



KNIGHTSFIELD SCHOOL

Online Safety Newsletter



At Knightsfield we actively promote online safety lessons and beyond into the expanded curriculum and everyday life of all within the Knightsfield community. We want and encourage our students to conduct safe online experiences for themselves and others both at school and at home. To support parents and carers in encouraging this we have developed this online safety newsletter to provide you with helpful advice and internet links that all our students can access.

We hope you find this information useful.

The NSPCC provide fantastic advice on how to start conversations about Online Safety with your child, where to get further support and how to be a good digital role model. This site also includes Online safety family resources such as a family quiz, which is a great way to start conversations with your child whilst making it fun!

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



Supporting young people with SEND online

The internet can be a great place, but we need to be aware of the risks involved with being online. For children with SEND, they may encounter further challenges and therefore additional support may be required. There is a lot of tailored information available to parents and carers and the following links are a great starting point:

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/>
- <https://www.internetmatters.org/inclusive-digital-safety/advice-for-parents-and-carers/supporting-children-with-send/>
- <https://www.childnet.com/help-and-advice/supporting-young-people-with-send-online/>

The above sites cover topics such as helping your child browse safely online, setting appropriate parental controls, activities to help discussions about being online and the steps you can take to help protect your child online.



Social Media

We are aware that lots of our students enjoy social media and there are social media platforms that your child might be on or wanting to join such as Instagram and Snapchat.

It is important to review each individual platform to see what age your child should be to access them and to set appropriate privacy settings. It is also important to talk to your child about information they should keep private.

Is your child ready for social media? This article looks at the risks that you need to consider as well as advice on how to get started:

<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>

Further information Visit the Social Media Advice hub from Internet Matters to learn more:

<https://www.internetmatters.org/resources/social-media-advice-hub/>



TikTok

TikTok is a popular social media platform and they have recently introduced captions and subtitles to enable deaf users to access the site. The NSPCC have created a news article discussing if TikTok is safe for children and provides an overview of how to keep your child safe on TikTok using their safety settings. Read the article here:

<https://www.nspcc.org.uk/keepingchildren-safe/online-safety/onlinesafety-blog/child-safe-settings-tiktok>.

TikTok have also created a Guardian's Guide designed to provide an overview of TikTok and the tools and controls available:

<https://www.tiktok.com/safety/en/guardians-guide/>



Pop Ups / Adverts

When your child is playing on certain games or is on social media, they may see adverts / pop up adverts. The content in these adverts may not always be appropriate to them, particularly if clicked on. It is important to talk to your child about adverts and to think about what they are clicking on before they do and if they are unsure to either ignore them or to check with a trusted adult which is something we actively promote during our Knightstfield lessons. Further information can be found on the website below:

<https://www.childnet.com/help-and-advice/security/pop-ups-adverts/>

Current App Trends



Please be aware that there is a popular app that is being used at the moment called Wink which is a social network that allows people from all over the world to make new friends. Users find new friends by swiping through profiles, like the popular adult dating app, Tinder. Users are then able to link to each others Snapchat. As with all social media it is important to understand the risks involved and the possibility that people aren't who they say they are. Wink currently has no age verification so children under 13 could easily use the app and set their age to over 18 to meet adults. Also, adults could easily pose as teens to connect with young users. Please discuss the obvious risks of using this app with your child. This is high risk!

Passwords:

We need to create passwords for everything these days and it is important that our children not only understand that they should not share passwords with others but also that they know how to create a 'strong' password to keep their information safe. Take the opportunity to talk to your child about this.

You can learn more here:

<https://www.connectsafely.org/passwords/>



New CyberSprinters activities for 7 – 11 year olds.

As we now have a thriving primary provision at Knightsfield, we want to ensure our younger pupils are also using the internet safely.

The National Cyber Security Centre have released a new set of activities and interactive stories. As well as the original CyberSprinters game

<https://www.ncsc.gov.uk/collection/cybersprinters>

You can now access puzzles that you can solve with your child and read interactive stories together. These activities are available here:

<https://www.ncsc.gov.uk/collection/cybersprinters/home-activities>.

These resources will encourage conversations about how we can keep our information secure online.

