St Alban & St Stephen Catholic Primary School & Nursery

Learning and Growing with God by Our side

Online Safety Newsletter 2024

What is Safer Internet Day?

On Tuesday 6th February, schools across the country celebrate 'Safer Internet Day'. This special celebration takes places each year to raise awareness of a safer and better internet for all, and especially for children and young people.

This year, the celebrations were based around the theme **'Inspiring Change? Making a difference, managing influence and navigating change online'**.

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024

Last week at SSAS, each year group learnt about a specific area of internet safety. The children have collaborated and shared their wonderful ideas on how to use technology and the internet in a safe and sensible manner.

In this newsletter, you will find more information about the areas of internet safety your children have been exploring this week in school, featuring some wonderful posters made to raise awareness, as well as some useful facts and links to provide you with further information and support.

YouTube is intended for users over the age of 13 (however, children of all ages may use the service and YouTube Kids if enabled by a parent/legal guardian).

What if my child is under 13?

If your child is under the age of 13, then they should use either **YouTube Kids** or a **Supervised Account**. Which option you choose, will depend on your child's age and your requirements.

YouTube Kids –

This is a separate app that includes a smaller selection of videos based on the age you select:

- **Preschool** (ages four and under).
- **Younger** (ages 5 – 8)
- **Older** (ages 9-12)

Supervised Accounts –

This is a parent-managed version of YouTube. You can select one of the following options, again depending on your child's age and your requirements:

- **Explore** – Generally for viewers aged 9+
- **Explore more** – Generally for viewers aged 13+.
- **Most of YouTube** – This setting includes almost everything on YouTube except for videos marked as 18+ and other videos that may not be appropriate for viewers using supervises experiences.
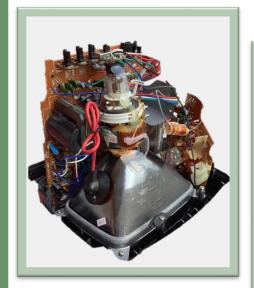
For more information on setting up YouTube Kids and/or a Supervised Account, follow the link:

https://support.google.com/youtube/answer/10315420

EYFS – The Role of Technology

In the Early Years this week, the children have been exploring a wide range of technologies from the past and present. There have been lots of discussions about what different pieces of technology are and how they are used. They discussed what technology they use and how they can keep safe when using it.

The children were fascinated to explore inside certain pieces of technology to observe and discuss the hardware that makes up different technological devices.

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices.

A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play. Please set up appropriate parental controls for your child.

What rating is Roblox?
PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content. It is rated for 'Teens' on Google Play and 12+ on the App Store.

What should I be aware of?
Chat Facility – Players can chat to each other on Roblox. You can turn communication off completely or add restrictions, such as communicate only with friends.

Virtual Currency – Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories. For children under 13, you can set the Monthly Spend Restriction in settings.

Game Content – Users create games so sometimes the content/themes may not be appropriate for your child (i.e. violence).

We recommend that you explore the parental controls available and set as appropriate. Age categories are for all, 9+, 13+ and 17+.
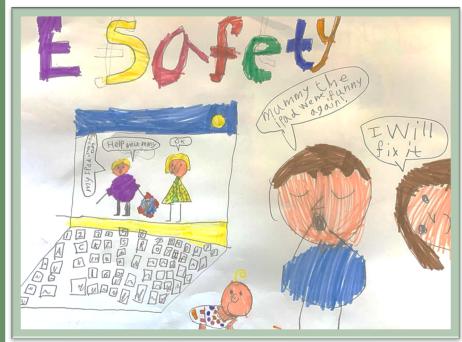
For more information:
https://corporate.roblox.com/parents/
https://swgfl.org.uk/resources/checklists/roblox/

Year 1 – Feeling Worried, Unsure or Unsafe Online…
In Year 1, the children have been learning about what to do if they ever feel worried, unsure or unsafe online.

The children have been sharing which technological devices they use most (i.e. tablets, games consoles). They have learnt that if they ever come across a piece of content that they are concerned about, they must stop and tell an adult straight away!

Does your child watch livestreams?

