



*“Do not be afraid.
Open wide the doors
for Christ.”*



St John Paul II Multi-Academy Company Safeguarding Newsletter – Spring 2 2024

Topic: Online Safety



What is online Safety?

In simple terms, online safety refers to the act of staying safe online. It is also commonly known as internet safety, e-safety and cyber safety. It encompasses all technological devices which have access to the internet from PCs and laptops to smartphones and tablets.

Being safe online means individuals are protecting themselves and others from online harms and risks which may jeopardise:

- their personal information,
- lead to unsafe communications, or
- effect their mental health and wellbeing.

What are the risks?

It goes without saying that the internet can be an unforgiving place. Aside from the more obvious risks such as online bullying, grooming or device addiction, the way children are engaging with the online world means that we have to take stock of their mental health and wellbeing, the type of content they are viewing and what they are posting online.

Online risk can be classified in three ways:

• Content risk:

Children receiving mass-distributed content. This may expose them to age inappropriate material such as pornography, extreme violence, or content involving hate speech and radicalisation.

• Conduct risk:

Children participating in an interactive situation. This includes bullying, sexting, harassing, being aggressive or stalking; or promoting harmful behaviour such as self-harm, suicide, pro-anorexia, bulimia, illegal drug use or imitating dangerous behaviour. A child's own conduct online can also make them vulnerable - for example, by over-sharing their personal information or by harassing or bullying themselves. Once it is out there, it will always be out there! Children shouldn't behave inappropriately just because it is online.

• Contact risk:

Children being victims of interactive situations. This includes being bullied, harassed or stalked; meeting strangers; threats to privacy, identity and reputation (for example, through embarrassing photos shared without permission, a house location being identified, someone impersonating a user, users sharing information with strangers); and violence, threats and abuse directly aimed at individual users and/or groups of users.

The Law

Social Media services require users to be at least 13 years of age.

action for children



Keeping children and young people safe online is one of the biggest challenges facing society today and it is our job to work together to ensure that all of our children are equipped to make informed and sensible choices when they are online.



Children have access to a mobile phone or tablet device at a much younger age.

Ask yourself...

- ... do I know who my child is contacting?
- ... do I know what my child is looking at?
- ... do I know what games my child is playing?

Have you explored parental controls?

Top Tips for Parents:

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

 **National Online Safety**
#WakeUpWednesday

Top Tips for Children:

Top 10 Tips to Stay Safe Online

1 Don't share your personal information



2 Only talk to people that you know



3 Don't meet up with anyone you have only met online



4 Only accept friend requests from people you know personally



5 Always think carefully about what you post



6 Make use of the privacy settings on all of your social media accounts



7 Remember that not everyone online is who they say they are



8 Report inappropriate content immediately



9 Only share images that you'd be comfortable with your friends and family seeing



10 Never share your passwords



Think Smart

S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

**THINK
UK
KNOW**

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



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TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



WWW.CHILDNET.COM

Useful websites:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

<https://www.childnet.com/>

<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s>

<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-11-19s>

<https://www.internetmatters.org/advice/14plus/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.internetmatters.org>

<https://www.net-aware.org.uk>

<https://www.thinkuknow.co.uk>