



# Test Valley School Online safety

# Our Vision for Digital Safety

In order for our pupils to be safe online they need to be:

- **Digitally aware** – have enough understanding of the internet and associated technologies to be able to keep themselves safe.
- **Digitally responsible** – ensuring that they act appropriately online to keep themselves and others safe.
- **Digitally resilient** – are able to cope when things go wrong – and know where and how to seek help and support safely.

# What is Digital Safety?

## Content:

Being exposed to illegal, inappropriate or harmful material.

## Contact:

Being subjected to harmful online interaction with other users.

## Conduct:

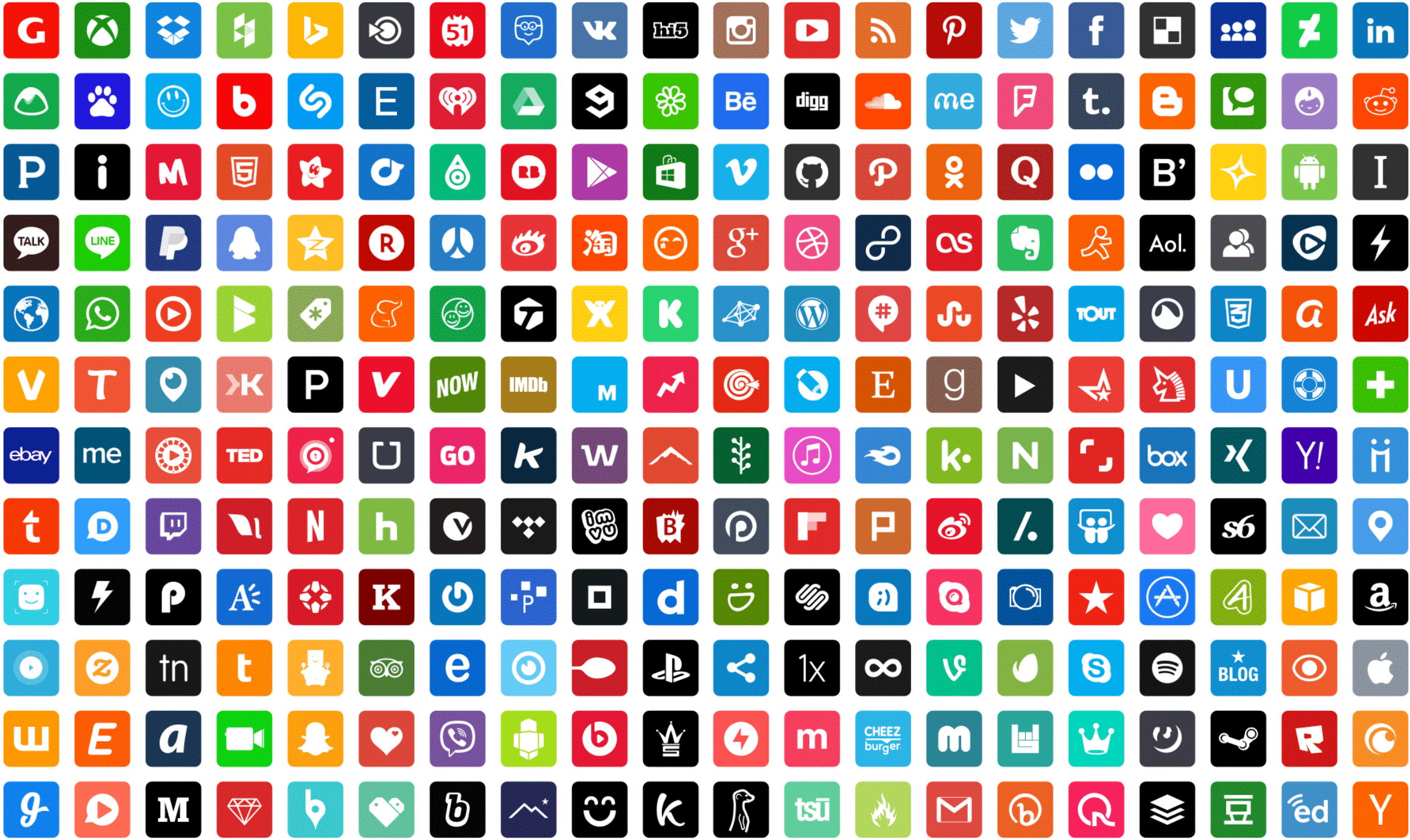
Personal online behaviour that increases the likelihood of/causes of harm.