What is livestreaming?
Livestreaming is when an individual broadcasts video live over the internet. People can watch livestreams from any device that is connected to the internet.
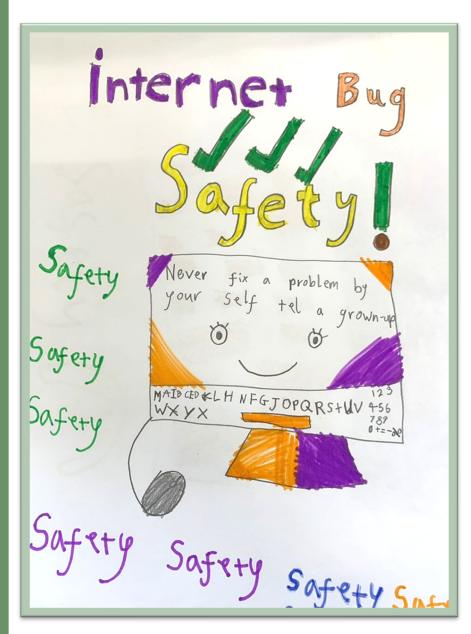
Who is watching livestreaming?
Research from Ofcom reported that **57% of 3- 17 year-olds have watched live streams** and the most used platforms are TikTok and YouTube. A third of 3-4 year olds were watching live content with this number growing to eight in ten of 16-17 year olds.
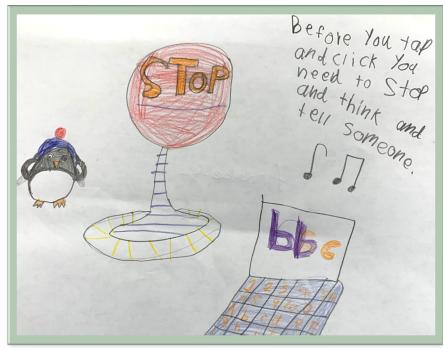
What are the risks?
The main risk of livestreaming is that your child may see or hear something inappropriate as your child may come across themes or content that unfiltered and not suitable.

For more information:
https://www.childnet.com/help-and-advice/livestreaming-parents/

https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/

Have you set up parental controls?

Consoles

All consoles offer parental controls such as limiting the time spent on the device or restricting who your child can communicate with.

Find out the specific settings below:

PlayStation:
https://www.playstation.com/en-gb/support/account/psn-safety-parents-guide/

Xbox:
https://www.xbox.com/en-GB/family-hub

Nintendo Switch:
https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html

Mobiles/Tablets

You can set up controls and restrictions on most mobile devices. Make sure appropriate settings are applied on the apps your child is using.

Apple Devices:
https://www.apple.com/uk/families/

Android Devices:
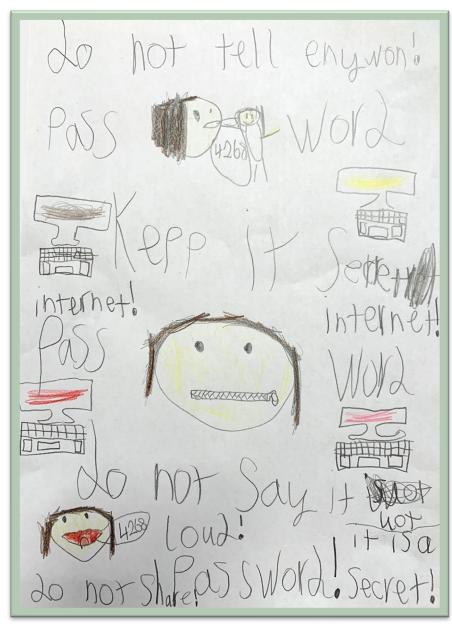https://families.google/familylink/

Further Information:
https://www.internetmatters.org/resources/e-safety-checklist-getting-your-kids-tech-devices-set-up-safe/

Year 2 – Creating Strong Passwords

In Year 2, the children have been learning about the importance of setting strong and secure passwords for their accounts.

They have learnt that our accounts are personal to us and that strong passwords help keep other people out of our accounts online.

Year 2 now know that a strong password can be a word, phrase or sentence, with capital letters, numbers and special characters to make it more unique!

Being Unkind Online

It can be very easy for children to behave in a way that they wouldn't if they were face to face with each other.

Please talk to your child about how they speak to others online and encourage them to talk to people online with **respect** and **kindness**.

