Dear Parents/Carers,

Online safety is something we take very seriously at St Olaves. Children are spending more and more time online and it is important that we teach them the skills and knowledge to navigate the online world safely. We are seeing a growing number of children using social media sites and being exposed to inappropriate and unsafe content on these sites. We would like to remind parents that most social media sites have an age restriction of 13+. Our newsletter focuses on some of the risks to children being online (particularly if unsupervised) and online bullying. Later this term, we will be having an Online Safety Day, where children will learn how to keep themselves and others safe online.

Please complete this survey to help us to improve our safeguarding processes.

Many thanks

Mrs McNamara

Assistant Headteacher and DSL

Meet the Team

Mrs McNamara
Designated Safeguarding Lead (DSL)

Miss Holloway
Deputy Designated Safeguarding Lead

Mrs Mann
Deputy Designated Safeguarding Lead EYFS

Mrs Pons
Deputy Designated Safeguarding Lead

Mrs Farrell
Deputy Designated Safeguarding Lead

National Online Safety Hub

Our school subscribes to The National Online Safety Hub. The hub contains a wealth of useful information to support schools and parents in keeping children safe online. As members of the hub, our parent community can access all the resources too. These include parent guides (like the ones included in this newsletter), explainer videos and training on how to keep your children safe online.

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team.

www.stolaves.org.uk

Online Risks

Oversharing

Children and young people can sometimes feel pressure to overshare online. Remind them that they shouldn't share private things, such as:

- personal information, like names, phone numbers, links to other social media accounts or their school;
- live or frequent locations;
- other people's personal information;
- links to join private group chats;
- photos of themselves, photos of their body.

Sharing their location

Many apps and games give you the option to share your location.

You should help children think about how and when they're sharing it. Some of the ways they may be likely to share location include:

- tagging photos with the geo-location;
- checking into venues;
- sharing journeys;
- location settings on your child's device;
- sharing images or videos that contain street names, etc.

If shared publicly, their location could be seen by someone they don't know. People could find out where they live or go to school, allowing an accurate picture of their daily routine to be built up.

Age restrictions of Social Media Apps

Please be mindful that social media apps are not appropriate for pupils under the age of 13. Below are the age restrictions for the most popular apps:

Whatsapp 16 years

Instagram 13 years

Facebook 13 years

Snapchat 13 years

TikTok 13 Years

Talking to people they don't know

Some social networking such as Omegle and Kidschat.net promote connecting you to chat with people you don't know. This puts young people at risk of grooming or online forms of abuse, along with the risk of moving the conversation to other platforms or meeting up offline. You should be aware of this across all social media.

Sending or receiving inappropriate content

Young people can feel pressured into sharing content that could be harmful to themselves or others. This could be in the form of sexting or sharing nudes, or it might be sharing memes and images of others without their consent – which can be a form of cyberbullying. DMs (direct messages) can be used to share very quickly and they have no control over how the image is shared further. Some social platforms have features such as disappearing messages – where an image or text will only show for a certain amount of time for the recipient before deleting. This might make users feel they can share more, but the recipient can still screenshot and forward the content to others

Unrealistic sense of body image or reality

With so many influencers and users sharing photos, children can feel under pressure to conform to the 'ideal' body and lifestyle. It's important to talk about positive body image and help children see that what others post is a curated version of their life, and to question what they see online Obsessive focus on likes and comments

Children may be very focused on how many likes or comments their posts get, which can leave them feeling that they aren't good enough, or not as popular as someone else. Try to help them remember that likes aren't everything. Instagram has an option to turn off likes on posts – that may help to ease the pressure.

Top Tips for...
MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

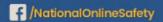## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

DEVICE BOX

The National College®

NOS National Online Safety®
#WakeUpWednesday

What children need to know about
ONLINE BULLYING

What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING - IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES

2. HACKING INTO SOMEONE'S ONLINE ACCOUNT

3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES

4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS

5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM

6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON

BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?

2. WOULD I SAY THIS IN REAL LIFE?

3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?

Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.

Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM - GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.

How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.

How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

Childline 0800 1111

National Online Safety
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#WakeUpWednesday