

Online Safety Coffee Morning

RSHE Statutory Guidance's 4 Cs & some current national concerns

- **Content** – Tiktok, algorithms & the attention economy, Snapchat streaks and maps, children seeing content they find distressing (83% by age 16 according to recent data)
- **Contact** – Catfishing, internet newbies at risk, sextortion, 'mutual friends', county lines & coercive control
- **Conduct** – Digital Footprints, Password sharing, online vs offline behaviour
- **Commerce** – Scams getting harder to spot, phishing & vishing – AI?

What we teach and when – taught in both ICT & Horizons lessons:

- Year 1 – Inappropriate content and strangers online; Digital identity and online content
- Year 2 – Personal information online; Digital identity and online content
- Year 3 – Online videos, sharing pictures and gaming;
- Year 4 – Childnet Smart Rules, online behaviour, likes and showing respect online
- Year 5 – Safe behaviour online; age restrictions, peer influence; meeting others
- Year 6 – Mindful sharing, kindness, security; flagging inappropriate content
- Year 7 – Use of IT policy & school rules; personal security, passwords, anti-virus; copyright & fair use; communicating online; catfishing
- Year 8 – Ethical use of computing; digital footprint, data & use of social media, Fake News; Online choices & influences; sexting; online security
- Year 9 – Copyright & permissions; Effect of pornography & online behaviour on relationships & self-image; coercive control & county lines
- Yr 10 & 11 – Guest talks & workshops by external expert speakers
- Yr 12 – Effect of pornography & online behaviour on relationships & self-image, digital security & meeting people online
- Yr 13 – Digital Footprint, University applications & beyond, making the most of the internet

What can you do?

- Teach tech literacy before giving them access to tech.
- Set some rules – make a family agreement.
- Model good technology use.
- Keep lines of communication open.
- Be understanding, forgiving, and loving.
- Do some research (see the links below).
- Check settings (including default settings) on social media
- Set a time for a meeting about this and give them an agenda.

- Ask them about the things you don't understand.
- Don't threaten to take away their phone or technology – make sure they feel able to talk to you about this without being told off or punished.
- Seek support if you feel their internet use is affecting their sleep, diet, academic work or offline relationships.
- **Remember – they may be the expert at tech, but you are the expert at life.**

Useful Links

<https://www.ceop.police.uk/Safety-Centre/> - To report online concerns

<https://www.thinkuknow.co.uk/> - Advice for parents, young people & professionals (teachers!)

<https://parentzone.org.uk/> - Advice specifically aimed at parents

<https://www.childnet.com/> - More advice for parents and young people

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides> – More advice, with helpful guides including to different popular apps, platforms and websites.

<https://takeitdown.ncmec.org/> - A website where children can remove images online that they may have shared and now regret.

jacktalman@frensham.org – Me! Contact me, your child's tutor, Jo, anyone else with any questions you might have – we are here to help!

...and when having those difficult conversations remember...