Here are some examples of what being unkind looks like online:

- Sending nasty or hurtful messages.
- Leaving unkind messages.
- Sharing photographs of somebody else without their permission.
- Excluding somebody on purpose.
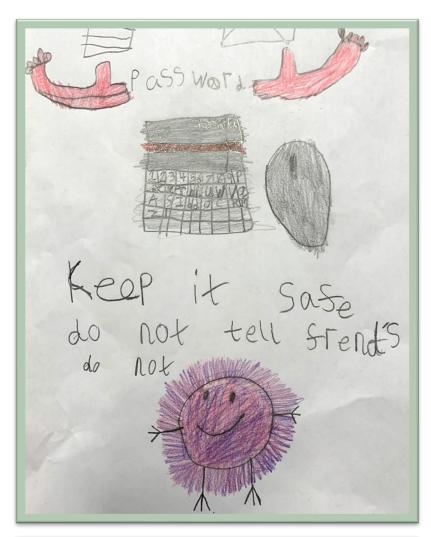- Impersonating somebody.
- Telling/sharing lies.

The above might happen whilst your child is gaming online or whilst using social media or messaging apps e.g. WhatsApp.
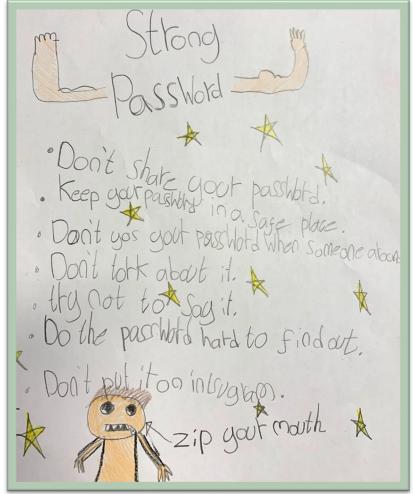
What do I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage. Instead, they should tell a trusted adult. You can use tools to report offensive or hurtful content, as well as block people.

https://www.internetmatters.org/resources/top-internet-manners/

https://www.esafety.gov.au/kids/I-want-help-with/how-do-i-know-if-im-being-mean-online

Ollee –
Your Virtual Friend

What would you like to talk about today?

Ollee is a digital friend for ages 8-11 – created by Parents Zone and funded by BBC Children in Need.

Ollee helps children explore feelings around school, family, friends, the world and much, much more.

Ollee asks how you're feeling and offers ideas about what to do. If you're not sure, Ollee will help you figure it out.

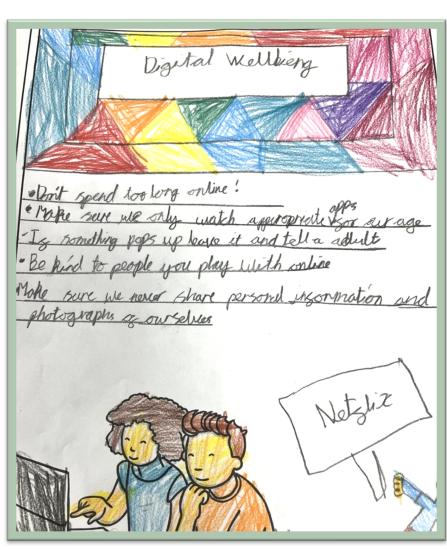Children and parents can both create and connect Ollee accounts – to share advice together.

https://parentzone.org.uk/ollee

Year 3 – Digital Wellbeing

In Year 3, the children have been learning about how the internet and technology can make us feel. This includes recognising the impact being online can have on: our emotions, mental health and wellbeing, physical health and wellbeing.

The children in Year 3 have created posters to provide top tips on how best to look after your wellbeing when using technological devices.

Some of these top tips included; spend more time being active rather than being on technological devices, check the age limits on apps and websites, always be kind to others.

Do children really have that much online access?

