Online Safety @ OLCC

parents and carers newsletter

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With the majority of our young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help keep our young people safer online during this lockdown, and always.

Online Safety Week 2021

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An Internet we Trust: Exploring Reliability in the Online World

Online Safety Week runs from Monday 8th February until Friday 12th February. We will be participating by holding virtual assemblies, running quizzes and competitions. Our Computing department will be encouraging Key Stage 3 students to have a digital wellbeing hour.

COMPUTING @ Our Lady's Catholic College Lancaster

We hope this newsletter will support you in promoting Online Safety Week at home and in the longer term; keeping your children safe online. Links to helpful websites are included throughout.

An Internet we Trust

The theme for Online Safety Week 2021 is An Internet We Trust: Exploring Reliability in the Online World.

35% of 12-15 year olds in the UK think that social media provides trustworthy news all or most of the time (Ofcom Kids News Consumption Survey 2020).

We have a duty to teach our children to think critically about the information they see online. Then they are able to make well informed decisions as they grow up.

This week we will be focussing on how we can trust in what they see, read, hear and share online plus the people we communicate with.

OH, YOU SAW IT ON FACEBOOK?

IT MUST BE TRUE THEN.
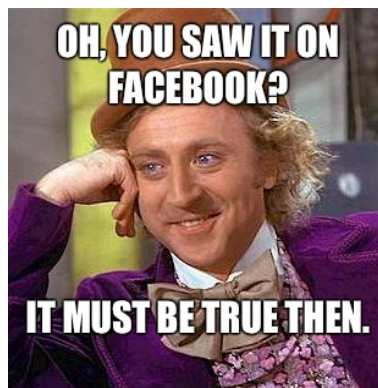
Need support?

If you are worried that your child is engaging in unsafe online behaviour please consider contacting their Progress Leader, PSO or Mrs Loxam; Assistant Head in charge of Pastoral Care at school to share your concerns.

Miss Bell & Mr Nixon are both CEOP trained members of the Computing Department.

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Reliability of Information Online

The news that we get online is very important. Good quality news and information helps us to make informed decisions and educates us about the world we live in. Good quality news is out there, you just need to find it.

For example; there are lots of conspiracy theories around the COVID 19 vaccine on social media. But we need our children to look at this critically and find the truth out for themselves.

Reliable information should be up to date, not biased, factual and comes from reputable sources; like the mainstream news media, broadsheet newspapers and well recognised websites.

We encourage students to be wary when content is more opinion based. They need to be able to identify adverts especially on search engine results where adverts are normally the first few results.

Social Influencers like Kylie, Kendall Jenner, James Charles and Cristiano Ronaldo are often paid to advertise or promote products on social media but it is not always clear.

Photoshopping images has been around for decades; removing wrinkles and removing cellulite etc.

Now this technology is on our smartphones with apps like FaceTune and FaceApp. You can change your age and gender with a few clicks.

Videos can also be edited for example CGI and deep fakes. You can even make yourself into Captain Jack Sparrow and other characters with apps like Reface.

Free to download and easy to use; these apps can make very realistic media content.

In Computing lessons students are taught about Fake News and what to look out for on websites and how to find reliable information.

How do I find reliable information?

- Get your information from reputable sources
- Unfollow and report unreliable accounts/profiles
- Use your common sense – if it looks too good to be true then it probably is
- Be realistic when looking at images and videos
- Encourage children to ask if they are unsure about a source

Online Bullying

Cyberbullying or online bullying, can be defined as the use of technologies by an individual or by a group of people to **deliberately** and **repeatedly** upset someone else.

Research reveals it has increased to affect 12% of young people in the UK.

OLCC students are encouraged to keep evidence of any online bullying by taking a screenshot. Not to reply or retaliate.

Then speak to their Form tutor, PSO or Pastoral Leader and provide them with the evidence.

Further online bullying advice can be found at:

Social media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them.

Most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself.
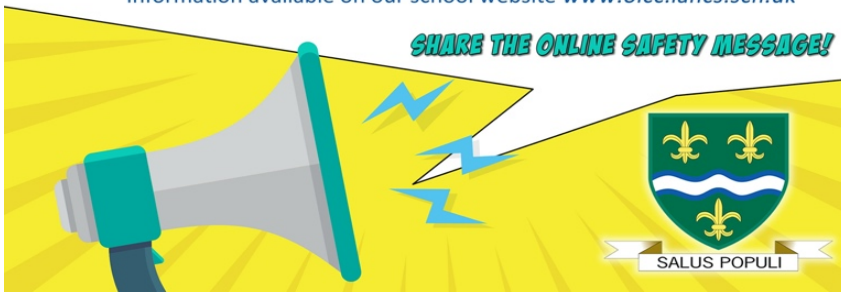
OLCC NEEDS YOU!

