Online Safety at Springfield

'Learn together, grow together'

is our school motto and is expressed in every aspect of our work. We know that if our children learn to read supported by both teachers and their home adults, their journey will be even more successful.

It is important to ensure children **do not have devices in their bedroom overnight**. They should be kept somewhere safe, where children cannot go to access them.

Ideally, children r**ead real books and not on a screen before sleeping** because the light from a device is stimulating and does not help with getting to sleep.

When children **visit friends and family**, it is important to **ensure that they do not have access to devices unsupervised**. Checking with the adult who will be looking after your child can help to make sure that a plan is in place.

Screen time limits can help, alongside a **visible egg-timers/sand timers** so children feel less frustrated when device time is over.

YouTube Kids is safer than YouTube.

If children use **headphones**, it is **harder to check that what they are watching or playing is safe**.

Children should not have passwords you do not know.

Your passcodes and passwords should be kept absolutely secret so children do not know them!

Even if children have a 'kids' profile on Netflix, they can still select to view through an adult's profile. This means they have access to highly inappropriate content.

<u>Supervising children using devices is the best way to ensure they are not accessing anything harmful.</u>

S **SAFE** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

m **MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

a **ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

r **RELIABLE** Information you find on the internet may not be true, or someone online may be lying about who they are.

t **TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at www.thinkuknow.co.uk

THINK U KNOW .co.uk

Year 1 - Online safety

Digital footprint	The content someone shares about themselves online.
Going online	Connecting to the internet.
Internet	Lots of computers connected to one another.
Personal information	Information about us e.g. full name, address, birthday.
Post online	Placing information (such as photos or comments) on the internet.
Sharing online	Sharing content (music, photo, videos) or information online.
Smart device	A device on which you can use apps, a camera and make voice/video calls.

Lots of devices can connect to the internet such as laptops, desktops, mobile phones, games consoles and tablets.

Key facts

Once we share or post information online we leave a 'digital footprint'.

People can find out information about us if we share things online.

Staying safe online

People you do not know on the internet are strangers.

Be nice to people just like you would in the real world.

Keep your personal information private.

If you are unsure about anything, tell an adult you trust.

When we post of share information online, we leave a **footprint**.

Year 2 - Online safety

Media content	Photos, videos or messages.
Offline	Not being connected to the internet.
Online	Being connected to the internet via a device such as a computer, laptop or phone.
Passwords	A word or set of numbers we use to access our personal information online. It helps to keep our online information safe - like a key!
Personal information	Information such as our full name, address, birthday, or where we go to school.

Permission:

We must ask someone's permission before sharing photos, videos or information about them.

Yes   No
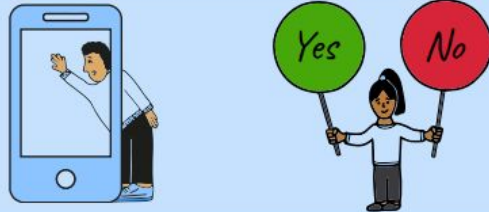
It is ok to say no when someone asks if they can share something online about us.

No

Key facts

A strong password is a password that is difficult for someone to guess.
You can make a stronger password by:

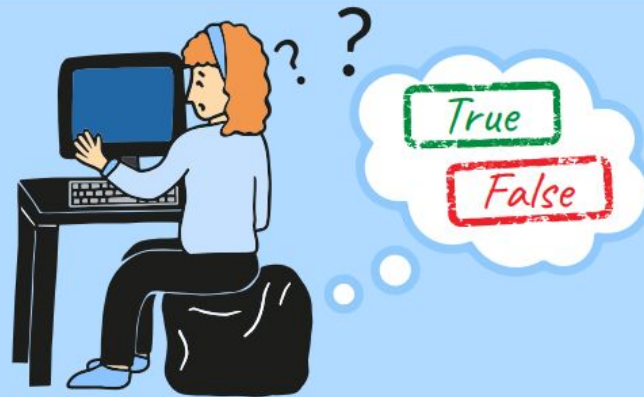1) Adding numbers or special characters

H4s1m?   ?H4s1m?

2) Using words that are not in your name

ball bike fire worm

3) Joining words together

ballbike fireworm

Not everything we see online is true.

True
False

We must ask **permission** before sharing photos, videos or information about someone.

Passwords should be hard to **guess**.