Round 1: Identify the logos





Round 2:



# Online Safety and Social Media

63%

The percentage of parents feel their child knows more about the internet than they do  
(Get safe online)

<https://nationalonlinesafety.com/resources/platform-guides/>

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

# How to stay safe online

## 1) Learn your way around

- Most devices have controls to ensure that kids can't access content you don't want them to.
- Make sure your "in-app" purchases are disabled to avoid nasty surprises.
- Check out the [Parent's Technology Guide at the UK Safer Internet Centre](#) for more help.

# How to stay safe online

## 2) E-Safety on Tablets

- Tablets are really popular with younger children.
- Several are geared specifically towards delivering child friendly content.
- Sites like [www.net-aware.org.uk](http://www.net-aware.org.uk) and or [www.commonsemmedia.org](http://www.commonsemmedia.org) also provide useful advice.



# How to stay safe online

## 3) E-Safety on Mobile Phones/Smartphones

- Use tools like [Google Family Link](#) (Android), or [Screen Time](#) (Apple / iOS), to set up controls around usage.
- Talk to kids about what they should and shouldn't be doing.
- Discuss their use on online apps and games.

# How to stay safe online

## 4) Social Media Platforms

- Ofcom's research shows children between five and 15 are more likely to use YouTube than other on-demand services such as Netflix, or TV channels including the BBC and ITV.
- Use the following [social media checklists page](#) with downloadable guides to Instagram, Snapchat, Roblox, TikTok etc. to help understand each platform.

# How to stay safe online

## 5) Screen Time

- Agree a time limit or number of games beforehand, to avoid repeated disagreements around how long they can spend online.
- Check out the ['Young People and Screentime – A Good Start'](#) guide.

# How to stay safe online

## 6) Sleep Comes First

- It is advisable that the phone stays out of the bedroom to avoid night time interruptions.
- Having a period of time before bed without phone or tablet use is beneficial too.
- The blue light emitted from LCD screens has been shown to disrupt sleep by interfering with our natural body rhythms, blocking our bodies from creating a sleep hormone called melatonin.

# How to stay safe online

## 7) Request Access

- You care more about your kid's health and wellbeing than anyone else.
- That means you need to guide them in the virtual world as well as the real world.
- If you're genuinely concerned about them, ask them to allow you access to the phone.



# How to stay safe online

## 8) Monitoring vs Having a Conversation

- You *can* install software that monitors online activity, sets alerts, and blocks access to certain content.
- This *could* cause issues around your child's right to privacy.
- Read '[Parenting through technology](#)'.
- Talk regularly and openly about behaviour and risk, so your children know they can come to you.
- Check out this '[It's good to talk](#)' article.

# How to stay safe online

## 9) Whole Home Approach

- Consider setting parental controls on your Wi-Fi.
- You can block access to inappropriate or adult content, and set time limits which may help rein in those excessive Minecraft sessions.
- The UK Safer Internet Centre '[Parental controls offered by your home internet provider](#)' page is a good place to start.

# How to stay safe online

## 10) Gaming

- There are so many exciting games, and so many consoles.
  - Is your child mature enough to join an online community?
  - Are the games they are playing appropriate?
- For more advice visit [www.pegi.info](http://www.pegi.info) or [www.askaboutgames.com](http://www.askaboutgames.com).
- Read these guides on [PlayStation](#) and/or [Xbox](#).
- Read '[The real cost of online gaming](#)' for more insight.

# YOUNG CHILDREN & SCREEN TIME

– a good 😊 start



Use digital devices  
together with your child



Create clear family rules for  
media and technology use



Learn more about services,  
content, technology and age  
ratings



Be a positive role model!

