikTok or Instagram Reels. 'Shorts' are available to watch on the YouTube homepage or on the Shorts tab in the app. As they are quick to watch, they can be addictive and lead to excessive screen time. If your child is watching these videos, ensure they know that there is a report button. The INEQUE Safeguarding Group discuss this feature in more detail here:

https://ineqe.com/2021/07/01/youtube-shorts-need-to-know/

Reality Check from Parent Zone

Most VR Headsets have a minimum age recommendation of 13+ and VR games are rated by PEGI too so check their age rating/suitability.

Parent Zone, VoiceBox and Meta have created a series of videos explaining the safety and parental control tools available when using VR and how to have a conversation with your child about VR. Find out more here:

https://parentzone.org.uk/realitycheck

YouTube Content Warning

The INEQE Safeguarding Group have published a report warning about the YouTube cartoon series called Jeffy. Due to the content being animated, viewers may believe that it is suitable for children to watch when in fact the content is inappropriate. You can find out more here:

https://ineqe.com/2023/11/09/safeguarding-update-youtube-cartoon-jeffy

Online Safety advice for Early Years

Internet Matters have teamed up with EE to create 'Online Safety Starts Early.' This is a 4-episode series, for those with children in Early Years. Episode one highlights how to create positive habits from the beginning and then provides links to additional resources.

https://www.internetmatters.org/advice/0-5/online-safety-video-guides-early-years/

EE Learn

EE Learn includes an array of information and guidance on how to keep your child safe online, for example tips on how to help your child when they are online. Find out more here:

https://ee.co.uk/do-more-with-ee/learn

At what age can my child start using social networks?

Internet Matters have produced this fantastic resource highlighting the minimum age limits for a variety of social media platforms as well as outlining the risks of being underage on social media. You can find out more here:

https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking
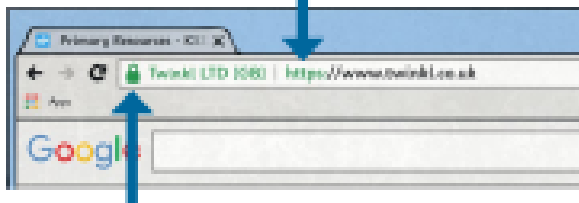
How to Recognise Safe Websites and Apps

Check for HTTPS

S stands for secure.

Check the URL for the web page. If it starts with **HTTPS** then it should be safe to use.

Check for Pop-Ups

Web pages that have lots of pop-ups may be infected with a virus that could pass to your device.

Check for the Secure Padlock

Look for a padlock on your browser's address bar.

The padlock means that the website is secured with a digital certificate. Data sent and received by the website cannot be read or intercepted by others.

Check the Ratings and Downloads

Apps with low ratings and fewer downloads may be unsafe to use.

4.9 ★   100M +
Downloads

Check the PEGI Rating

Apps and games may have a PEGI rating to indicate that they are suitable for users of a certain age.

Check with a Trusted Adult

If you are unsure if a website or app is safe to use, check with a trusted adult.

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

  - **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

Online Safety Rules

- Do not use the internet without an adults permission.

- Do not download a file or a picture without checking with an adult first, it could be a virus.

- If a stranger talks to you online, be safe and tell an adult.

- Do not give out your personal details online, like full name, date of birth, address or password.

- Be kind online and respect other people.

- Do not agree to meet anyone you have been talking to online.

- Always tell an adult you trust if you see anything that makes you feel scared, uncomfortable or confused.

Stay Safe