95% of 3 to 17 year olds watch, post or share content on video sharing platforms

62% of 7 to 16 year olds with a smartphone have access to it at all times

1/5 of children spend more than 2 hours on their mobile phone on a school day

90% of children have their own smartphone by the age of 11

33% of 5 to 7 year olds and 60% of 8 to 11 year olds have social media profiles despite the minimum age usually being 13
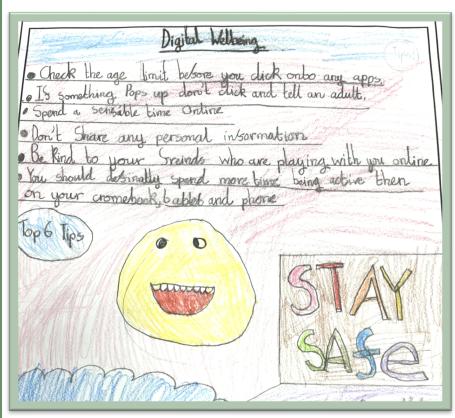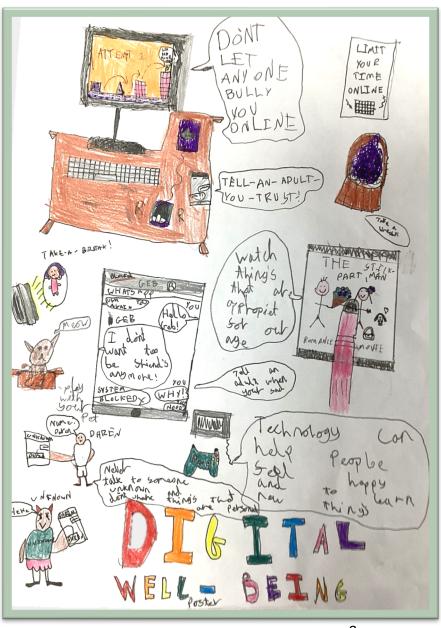
Source: Ofcom 2023
https://www.ofcom.org.uk/__data/assets/pdf_file/0027/255852/childrens-media-use-and-attitudes-report-2023.pdf

For more information on Young People and Screen time:
https://swgfl.org.uk/resources/young-people-and-screentime-a-good-start/?gclid=EAIaIQobChMIiquu_dOchAMVGIuDBx0hXw-uEAAYASAAEgJQJfD_BwE

Social Media Influencers

Influencers are people who have a large following on social media. The term 'influencer' comes from promoting products, behaviours and ideas to their followers.

Influencers can be positive role models for children, encouraging habits such as inclusivity and good self-esteem.

However, they can also have a negative effect, encouraging unsafe or unhealthy behaviours and views…

What are the risks?

- Some influencers are children themselves, which can put pressure on children who admire them to act in the same way.
- Lots of influencers get gifted products in exchange for promoting brands. This can make children feel the need to buy these products to keep up with a trend.
- Influencers often share personal thoughts and opinions, putting children at risk of being exposed to false or misleading information.
- Schools across the UK have found increasing numbers of boys and young men using influencers as role models. This isn't always a bad thing, but there are popular influencers who display harmful behaviour, including misogyny, violence against women and minorities, and sexual misconduct.

For more information about the influence of influencers:
https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-05-16-the-influence-of-influencers/

Year 4 – Think 'SMART'

In Year 4, the children have been learning how to think 'SMART' when using the internet. SMART stands for **safe, meeting, accepting, reliable and tell.**

The Year 4 children know to always remember to be smart with a heart by being kind and respectful to others online. We can make the internet a better place by helping our friends if they are worried or upset by anything that happens online.

Latest Research

3- 4:
- 17% have their own mobile phone.
- 89% use video sharing platforms.
- 32% use live streaming apps/sites.
- 50% use messaging sites/apps.
- 21% use social media.
- 24% have their own social media profile.
- 18% play games online.

5- 7:
- 28% have their own mobile phone.
- 93% use video sharing platforms.
- 39% use live streaming apps/sites.
- 59% use messaging sites/apps.
- 33% use social media.
- 33% have their own social media profile.
- 38% play games online.

8- 11:
- 60% have their own mobile phone.
- 95% use video sharing platforms.
- 54% use live streaming apps/sites.
- 84% use messaging sites/apps.
- 64% use social media.
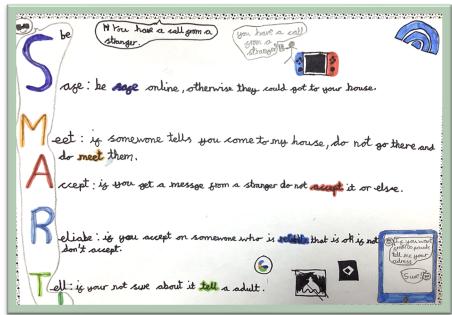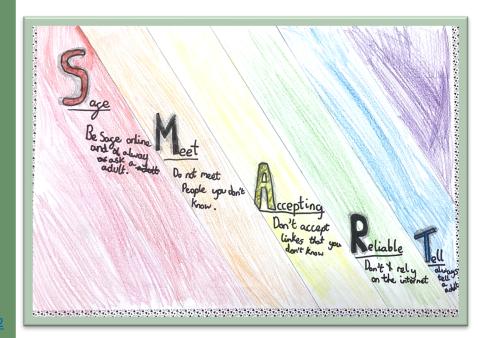- 60% have their own social media profile.
- 69% play games online.