Year 3 - Online safety

Auto complete	When software guesses what you are typing and suggests a word or phrase.
Belief	Something we accept to exist or be true, usually without proof.
Fact	Something that can be proven to be true by evidence.
Fake news	Online news or stories that are not true.
Opinion	A view or judgement about something.
Privacy settings	The controls put in place to manage what kind of information and how much of your information can be shared with or seen by other people and companies.
Social media platforms	Websites and apps where people can share information about what's happening in their lives.

If something online makes you feel uncomfortable or scared:

Block it and report it	Check your device and privacy settings	Tell a trusted adult

Key facts

BBC's Own It website (https://www.bbc.com/ownit) has lots of tips and information to help you stay safe online

It is important to think about what information we share online.

Hello   Hi   hiya   Hey   Hi

Digital devices are communicating all the time and sharing our personal information between themselves.

Age restrictions show the minimum age you should be to use social media sites and apps.

13+   16+

We must check age **restrictions** which show the minimum (youngest) **age** you need to be to use a website.

Year 4 - Online safety

Ad (short for advertisement)	Companies pay to have their website at the top of the list of search engine results.
Belief	Something we accept to exist or be true, usually without proof.
Bot	A computer program, sometimes referred to as a chatbot, that can act like a living thing e.g. 'Alexa' or 'Siri'.
Fact	Something that can be proven to be true by evidence.
In-app purchases	Extra content or services that are advertised and can be bought when you're using an app.
Influencer	A person who recommends products or services on social media.
Opinion	A view or judgement about something.
Respectful	Being considerate and polite to others, such as treating people kindly with good manners.
Snippets	A short summary.

Companies use lots of techniques to try and encourage you to buy online.

Special offers
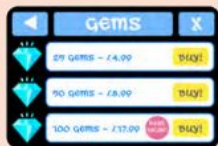
Extra lives/objects

Pay to shop advertisements

Key facts

Search bar

Search results

Adverts

Snippets

All search engines work slightly differently. It is important to understand how the results are found and displayed.

We should behave safely and respectfully both on and offline.

Technology can be both a positive and negative distraction. If technology is making you feel sad or angry, or you are spending too much time on it, then try to find something else to do that doesn't involve 'screentime'.

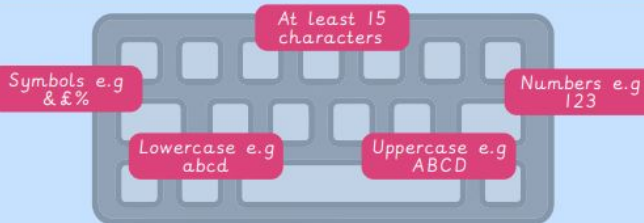Companies use **adverts** to try and encourage you to buy things online.

Technology can be a positive and a negative **distraction**.

We should all have a screen-time **limit**.

Kapow Primary

App	Shortened word for 'Application'. An application (app) - a type of computer program typically found on smart phones and tablets.
Bullying	The deliberate act of harming, intimidating or threatening someone else to cause them physical or emotional distress. Bullying can occur both online and offline.
Health	The mental and physical condition of a person or living thing.
Judgement	To come to a sensible conclusion about a matter or a person.
Memes	An image (photo, video, text) with some (usually humorous) writing added to it.
Online communication	The way people communicate (share and receive information) with each other over a computer network, such as the internet.
Permission	The action of allowing something to happen.
Wellbeing	The state of your mind, health and happiness.

Apps require our permission for things such as accessing your location or photo library. It is important to know where these settings are.

Any form of online communication can be misinterpreted. Text may be misread and emojis or memes could be misunderstood.

Technology can have both positive and negative effects on our health and wellbeing.

Tell a trusted adult if you are getting bullied online. You can also get help from these places:

Childline
https://www.childline.org.uk/

NSPCC
https://www.nspcc.org.uk/

A strong password contains:

At least 15 characters

Symbols e.g & £ %

Numbers e.g 123

Lowercase e.g abcd

Uppercase e.g ABCD

Memes and emojis are part of online communication.

All online communication can be **misunderstood** or **misinterpreted**.

Year 6 - Online safety

Digital footprint	The content someone shares about themselves online.
Digital personality	The person that companies, organisations and other people see based on their digital footprint.
Online reputation	The judgement of a person from information shared by themselves and others online.
Personality	The qualities and characteristics that make you who you are.
Selfie	A self-portrait that a person takes of themselves using a camera on a digital device or smartphone.
Sharing online	The way people communicate (share and receive information) with each other over a computer network, such as the internet.