# YOUNG CHILDREN & SCREEN TIME

– tips for parents & carers



Give your child the best start to  
digital life by getting involved in  
their online activities



There are options and settings  
to adapt technology for your  
child's use



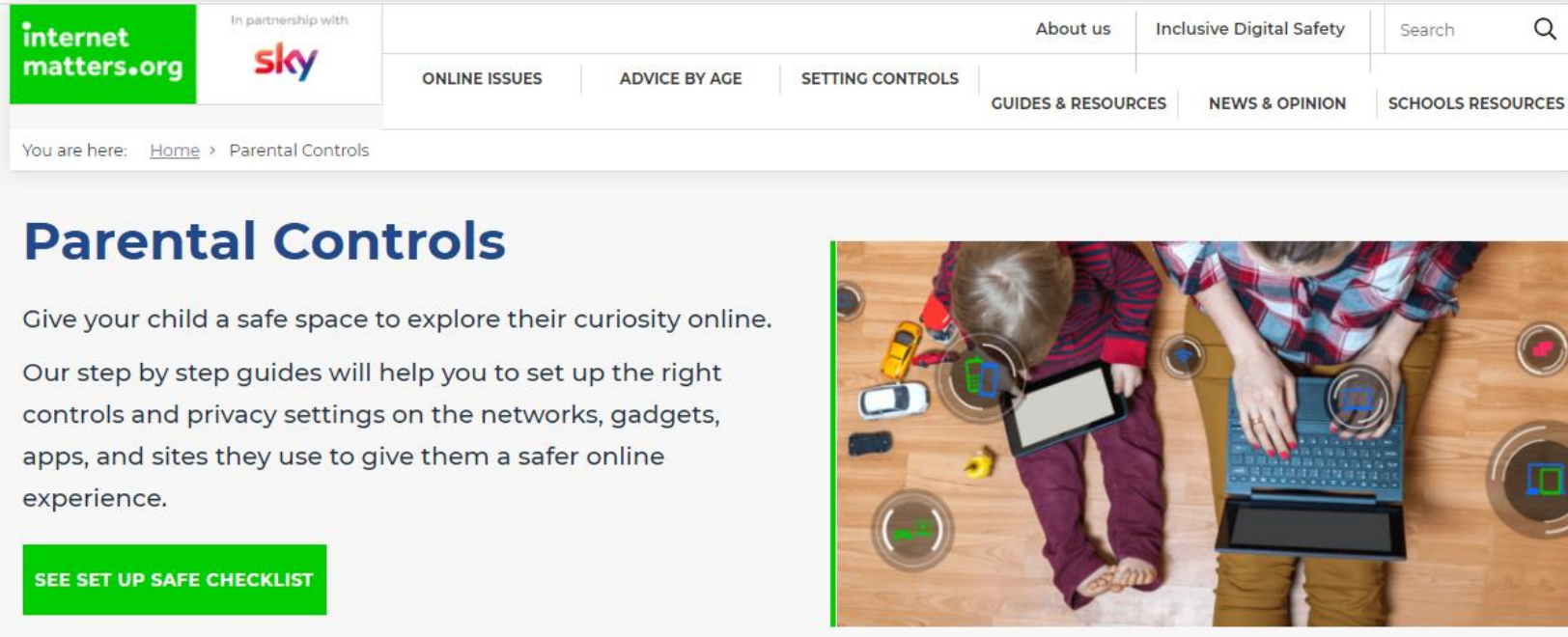
Consider the quality of time  
spent online, not only the  
amount of screen time



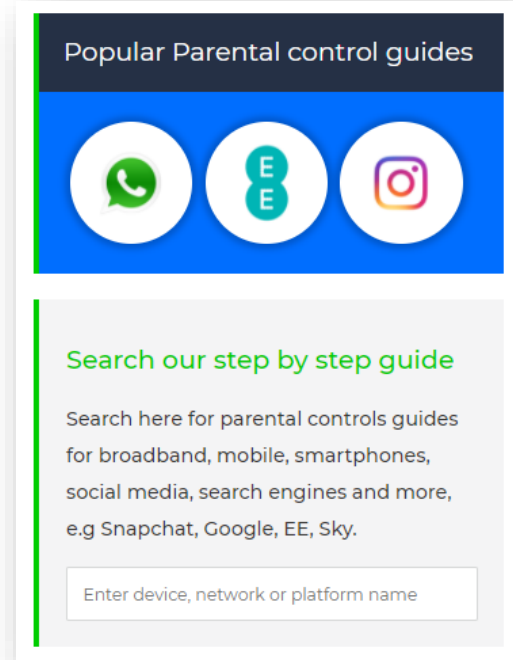
You are your child's most  
important role model - online  
and offline