Search Engines

Parent Zone have published this article explaining what you need to know about safer searching and what you should consider. Read the article here:

<https://parentzone.org.uk/article/search-engines-what-you-need-to-know>



Games from Childline
Childline have created some online games that your children can play safely including arcade style games and relaxing games. You can find them here:

<https://www.childline.org.uk/toolbox/games/>

Dove Self Esteem

Dove has a whole host of articles, videos and activities on their website as part of their self-esteem project, the aim of which is to boost the self-esteem of young people. The free resources are designed to help you communicate with your child on a variety of subjects including the effects of cyberbullying and social media

<https://www.dove.com/uk/dove-selfesteem-project/help-for-parents.html>

Phishing

BT have devised a game called The Phisherman which consists of a number of mini-games, with each game focusing on a different aspect of phishing. Children will be taught the meaning of the term and learn to recognise the signs of phishing as they explore an underwater village – taking part in a number of tasks to keep the residents safe from the Phisherman’s attacks. Even adults can sometimes be caught out by the fake statements!

<https://www.bt.com/skillsfortomorrow/home-life/the-phisherman>

Online Sexual Harrassment

Talking to our children about online sexual harassment can be difficult which is why the Children’s Commissioner has produced a guide to help you. The guide focuses on several topics that can often be difficult to talk about with our children such as body image and peer pressure. Please start these conversations early, introducing topics in an age appropriate manner before a child is given a phone or a social media account. The guide is a ‘starting point’ and includes further links to other resources, young peoples’ views and top tips.

<https://www.childrenscommissioner.gov.uk/report/talking-to-your-childabout-online-sexual-harassment-a-guide-for-parents/>



Top Ten Safety tips

1) Protect Their Privacy – The majority of platforms your child uses will have built-in privacy settings, with most having specific parental settings. It is important that you utilise these to best protect your child in the online world.

2) Have regular conversations with your children – Remember, your children are smart! They will most likely know ways around the parental controls you have set up.

3) Stay up to date with the latest platforms and trends – It can be difficult to keep up with the latest apps that children are using. If they know they shouldn't be on the app, they may hide it from you. Visit the app store and take a look at the most popular apps; there is usually a section which features the top children apps.

4) Know your devices – Make sure you are aware of what devices your child is using and learn about the potential risks associated with them.

5) Age Restrictions – Always check the age restrictions on apps and games to ensure they are accessing appropriate material for their age.

6) Make a family agreement with your child – Setting boundaries with your child's device usage can help reduce their exposure to online dangers.

7) Be there if something goes wrong – No matter how much you try to protect your child from online dangers, there will always be a chance that something could go wrong. If they ever feel uncomfortable with something that happens online, they need to feel comfortable to talk to you

8) Explore the internet together – Spend time with your child on the internet and take an interest in the games that they are playing. They will enjoy showing off to you about what they can do and it will allow you to discover the online world through their eyes.

9) Minimise or stop ‘Sharenting’ – It is important to lead by example when it comes to using social media. The phrase ‘Sharenting’ has become increasingly popular in the past year or so. It is used to describe when a parent shares images, videos or posts about their children on social media. The internet provides a great platform to share pictures of their children with friends and family, but if YOUR privacy settings are not set up correctly, you are exposing your child to online dangers.

10) Turn off automatic updates on apps – most social media apps and games have regular updates due to new features or to make the app suitable for new devices that have been launched. By turning off automatic updates, this will give you the opportunity to check what exactly has changed with the app before accepting. It is always worth reading through the updates, as app owners can discreetly tweak their terms and conditions which can sometimes mean they take your personal information.

SAFETY TIPS:

It is important to talk to your child regularly about what they are doing online and make sure that they know that they should always talk to you or another trusted adult if they have any concerns. Please make sure the appropriate privacy settings are set up and your child knows how to block and report other users if necessary. We would recommend you explore social media sites with your child and suggest why certain options are safer, for example, setting your account so only friends (rather than everyone) can see your content and only those you are friends with can contact you.



AND FINALLY:



Don't forget to talk to your child about being kind online, for example only posting positive comments, don't say anything they wouldn't say in real life and treat others as they would expect to be treated.