Before you share online think:

Who do I want to see this?

Do I need to ask someones permission?

Is this something I should be sharing?

Am I sharing something I know is true?

Key facts

Our digital footprint can affect our online reputation in a positive or negative way.

Using avatars, usernames and not sharing personal information are good ways to reduce both your digital footprint and digital personality.

Mr Fox   Alien man   Scrappy   Lollipop

Sometimes things online can make us feel sad, worried, uncomfortable or frightened.

Telling a trusted adult, using privacy settings and blocking/reporting/screengrabbing are some of the ways to get help and make sure any problems online are dealt with in a proper and safe manner.

Kapow Primary

Our digital footprint can affect our online **reputation**.

We can use **avatars** and usernames to protect our privacy.

ALL ABOUT

TikTok

TikTok is a video sharing social media platform used to create and share short form videos that allows users to express themselves through singing, dancing, comedy, and lip-syncing. It exploded in popularity during the COVID-19 pandemic and has only continued its rise since.

64% of young people in the UK visited TikTok in September 2021.

Over 2.5 billion installs on global devices.

1 billion global daily users by early 2022.

58% of children aged 3-15 use TikTok (alongside other social media).

THE FYP

TikTok wants users to see the content they want to see – which is where the 'For You Page' comes in. The platform uses algorithms to figure out a completely unique feed for every individual user.

ALERT
TikTok says users must be 13+ to use the app, but our research shows that it is extremely popular with younger children.

HOW IT WORKS

SHARE
Upload short videos for other users to view, comment, and like.

EDIT
Change or alter videos to include popular filters or themes.

STITCH
Use snippets of existing videos to create a new video or trend.

RISKS

PUBLIC VIEWS - For users registered as 16 and over, their profile is 'public' by default and their videos can be viewed and downloaded by anyone.

INAPPROPRIATE CONTENT - Some videos include suggestive language, mature situations, and sexualised content without warning.

SCREENTIME OVERLOAD - The continuous scrolling design of the app makes it harder for users to look away from their screens, and is likely to increase screentime.

PAID ADS - Many brands and companies have taken to TikTok to try and boost product exposure with paid adverts that mix into normal content.

INFLUENCERS - Young people may be 'influenced' by popular creators on TikTok, and could spend time or money following someone or trying to become an influencer.

IN-APP PURCHASES - Users can make in-app purchases to get 'coins', which can buy virtual gifts to send to influencers on the platform.

Use this sound

COLLAB
Add popular music or audio (including from other users) to videos.

DUET
Create a video that is posted directly alongside another user's video.

MESSAGE
Users aged 16+ can send private messages to one another.

TOP TIPS

KEEP PRIVATE. Ensure your young person's privacy settings are appropriate for their age. Remember – a private profile gives the most control!

TALK IT OUT. 'Digital life' should be as much a part of everyday conversation as every other aspect of a young person's life.

DISCUSS TOGETHER. Find out what videos and influencers they view, what they like, what they dislike – and why!

BE HONEST. Talk about how social media content is often a far from accurate depiction of real life, especially for influencers.

STAY SAFE. Some TikTok challenges could be potentially harmful to young people. Remind them that their safety is #1 always!

GIVE SPACE. Give them room to voice any concerns they might have around harmful or inappropriate content they come across.

WATCH OUT FOR...
#TikTokChallenges

Hardly a day passes without a new TikTok Challenge popping up. A 'challenge' is a type of video that is widely shared and copied by others. Many of these can be fun and engaging, incorporating things like dances, songs, and filters.

There are some, however, that can be riskier and potentially harmful - which can make them even more tempting to try! These can include dangerous stunts, mean pranks, or reacting to upsetting content.

Online Safety Shareable by:

iNEQE
SAFEGUARDING GROUP

© Ineqe Group Ltd 2022
August 2022

All About... Messenger

Messenger is a free instant messaging app owned by Meta. It launched in 2011 to replace Facebook Chat as a separate, complimentary app that lets users add short videos, voice messages, and GIFs to instant messages.

How it works

SUN AT 9:08 PM

CONNECT
Send instant messages to friends, groups, or Facebook pages.

PERSONALISE
Add videos, voice notes, photos, and GIFs to messages.

WATCH
Join in a video call during a watch party with friends and family.

GAMES
Play videogames like Space Raiders or quizzes with friends.

CHAT
Interact with AI chatbots from businesses, games, or pages.

