Online*Chat*

Keeping you updated in a virtual world

TIBBERTON & St LAWRENCE CE PRIMARY SCHOOLS

Being the best we can be because with God all things are possible.

Issue 3

Welcome to the third edition of Online Chat which aims to help parents keep up-to-date with latest developments in Online Safety. Our pupils are growing up in a world of ever-changing technology. While we feel that the use of technology is a largely positive aspect of modern life, we cannot ignore the risks that can be associated.

Throughout school we aim to teach children:

- about the impact of cyber-bullying and what to do if they have been affected.
- to be vigilant when communicating online recognising that people may not always be who they say they are and to be sensible about what they share.
- to tell an adult they trust if something is upsetting them.
- to question the reliability of information given through a web-based source.
- to search responsibly for information while using internet browsers.

We understand that much of our pupil's use of the internet will occur at home, away from the school filters.

Below are a list of useful websites, advice and resources that you may find helpful when navigating the issue of online safety with your child. At the bottom of this page are resources that your child can directly access as well to help them learn about online safety.

Useful resources and links

Thinkuknow http://www.thinkuknow.co.uk
Thinkuknow is an education programme from the National Crime Agency's CEOP Command. Since 2006, it aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them.

National Online Safety https://nationalonlinesafety.com/resources/platform-guides/
National Online Safety's mission is to make the internet a safer place for children. They aim to do this by equipping school staff, parents and children with the knowledge they need to understand online dangers and how best to react should an incident arise. The link above provides up to date information about a wide variety of social media apps and platforms your child might be using.

NSPCC http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/
The NSPCC are the first to admit that the internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe? That's where the NSPCC come in. Whether you're an online expert or you're not sure where to start, their tools and advice will help you keep your child safe.

Childnet http://www.childnet.com/parents-and-carers
Childnet International is a registered UK charity that aims to make the internet a safe place for children and young people. Packed with resources it is a great resource for parents.

CEOP http://ceop.police.uk/safety-centre/
Child Exploitation and Online Protection (CEOP) is part of the National Crime Agency and their website can be used to report if you are worried about online abuse or the way someone is communicating online.

BBC https://www.bbc.com/ownit
The BBC have a website and app called **Own It**. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

SafetoNet https://safetonet.com/
SafeToNet is technology that educates children "in-the-moment" as they use their device. It is a safeguarding assistant that helps them become responsible and safe digital citizens. Its power lies in a smart keyboard that detects risks in real-time. It steers children away from trouble by filtering harmful outgoing messages before they can be sent and any damage can be done.

Action for Children

internet matters.org

Down-to-earth parenting advice you can trust:
https://parents.actionforchildren.org.uk/

How to keep to children safe online:
https://www.internetmatters.org/issues/

Register for Listen up, Speak up

It's up to all of us to keep children safe. Take our free, 10-minute digital training and learn what to do if you're ever worried about a child or their family.

https://www.nspcc.org.uk/support/listen-up-speak-up/sign-up2/

Mental health support

You may have noticed changes in your child -changes of mood, altered sleeping patterns, withdrawal from family life and/or friendship groups. These could be signs that they're experiencing anxiety or other issues around their mental health. Please come and speak to us if you have any concerns.

At both settings we hare fortunate to have our ELSA-trained staff – Mrs Booth & Mrs Leon – who are well-versed in supporting children with their concerns and worries.

In addition, Young Minds has a wealth of advice on their website and there is also a helpline for parents which is free on 08088025544. They may be able to provide support, guidance and signpost to other agencies that may be able to offer.

https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/

MY VOICE MATTERS

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

PARENTINGSMART.ORG.UK

Here's what children and young people told us they need from you:

1. We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
2. I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
3. Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
4. Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
5. Don't compare my experiences to your own when you were a child.
6. Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
7. Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
8. If you are open with me about your feelings, this can help me to be more open about mine.
9. Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
10. Sometimes a hug is all it takes to make me feel supported.

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGIB

For secondary children: bit.ly/3LBD2wK

MY VOICE MATTERS

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

- TELL ME ABOUT YOUR DAY
- WHAT WAS THE BEST THING ABOUT TODAY?
- WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?
- WHAT'S YOUR ONLINE LIFE LIKE?
- WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?
- WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

What Parents & Carers Need to Know about WHATSAPP

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WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver *can* take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It *is* a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they *don't* know, they would be exposing their location to *them*, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

National Online Safety

#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022