Want to know how to keep yourself and your family safe online?

Check out, Like and Follow the OLCC Digital Leaders page on Facebook @olccdigitalleaders

Information available on our school website www.olcc.lancs.sch.uk

SHARE THE ONLINE SAFETY MESSAGE!

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Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

More information can be found at thinkuknow.co.uk

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect them, watch this short video: In-game chat: a guide for parents and carers .

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read Gaming: what's appropriate for your child

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - gaming: what parents need to know.

For a guide on the apps, sites and games your child might enjoy, visit: Net Aware.

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BAD LANGUAGE DISCRIMINATION DRUGS FEAR GAMBLING SEX VIOLENCE ONLINE

Net Aware

Sharing information, images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at nude selfies: a parents guide.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online they wish they hadn't – don't panic.

Read my child has shared too much online for advice on how to support your child.

Digital Wellbeing

Digital wellbeing is all about looking after yourself and others online. Recognising how the internet can impact on us and knowing what to do if something goes wrong.

The online world is such a huge part of our lives today, it's very important that we understand how to use it safely, sensibly and with an awareness of how it can impact on us.

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

As part of Online Safety Week 2021 we want our Key Stage 3 classes to have a Digital Wellbeing Hour.

During Computing lessons this week; students will have the concept explained to them then given the rest of the hour to log off and **turn off all their devices**.

Instead; they can do a range of activities that will be provided by their teacher.

Tasks include…
• News & Qs
• Friends, frenemies and fakers
• Family debate on an online safety topic
• Create a family Online Safety Plan
• Read a book
• Play a board game
• Go for a walk or exercise

All we ask is that they take a photo, video or upload evidence of what they have done onto Teams.

Mental Wellbeing Support can be found at:

Conversation Starters...

It is important to have an ongoing conversation about your child's online life and online safety. Here are some suggestions from UK Safer Internet Centre on how to start that conversation.

Start the conversation on a positive note:

- (?) What do you like most about the internet and why? What's your favourite game/app/site?
- (?) How does going online make you feel?
- (?) How does the internet/technology make your life better?

Talk about sharing online:

- (?) What is okay/not okay to share online? Why?
- (?) What should we do before sharing things online?
- (?) Can people say/do whatever they want online? Why/why not?
- (?) What do we do if someone shares something about us that we don't like?
- (?) How do you feel about your parents/carers sharing things about you online and vice versa?

Talk about trust online:

- (?) Can we trust everything we see online?
- (?) Where do you go online to find trustworthy information?
- (?) How do you know if you can trust something you are looking at online or not?
- (?) What questions should we ask about things online before we trust them?
- (?) What can you do if you see something online that you are not sure if you can trust or not?
- (?) How much can you trust people you only know online? What is different about talking online to someone compared to talking face to face?

Talk about looking after yourself and others online:

- (?) How do you stay safe online? What tips do you have and where did you learn them?
- (?) Do you know where to go for help and where to find the safety tools on your favourite apps and games?
- (?) What could you do if being online is making you feel worse rather than better?
- (?) What could you do if someone was unkind to you online?
- (?) What could you do if you saw a friend online needed some help or support?

Safer Internet Day 2021 | UK Safer Internet Centre

Advice, Help & Support

Ongoing Conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

Don't make judgements: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. Parental Controls & Privacy Settings Guides - Internet Matters.

Where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Supporting your child with reporting unwanted content online

Thinkuknow: This website provides open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. There is a section for parents too https://www.thinkuknow.co.uk/parents/

Age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. Thinkuknow, Brook , The Mix and Childline all provide age appropriate information about relationships and sex that you can signpost your child to.

Fraud: The UK's national reporting centre for fraud and cybercrime. Make a report of fraud if you have been scammed, defrauded or experienced cybercrime: actionfraud.police.uk

NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at https://www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor. The Report button can also be found on the OLCC Website click here

Our Lady's Support on Online Safety
Please keep up to date with advice about Online Safety on our school website www.olcc.lancs.sch.uk/ and 'Like' the OLCC Digital Leaders Facebook page @olccdigitalleaders