REACT
Use custom emojis and GIFs to respond to messages.

Did you know Messenger...

Is the 4th most popular app worldwide.

Holds 2nd place as the most popular iOS app.

Has over 1 billion messages sent on it every month.

Sees more than 5 million gifs shared every single day.

Not for just anyone!

Users must have a Facebook account in order to use Messenger. Facebook requires users to be 13 or older to have an account.

Messenger Rooms

To compete with other video conferencing platforms such as Zoom and Google Meet during the COVID-19 pandemic, Meta released Messenger Rooms in 2020. This option lets users hold meetings and video calls with up to 50 people.

∞ Meta

All users are invited to join rooms via a link - even if they don't have a Facebook account!

RISKS

Disappearing Messages
Users can send 'secret conversations' (messages timed to disappear) to others. They may be used to send bullying or sexual messages, and could cause distress or anxiety.

Message Requests
Users who are not friends on Facebook can still message other Messenger users through the 'Message Requests' folder. This could open up opportunities for scams or bullying.

Live Location
Users are able to share their live location with friends in Messenger via Google or Apple Maps, which could be used to pressure a young person into sharing where they are.

Inappropriate Behaviour
Users may be encouraged by others to engage in uncharacteristic or inappropriate behaviour via video or text chat. This could result in losing control of intimate images, messages or videos.

TOP TIPS

Use Safety Settings
Encourage your young person to use security options, such as two-factor authentication and the ability to choose who can message them.

Turn off Message Requests
Ensure only Facebook friends can keep in contact by switching off the message requests section, which is 'on' by default.

Don't receive requests ✓

Keep Personal Details Private
Explain why it's important not to share personal details like addresses and phone numbers with others over Messenger.

Talk to Your Young Person
Engage in discussion with those in your care about their online life, and remind them that you are always there to support them.

Online Safety Shareable by iNEQE

ineqe.com

BEGINNER'S GUIDE TO... ESPORTS
IT'S MORE THAN A GAME

Esports (short for 'electronic sports') are best understood as competitive-level video gaming. Players compete against each other for prizes, money, and prestige.

Any videogame with the potential for competition can become an esport – from sports games (e.g. FIFA) to first-person shooter games (like Call of Duty).

Esports can be team-based or solo experiences. They require training, skills, and time. Teams have coaches, sponsorships, and friendly matches for practice (called scrims) before competitions. Tournaments can range from small-scale events aimed at amateur enthusiasts or large-scale events for professional teams sponsored by game publishers.

Esports may have been around for a long time but their recent rise in popularity can be attributed to livestreaming on platforms like Twitch and YouTube. Livestreaming has helped expand esports as a legitimate career option or goal for young people.

OFFLINE VS ONLINE

	OFFLINE	ONLINE
Team or Solo Performances	✓	✓
Tournaments	✓	✓
Player contracts	✓	✓
Spectators and fans	✓	✓
Sponsorships	✓	✓
Training required	✓	✓
Amateur opportunities	✓	✓
Online	✗	✓

NSPCC: Keeping Children Safe Online

Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.

Learn more
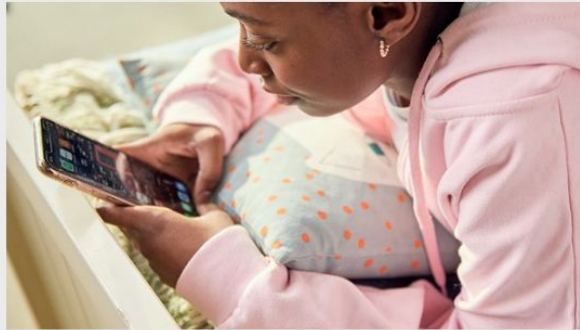
Online wellbeing

Get advice on helping children to manage their mental wellbeing when they're online.

Read more

Parental controls

Get advice on setting up parental controls to help keep your child safe online.

Learn more

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

NSPCC: Keeping Children Safe Online

Parental controls

Get advice on setting up parental controls to help keep your child safe online.

Learn more

Sign up to our Online Safety newsletter

Would you like to know more about online safety? Sign up to our newsletter to get online safety news and advice straight to your inbox.

Sign up today

Reporting online safety concerns

What to do if you're worried about something a child has experienced online.

Find out more

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

More advice for helping children online

Bullying and cyberbullying

Advice and support if your child's being bullied - whether it's happening in person or online.