https://www.ofcom.org.uk/__data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf

Snapchat

13+

Snapchat is a popular message app that allows you to send images and videos to other users. These are known as 'Snaps'. One of Snapchat's unique selling points is that messages are normally available for a short period of time and can only be viewed once.

The minimum age restriction of users for Snapchat is 13 years old.

What are the risks of Snapchat?
Inappropriate or harmful content – Children and young people could be at risk of viewing harmful or upsetting video content or images.

Location sharing –
Snapchat Map shares your location with other users on the app.

Unwanted contact –
Your child could receive unwanted contact from adults or other young people using the app.

Pressure to share –
Snapchat messages normally disappear after a short period of time once opened. This could put a child more at risk of sharing something that makes them feel uncomfortable or could harm or upset someone else. Remember that, images, videos and messages can always be screen shotted.

https://parents.snapchat.com/en-GB/parental-controls?lang=en-GB

Year 5 – Cyberbullying

In Year 5, the children have been learning about the impact of cyberbullying on peoples mental and physical wellbeing.

The children have discussed websites, apps and devices where cyberbullying can occur. They have come up with some solutions to prevent cyberbullying, as well as positive advice for everyone to remember when using the internet.

TikTok

13+

TikTok is a video-sharing social media app which lets users create, share and view user created videos. TikTok has been designed with the young user in mind and has a very addictive appeal.

What are the risks?
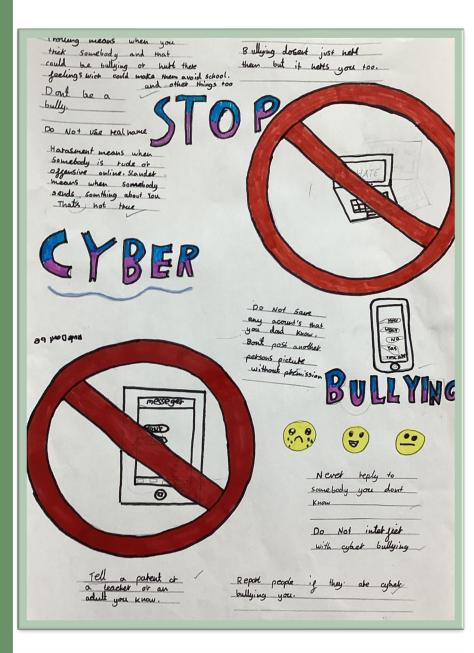
- Age-Inappropriate Content.
- Inappropriate Music.
- Seeking TikTok Fame.
- Online Predators.
- Addictive Nature.
- In-App Purchases.
- Cyber-Bullying.
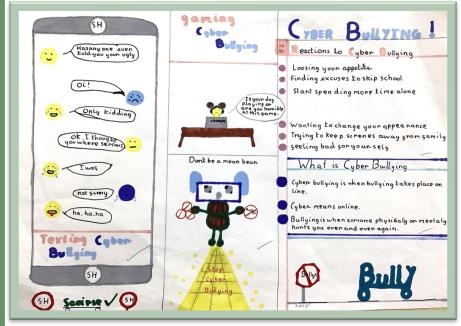
Safety Tips For Parents:

- Talk about online content.
- Use privacy settings.
- Enable restricted mode.
- Monitors viewing habits.
- Learn how to report or block inappropriate content.
- Moderate screen time.
- Use family safe mode.

For more information on TikTok app safety:

https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/

WhatsApp

16+

WhatsApp is a free app that facilitates users in sending encrypted messages to each other.

The minimum age restriction of users for WhatsApp is 16 years old.

Despite this age recommendation, many young people side-step this and continue with verifying an account of their own.

