Online safety at School:

Children are learning more and more about the internet at a young age. It is important that children are educated from an early age on how to safeguard themselves online. This doesn't just mean presenting them with information every now and then, it means embedding it into lessons across the curriculum, and facilitating discussion about it where possible.

Our online safety curriculum is taught through Project Evolve. These sessions are taught alongside our Teach Computing and Jigsaw (PSED) sessions to support a holistic approach to improving our pupils' knowledge, safety and understanding of the digital world.

Each term we will focus on different aspects of online safety. Over the duration of the year we will look at all of the 8 strands of the curriculum from Project Evolve which is underpinned by Education for a Connected World:

● Self-image and identity
● Online relationships
● Managing online information
● Health,well-being and lifestyle
● Online Reputation
● Privacy and security
● Online bullying
● Copyright and ownership

School aims:
At school we aim that all children in Poppleton Ousebank will:

● use the internet and other digital technologies to support, extend and enhance their learning, in a safe and informed way
● understand how to stay safe online
● develop a healthy relationship with technology and understand how to look after their own wellbeing within the use of technology in school and at home
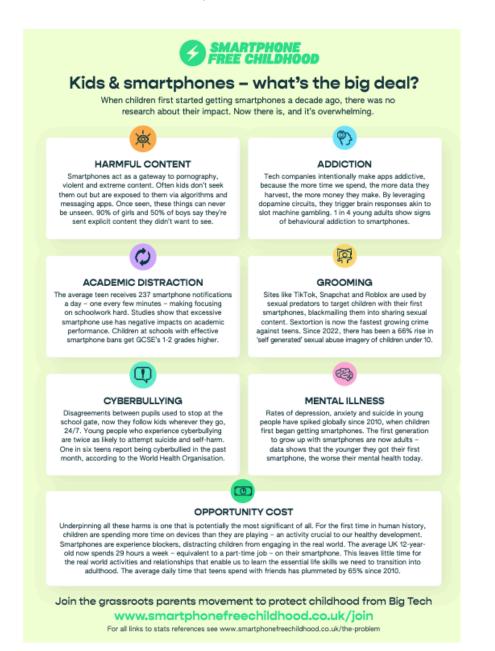● engage and understand our ambition to be a smartphone free school

Digital Leaders:

At school we are establishing a core of pupils as "Digital Leaders" who are becoming further educated in areas of online safety. They will promote the core values of computing and online safety curriculum to their peers. We also celebrate "Safer Internet Day" annually led by the Digital Leaders and staff which further embeds children's knowledge about online safety.

Smartphone Free School:

We aim to be a "Smartphone free school." Research has strongly highlighted the negative impact smartphones can have on children's mental health, behaviour, and well-being. We strongly encourage all parents to be well- informed of this growing evidence. Please take a look at the wealth of research and resources below.

https://smartphonefreeschools.co.uk | https://smartphonefreechildhood.co.uk/about

Help At Home

At home, many children are exposed to multiple electrical devices that can access the internet whether it be for educational purpose, recreational or socialising with friends. As adults, we know the current generation is fully immersed in the digital world and it is something that comes with many risks. Alongside the efforts of our online safety curriculum offer at school, we require the support of parents to develop positive online habits with our pupils at home when they're navigating the internet. We encourage parents to support positive boundaries regarding devices and monitor your children's online activity.

The technology that children use every day can seem a bit daunting and you might worry about the risks your child can face online – such as bullying, contact from strangers or the possibility of them seeing illegal or inappropriate content. If at any point you are concerned about your child online, please ask the school for support. In addition to this, please see the links and advice below to further support you at home.

What can I do to help protect my child?

It's important to work together as a family to help keep your child safe online. This can be done using four simple steps; Talk, Explore, Agree and Manage (TEAM) online safety.

- **Talk** to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you, another trusted adult or Childline if they're feeling worried or upset by anything they've seen. Why not play the game on Childline Parents vs Kids game to help get the conversation started?
- **Explore** your child's online activities together. Understand why they like using certain apps or games and make sure they know what they can do to keep themselves safe.
- **Agree** your own online rules as a family.
- **Manage** your technology and use the settings available to keep your child safe.

Other suggestions:

- Open discussion(TEAM approach)
  - Rule setting/agreement – what, who, how long, where
- Parental controls - putting restrictions on apps.
- Decline access to social media - the legal age for many of these apps is 14 and we should be protecting children from these platforms until they are emotionally mature to access them.
  - Monitoring your child's time on devices/ which apps they're using

Useful links:

- https://smartphonefreechildhood.co.uk/about
- https://www.childline.org.uk/get-support
- https://www.ceop.police.uk/Safety-Centre
- https://www.nspcc.org.uk/keeping-children-safe/support-for-parents
- https://saferinternet.org.uk
- https://www.gov.uk/government/publications/education-for-a-connected-worl
- Online Safety – Helping Parents Understand
- Online Safety Information for Parents/Carers
- Online Safety for Parents/Carers
- CEOP – News and information about internet safety
- National Online Safety guide to Tik Tok
- 10 Tips to Keep your Children Safe Online
- Snapchat Checklist
- YouTube Safety Fact Sheet