Find out more

Livestreaming and online video apps

Learn about livestreaming and video apps and get advice to help keep your child safe.

Learn more

Talking to your child about online safety

How to start the conversation with your child about staying safe online, and what to do if you're worried about online safety.

Talking about online safety

4Chan

NeinCahn

8Kun

Parler

Discord

BitChute

Gab

Gettr

Odysee

Telegram

Primary School

STEP 1
Search 'Safer Schools' and download the App

STEP 2
Open the App and scan the QR code or enter: Hackney Safer Schools and use your entry code to log in

Staff - Primary
Entry Code : 3137

Dear Parent / Carer,

Re: The Hackney Safer Schools App - Parents / Carers

The power of technology is of benefit to us all, but more time spent online by our children can lead to greater levels of risk. As parents and carers, it is important that you know how you can help make your children safer.

The Hackney Safer Schools App is free and includes useful advice about making your home and devices safer. It provides information about social media and how to block, mute and report anything that either you (or your child) may find worrying - from images to comments from online bullies. The App will also help you create healthy media habits, limit screen time, learn about scams and keep your personal data safe. It will complement the information your child's school will have made available via their communications with you and your child.

Download Your App

- Decide which version to download. If you have children in both primary and secondary school, we'd suggest you download the secondary school version.
- Simply follow the steps set out in the images below
- **Make sure to allow push notifications to keep up to date with tips, advice and guidance on how to make your children safer.**
- For any queries, please contact the City & Hackney Safeguarding Partnership Team at chscp@hackney.gov.uk. Further information is available at http://www.chscb.org.uk/hackney-safer-schools-app/, by using the details in the footer or via the blue live chat function at www.oursaferschools.co.uk

The 4 Cs of online safety:
content, contact, conduct and commerce

Content: seeing illegal, inappropriate or harmful content

Contact: harmful interactions

Conduct: behaviour that increases the chances of, or causes, harm

Commerce: gambling, advertising, scams

Technology is a significant part of many safeguarding issues

For example:

- Grooming for sexual abuse & exploitation

- Radicalisation

- Criminal exploitation

- Bullying

- Seeing inappropriate or upsetting content

- Sharing nudes and semi-nudes

- Gambling

- Fake news and disinformation

- Cybercrime

Acceptable Use Agreement

Appendix 3 – Key Stage 1: Acceptable Use Agreement

This is how I keep SAFE online:	✔
1. I only use the devices I'm ALLOWED to	
2. I CHECK before I use new sites, games or apps	
3. I ASK for help if I'm stuck	
4. I THINK before I click	
5. I KNOW people online aren't always who they say	
6. I don't keep ~~SECRETS~~ just because someone asks me to	
7. I don't change CLOTHES in front of a camera	
8. I am RESPONSIBLE so never share private information	
9. I am KIND and polite to everyone	
10. I TELL a trusted adult if I'm worried, scared or just not sure	

My trusted adults are _____ **at school**

_____ **at home and** _____

Acceptable Use Agreement

Appendix 4 – KS2 Pupil Online Acceptable Use Agreement

This agreement will help keep me safe and help me to be fair to others

- *I am an online digital learner* – I use the school's internet and devices for schoolwork, homework and other activities to learn and have fun. I only use sites, games and apps that my trusted adults say I can.
- *I am a secure online learner* – I keep my passwords to myself and reset them if anyone finds them out.
- *I am careful online* – I think before I click on links and only download when I know it is safe or has been agreed by trusted adults. I understand that some people might not be who they say they are, so I should be very careful when someone wants to be my friend.
- *I am private online* – I only give out private information if a trusted adult says it's okay. This might be my home address, phone number or other personal information that could be used to identify me or my family and friends.
- *I keep my body to myself online* – I never change what I wear in front of a camera and remember that my body is mine and mine only, and I don't send any photos without checking with a trusted adult.
- *I say no online if I need to* – if I get asked something that makes me worried or upset or just confused, I say no, stop chatting and tell a trusted adult.
- *I am a rule-follower online* – I know that some websites and social networks have age restrictions and I respect this; I only visit sites, gams and apps that my trusted adults have agreed to.
- *I am considerate online* – I do not join in with bullying or sharing inappropriate material.
- *I am respectful online* – I do not post, make or share unkind, hurtful or rude messages/comments and tell my trusted adults if I see these.
- *I am part of a community* – I do not make fun of anyone or exclude them because they are different to me. If I see anyone doing this, I tell a trusted adult.
- *I am responsible online* – I keep others safe by talking to my trusted adults if a friend or person I know is being bullied or harassed or is worried or upset by things they read, watch or hear.
- *I don't do public live streams on my own* – and only go on a video chat if my trusted adult knows I am doing it and who with.
- *I communicate and collaborate online* – with people I know and have met in real life or that a trusted adult knows about.
- *I am SMART online* – I understand that unless I have met people in real life, I can't be sure who someone is online, so if I want to meet someone for the first time, I must always ask a trusted adult for advice.
- *I am a creative digital learner online* – I don't just spend time online to look at things from other people; I get creative to learn and make things! I only edit or delete my own digital work and only use other people's with their permission or where it is copyright free or has a Creative Commons licence.
- *I am a researcher online* – I use safer search tools approved by my trusted adults. I understand that not everything online can be believed, but I know how to check things and know to 'double check' information I find online.

