



Online Safety Newsletter



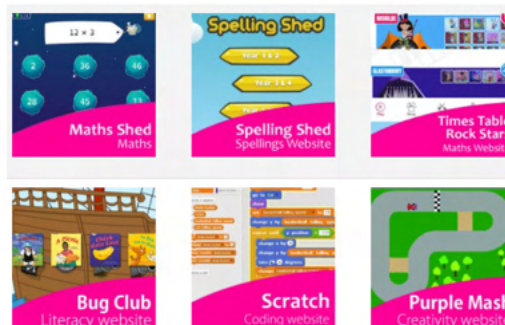
Issue 3 - April 2022

Welcome to our spring version of our online safety newsletter where we hope to keep you up-to-date with all the latest online safety news.

Recommended

The safest apps for children to use are the educational ones we use in school. As a school we subscribe meaning your children gain free access to apps and websites which are fun, safe and educational. You can find all our school subscriptions on our website here:

[Apps and Websites – Bells Farm Primary School](#)



This image is taken from the National Online Safety website who have a new app designed to offer advice on staying safe online:

BRAND NEW

National Online Safety Mobile App

It's time to get **#OnlineSafetySavvy**.

Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know?

Say hello to the new National Online Safety mobile application. Created by experts, developed by us. With all online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks – any time, anywhere.

The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the kids you care about when they're online.



Know your age restrictions:

Top three websites for this issue:

[CEOP Education \(thinkuknow.co.uk\)](#)

[Smiling Mind](#)

[Online safety guides and resources centre Internet Matters](#)

If you are concerned about online safety issues, please contact Miss Williams (Online Safety Coordinator) using teacher@bellsfrm.bham.sch.uk or make an appointment through the school office.

Instagram



13 years +

Twitter



13 years +

Facebook



13 years +

WhatsApp



13 years +

TikTok



13 years +

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people **online**. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

This information is taken from the National Online Safety website. This website offers parent guides for many of the latest concerns about children in the online world. Each half term we will provide you with the most important ones which are appropriate for our children. There are many more available at: [National Online Safety Keeping Children Safe](https://www.nationalonlinesafety.org/keeping-children-safe)



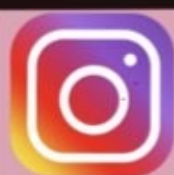
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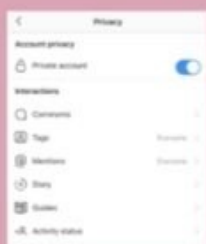
Social Media Settings



Most social media apps are 13+ (WhatsApp is 16+) but - as we are aware some children are using them regularly - we wanted to share some important settings to keep children safe online.



Instagram



PRIVATE ACCOUNT: when this is on, only followers can see your posts and stories and you have to approve followers **(recommended: on)**

COMMENTS, TAGS, MENTIONS, STORY: allows you to control who can tag you, comment on your posts, mention you in their story and control your story audience

You can also restrict, block or report a user by clicking on their profile and selecting the three dots in the top right.

You can also remove a follower using this method.



Tiktok



PRIVATE ACCOUNT: when this is on, only followers can see your posts and you have to approve followers **(recommended: on)**

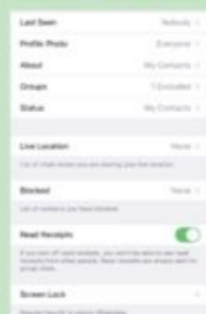
SAFETY: Tiktok has lots of options to restrict contact and interaction with video posts **(recommended: friends)**

COMMENT FILTERS: you can automatically hide comments that may have offensive words in **(recommended: on)**

You can also block, report or remove a follower by clicking on their profile and clicking the three dots in the top right hand corner.



WhatsApp



PROFILE PHOTO AND STATUS: You can change who can see a profile photo and status **(recommended: my contacts)**

GROUPS: allows you to stop a contact being able to add you to groups **(recommended for when a friend adds you without permission)**

BLOCKED: can add a contact to a blocked list so they can't message you.

You can also block or report a contact/number by clicking on the chat with them, clicking on their number/name at the top then scrolling down!



Snapchat



CONTACT: decide who can message you and send you snaps **(recommended: my friends)**

VIEW MY STORY: restrict who can see your story **(recommended: my friends)**

GHOST MODE: if this isn't on, contacts can see your location on a map **(recommended: on)**

You can also block or report a user by locating their contact, tapping and holding their name and clicking more



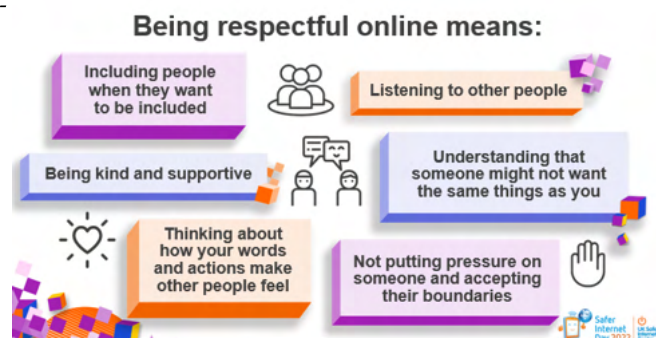
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Digital Council Assembly

Friday 8th February was Safer Internet Day and our Digital Council presented an assembly relating to this year's theme: Exploring Respect and Relationships Online. They presented confidently and all the children learnt something new.