What are the risks?
Group Chats – The group chat function allows up to 256 people to chat in one conversation. Children can be added to groups with both users they know and unknown people. Once added to a group, everyone else within that chat will have access to your personal details, including profile name, photos and phone number.

Other risks include location sharing, cyberbullying, oversharing, inappropriate content etc...

For more information:
https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/

Year 6 – Social Media

In Year 6, the children have been learning about all the different forms of social media, the age ratings of each platform and how to stay safe when using social media. They have discovered that there are lots of risks that need to be carefully managed when approaching social media.

This week, the children have filmed excellent videos sharing their posters and have explained the positive and negative sides to social media.

Here are some of their amazing posters:

Get To Know Age Ratings:

Facebook — 13

Instagram — 13

X (Twitter) — 13

WhatsApp — 16

Twitch — 13

Snapchat — 13

YouTube — 13

Messenger — 13

It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is also important to review the content yourself, in order to make an informed decision.

For more information:
https://parentzone.org.uk/article/age-ratings

Positives:

-entertainment
-can socialise with people anywhere in the world
-can see tips (makeup or games)
-news
-can use tiktok as marketing for your business
-its free!
-can make videos with friends
-can make money

Negatives:

-shortens your attention span
-can see inappropriate content (but tik tok is for 13+)
-can get addicted
-false information (scams)
-cyberbullying
-can affect your mental health
-people can find out personal things about you
By Alexa

positives

Whatsapp is an app where you can create groups with friends and family. It can be used to share photos, links and you can also use it for a chat. It can be better than imessage since you can create groups.

Negatives

Sadly, whatsapp is not always safe, especially for children or tweens. Did you know that whatsapp is actually 16+. The reason this is the case is because the government and police cannot decode the messages so they are private to you. People can also bully you on this. They can do it secretly, hiding their identity. This is called cyber bullying. It can also be very addictive causing people to sit on their screens 24/7. Scientific studies have proven that spending to much time on screens deprives sleep and makes you want more and more. This proves spending time on social media is probably better to save for when you are a teenager.

When online, if you don't know what to do at any point ask an adult. Don't try to find an answer yourself.

Don't speak to strangers. Don't give personal information to anybody.

Friending

Making friends is hard online because you shouldn't friend anyone you don't know.

If you want to friend your friends you should ask for there username.

Staying Safe Online

This is some big points to keep safe.

WhatsApp

If you see Something that worries you tell an adult.

Only download games or apps if you have an adult's permission.

How to stay Safe on The internet

Only interact with people you know like friends.

Never share any personal or private information to strangers.
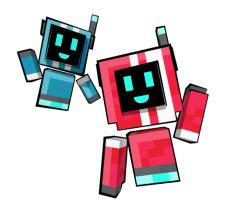
Stranger danger!

By Marcos Jimenez

How to develop online safety skills together...

There are lots of simple ways to reinforce the important online safety lessons your child has been learning in school. Here are some games, that can be played together to develop and enhance online safety awareness:

Safe Online Surfing

This is a range of fun games from word searches to matching games aimed at children aged 7-13. They cover everything from online etiquette to avoiding scams.

https://sos.fbi.gov/en/

Finn Goes Online

This teaches children about online safety, including password security, cyberbullying, and staying safe online. It is aimed at children aged 7 and above.

https://www.educationalappstore.com/app/finn-goes-online

Band Runner

This is a fun game that puts children's knowledge about online safety to the test by asking them to help characters make safer choices. The website also has a 'Worried about something' section offering advice and support to children who are feeling worried, scared or upset about something which has happened online.

https://www.thinkuknow.co.uk/parents/articles/band-runner/

Interland

An educational game made by Google to help teach children about a range of online safety concerns, it has lessons on cyberbullying, phishing, data protection, and more. Every separate online safety skill is split into a different area in the game and your children get to learn through a variety of mini-games and quizzes. Interland is designed for children aged 8 to 12.

https://beinternetawesome.withgoogle.com/en_us/interland

McGruff

McGruff is a Crime Dog – world famous for his advice on how to stop crime before it happens, and for his great sense of humour! Some of his work involved teaching children how to stay safe online.

https://mcgruff.org/

If you have any concerns regarding your child's use of technology or online safety, please seek support and/or contact us at admin@ssas.herts.sch.uk for further information.

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