# Parental Controls

<https://www.internetmatters.org/parental-controls/>



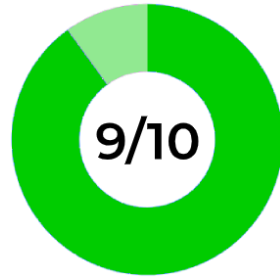
The screenshot shows the website's header with the 'internet matters.org' logo and 'In partnership with sky'. The navigation menu includes 'About us', 'Inclusive Digital Safety', and a search bar. Below the menu are categories: 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS', 'GUIDES & RESOURCES', 'NEWS & OPINION', and 'SCHOOLS RESOURCES'. The breadcrumb trail reads 'You are here: Home > Parental Controls'. The main heading is 'Parental Controls', followed by the text: 'Give your child a safe space to explore their curiosity online. Our step by step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.' A green button labeled 'SEE SET UP SAFE CHECKLIST' is positioned below the text. To the right is a photograph of two children sitting on a wooden floor, one using a tablet and the other a laptop, with various toys scattered around them.



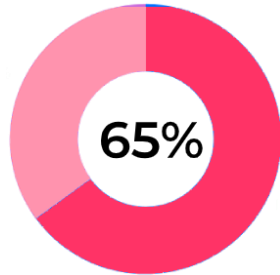
This section is titled 'Popular Parental control guides' and features three circular icons: WhatsApp, EE, and Instagram. Below the icons is a search bar with the placeholder text 'Enter device, network or platform name'. A green link reads 'Search our step by step guide'. Below this link is a paragraph: 'Search here for parental controls guides for broadband, mobile, smartphones, social media, search engines and more, e.g Snapchat, Google, EE, Sky.'



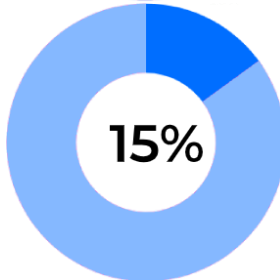
# Parental Controls



More than nine in ten parents of 5-15s who use parental control software consider it useful



65% of young people aged 11-16 are in favour of the controls



15% of Teens say parental controls and restrictions should only be taken away once they're over 18 years of age

# The Digital Safety Curriculum

- Pupils will learn about numerous aspects of digital safety.
- The issues are constantly change depending on what the latest game/craze is...
- ...But we strive to help our pupils to
  - understand key safety concerns
  - make wise decisions regarding their online presence.
- Digital safety is taught in different areas of the curriculum.

# The Digital Safety Curriculum

- How to report anything that is unsafe, untrue or harmful.
- Indecent images
- Cyber bullying
- Online gaming risks
- Accepting cookies/T&Cs
- Online shopping
- Harassment & Stalking
- Managing risk online
- Positive viral content
- Online gambling
- Virtual footprint
- Big data
- Social media careers
- Internet and stress
- Fake news
- Online banking
- Internet as revision

# Supporting our Community



[Absence Form \(day to day\)](#)

[Authorised Absence](#)

[Bus Routes to School](#)

[Catering Services](#)

[Canteen Menu](#)

[Digital Safety](#)

[Duke of Edinburgh's Award](#)

[Extra Curriculum Activities](#)

[FAQs](#)

[KS4 Parents' Information Evening](#)

[Parent Bulletin](#)

# Supporting our Community

## Useful Links

- The NSPCC website has a wide range of information and advice on how to talk to your child about sharing images online, bullying, spending too much time online, pornography and sharing personal information.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/>

- NetAware is a fantastic website which talks through all of the main, up to date social media apps that young people are using today, including some games.

<https://www.net-aware.org.uk/>

- National Online Safety is another website with helpful information about a wide range of apps and games, including social media. They do 'Guides for Parents' which are particularly useful!

<https://nationalonlinesafety.com/resources/platform-guides/>

- ThinkUKnow is a great website for learning more about online dangers and for having conversations with your child. There are lots of brilliant, quite hard-hitting videos which can be watched together and then discussed as a family.

<https://www.thinkuknow.co.uk/>

- The government have also released an information pack for parents to support parents in keeping their child safe online.

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

- CEOP is a national crime agency who work with the police and they provide a fast, supportive and safe way of reporting sexual online abuse.

<https://www.ceop.police.uk/safety-centre/>

- Finally, the official government guidance for the "Support for Parents and Carers to Keep Children Safe Online"

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>