All classes take part in regular online safety lessons. All classes had a lesson during Safer Internet week. You can find more information on our class blogs.



Year 3 Bluebirds: Copyright and Ownership

Mrs Parry told the children the following statement: Just because I have a copy of an image or song that does not mean it is mine. The children then talked about if they thought this was true or not.

They looked at Yusuf and Ayra's work and talked about if that work belonged to them or if it belonged to anyone who had a copy. As Ayra had worked so hard on her picture, it means that it belongs to her only and if you wanted a copy then you would need to ask.

The class watched a video about two characters that were disagreeing about who owned a picture, both felt they had created the picture on the computer. The children came up with ideas to help them solve this problem. First the children talked about having a name on the image. When no name could be found, the characters looked at other ways to prove who owned the work. They came up with looking at a folder on the computer to see whose folder it was in. Like the character in the video, the children all save their work in a folder with their name on.



Year 4 Robins: Limiting Screen Time

Robins are super Digital Citizens who care very much about online safety. On Internet Safety Day they discussed the importance of looking after their health and wellbeing.

First we talked about what electronic devices we used. Examples include:

- Smart Watch
- Nintendo Switch, PS4 or Xbox.
- Tablet computer / iPad, Personal Computer or Laptop
- Smart Speaker such as Alexa
- Parents' mobile phone.

When thinking about the effects of spending too much time on an electronic device the class came up with the following:

- **Sammy and Andrew** – Spending too much on your Xbox or PlayStation means you might stay up too late and not get enough sleep. Sleep is important for your health.
- **Imogen** – If you spend too much time watching TV or on the computer it might mean you spend less time with your friends. It means you could lose your friends!
- **Hollie and Amelie** – Too much time on electronic devices could be bad for your eyesight.

Many in the class also pointed out if you spend too much time on electronics then you are not getting enough exercise to stay healthy.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47%
of parents
said they thought their
children spent too much
time in front of screens



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

53% of children aged **3-4**
go online for nearly **8hrs** a week

79% of children aged **5-7**
go online for nearly **9hrs** a week

94% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **21hrs** a week

<https://www.independent.co.uk/Children-and-Parents/Media-Use-and-Attitudes-Report-2017>; <https://www.ofcom.gov.uk/http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>
Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>
University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>



**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061





Online Safety Newsletter



This Online Safety Newsletter has been written by the Digital Council to inform you and your child about the dangers of TikTok, how you can prevent those dangers and replacements for TikTok.

Why is TikTok unsuitable for primary children?

TikTok is widely known for their poor security measures. This is because the app is not end-to-end encrypted meaning a hacker could easily alter the settings to their own accordance.

This is why several countries have banned TikTok. Also, TikTok can have some

inappropriate trends which can be dangerous or may mean shorter attention spans and not being able to focus in class.



Growth and Users

Over 1 billion people use the 13+ rated TikTok globally. 20.83% of the world use TikTok daily (that's more than YouTube users!) This means many people use TikTok, including those who are underage.

Substitutions

Grom Social Network For Kids is an amazing substitute for TikTok. It is child-friendly with an amazing anti-bullying slant. Inappropriate content or behaviour is identified by digital features and a cast of Grom helpers. The companion app, Mamabear, allows parents to monitor their child's activity on Grom Social. Grom Social enables children to connect, create and explore in a safe social network!

Residential Mode

Residential mode restricts your child from watching inappropriate content. This can be vital for your child as some videos can be very dangerous or have a negative impact.

Here are 5 easy steps on how to put residential mode on TikTok if you believe it is suitable for your child:

1. Click the profile icon in the bottom-right corner of your screen.
2. Click the three dots (...) in the top-right corner.
3. Under the section labelled "general", click "Digital Wellbeing".
4. Click restricted mode.
5. Click enable restricted mode and you're done!

Addiction

There are several points on why TikTok is not recommended for under 13s. Firstly, TikTok can be extremely addictive because of the scroll feature, this causes people to not want to exit the app. This means TikTok's average spent time is roughly 52 minutes while, for example, YouTube's is only 19 minutes. That's almost 3 times the amount of time spent on YouTube! If children are worried about being addicted to social media or gaming they must talk to a trusted adult and ask for support. If you are worried about your child speak to someone at school or email Miss Williams.

Many thanks
to the
Digital
Council