I have read and understood this agreement. I know who are my trusted adults are and agree to the above.

Signed: _____   Date: _____

Coming up

We warmly welcome you to our upcoming session with our IT technician.

In this session, our IT technician can support with setting up controls and screen time limits on your devices.

You can bring in as many devices as you choose.

The date and time for this session will be shared soon.

It will be after half-term.

It is important to ensure children **do not have devices in their bedroom overnight**. They should be kept somewhere safe, where children cannot go to access them.

Ideally, children r**ead real books and not on a screen before sleeping** because the light from a device is stimulating and does not help with getting to sleep.

When children **visit friends and family**, it is important to **ensure that they do not have access to devices unsupervised**. Checking with the adult who will be looking after your child can help to make sure that a plan is in place.

Screen time limits can help, alongside a **visible egg-timers/sand timers** so children feel less frustrated when device time is over.

YouTube Kids is safer than YouTube.

If children use headphones, it is harder to check that what they are watching or playing is safe.

Children should not have passwords you do not know.

Your passcodes and passwords should be kept absolutely secret so children do not know them!

Supervising children in devices is the best way to ensure they are not accessing anything harmful.

References

BeReal video from Ineqe Safeguarding Group: https://www.youtube.com/watch?v=D4y3nI5eCtk

Roblox video from Ineque Safeguarding Group: https://docs.google.com/document/d/1ka_qPug4kL_vZGxDvmCaRwiRjJf3nY0DDEqTyxwWvu8/edit

Youtube Kids Guidance from Internet Matters:
https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-kids-app/
https://www.internetmatters.org/hub/guidance/youtube-tips-and-tricks-to-keep-your-children-entertained-and-safe/

NSPCC:
https://www.nspcc.org.uk/keeping-children-safe/online-safety/

Tiktok poster:
https://ineqe.com/wp-content/uploads/2022/08/Ineqe-TikTok-Shareable.pdf?utm_campaign=Ineqe%20Safeguarding%20Roundup&utm_medium=email&_hsmi=222628750&_hsenc=p2ANqtz-8AO4Ul0fENGmYuLG6QOxR9CnTwiVKdMrO--SrfJhRYsBHhmgu-jYYdIIcNgSeQkjX1wL3exDe2BRoZsQZ05YaenR5bimLmObCRa7gSYueVFGSg5tI&utm_content=222628750&utm_source=hs_email

Messenger poster:
https://ineqe.com/wp-content/uploads/2022/08/Messenger_INEQE.pdf?utm_campaign=Ineqe%20Safeguarding%20Roundup&utm_medium=email&_hsmi=222628750&_hsenc=p2ANqtz-_srR0BYrGiqy58dls6ZkwXQRKDYq8vFQzkyJKexswQ0VseRtijWYvx-gKh7-WXE7m5VCjazKRypxlt74kT8yZUuffYkuI7QfOMCYSQ3mxWzSaVzDo&utm_content=222628750&utm_source=hs_email

E-sports poster:
https://ineqe.com/wp-content/uploads/2022/08/esportsv2_INEQE.pdf?utm_campaign=Ineqe%20Safeguarding%20Roundup&utm_medium=email&_hsmi=222628750&_hsenc=p2ANqtz-8EC6Cd2sTWWAJSM1bpbOrAWdAZHKe2gpJKoca9TXCKVUuu59iZO_4PLDr93BYCDjqu2khUSxQR-6DSuivXdffTH23UptPgC5nVOkwVN9jwHiAMKcI&utm_content=222628750&utm_source=hs_email

Thank you