

OUR ONLINE SAFETY CURRICULUM

Term 2: Our online safety theme this term is 'Online Bullying.' We will be discuss and describe appropriate ways to behave towards other people and why this is important. As a class, we will think carefully about how we speak to others online through chats and posts, as this might affect others people and their perception of us. We will discuss different ways bullying can happen and what that could look like but most importantly how we can prevent these situations escalating by getting help. We will explore strategies for effective reporting and intervention and how bullying and other aggressive behaviour relates to legislation.



ProjectEvolve

To support this, you could watch this video with your child:

<https://www.youtube.com/watch?v=YkU2xYJKQg4&t=1s>



ANTI-BULLYING ALLIANCE says, 'This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.'



This term we will be focusing on the 'T' in our online safety SMART rules.

Talk to your child about what they understand this to represent. What do they know?

BE SMART ONLINE (Childnet International logo)

- S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.
- M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk
- A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.
- R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.
- T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk
- BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM



Some tips about technology from NOS...

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms - such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**
Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online - as well as keeping an eye on who your child is communicating with in the digital world.
- 2. KEEP TALKING**
Regular chats with young people about their online lives are good practice in general, but they can also be an excellent way to help prevent cyber-bullying situations. Try to encourage them to revisit include why it's important to only connect online with people you know and trust, and why passwords should always remain secret (even from our best friends).
- 3. STAY VIGILANT**
Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.
- 4. MAKE YOURSELF AVAILABLE**
If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems - and that they won't be in trouble if you might be in trouble. A trusted family member they could turn to, in case they feel too embarrassed to tell you directly.
- 5. BE PREPARED TO LISTEN**
When conversations about online bullying do take place, you're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism even if they have done something with the situation in exactly the way you would have hoped.
- 6. EMPOWER YOUR CHILD**
Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, look through their options with them (locking the perpetrator, deleting the app and so on), by allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.
- 7. REPORT BULLIES ONLINE**
Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender in the app or game in question - ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.
- 8. ENCOURAGE EMPATHY**
Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people being victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.
- 9. SEEK EXPERT ADVICE**
Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.
- 10. INVOLVE THE AUTHORITIES**
If the nature of any online bullying makes you suspect that your child is in imminent physical danger - or if there are any signs whatsoever of explicit images being shared as part of the bullying - then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE
If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.
Children: talk to a trained counsellor on 0800 1111 or online at www.children.org.uk/get-support/
National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html
The respect: the children's charity has a guide to the signs of bullying at www.respect.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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International collaboration vital as 'real world' abuses of AI escalate.

iwf.org.uk/aicsam

Global collaboration needed as thousands of AI-generated child sexual abuse images emerge depicting the worst kinds of abuse

The Internet Watch Foundation (IWF), a partner in the UK Safer Internet Centre, has published its latest report on the proliferation of AI-generated child sexual abuse imagery, following a month-long investigation of a dark web forum. The data shows that most of the AI images are realistic enough to be considered as real imagery under UK law.

If you want to read more click on this link:
<https://saferinternet.org.uk/blog/global-collaboration-needed-as-thousands-of-ai-generated-child-sexual-abuse-images-emerge-depicting-the-worst-kinds-of-abuse>





Festive Card Competition Overview

One of the best things about this time of year is the sending and receiving of cards.

We need a new official festive card for 2023 and we thought who better to design it than our incredibly creative Purple Mash community!

That's why the Purple Mash Festive Card Competition is back!

WHO CAN ENTER

- The competition is aimed at children between the ages of 5 to 11.
- The competition is open to all children aged 0 to 11, and additionally any children up to the age of 18 who attend SEND provision or have additional needs.
- Each child can submit one entry for the competition.
- There is an under 5s, under 8s and an under 12s category. Children who turn 5 before 1st September 2024 should enter the under 5s category, children who turn 8 before 1st September 2024 should enter the under 8s category and others should enter the under 12s category.
- Children who attend SEND provision should be allocated the appropriate age category by their teacher.

HOW TO ENTER

- Children enter their work by submitting it to the 'Festive Card Competition' Display Boards.
- They should submit their work to the age appropriate board.
- There is a video in Purple Mash showing how to do this.
- They can save and edit their work as often as they like before submitting it – it should only be submitted once it is completely finished.

IMPORTANT DATES

- The competition is open from the 6th to the 24th November 2023.
- Judging will commence on the 27th November.
- Winners will be announced shortly after the judging*.

*The judges decision is final and we will have 1 overall winner, plus 3 runner ups in each category.

CHOOSING A STYLE

You can use any of the 17 2Paint a Picture styles to enter the competition. All designs must be your pupils' original artwork.

STAYING SAFE ONLINE

The competition Display Boards will be visible to the public, so it's important not to include personal information in your entries. Do not use names or other personal information as part of the designs. Any entries that include personal information will not be accepted or displayed on the board. The only information visible on the board will be the school name.

PRIZES

Winners* will receive 50 printed copies of their card, a £20 Amazon voucher and a 2Simple Goody Bag. Their card will also be made into an e-card through Purple Mash.

*The prize dictated is for UK winners. If an international pupil wins the competition, the prize will be decided by the 2Simple Head Office within your country and is subject to change

VIEWING YOUR WORK ON THE DISPLAY BOARD

The Display Boards will be visible for the duration of the competition. However, children's work will not become visible until it has been approved by our team. Depending on the number of entries we receive, this may take some time, but we will work through the entries as quickly as possible. Please bear with us.

All entries should be visible on the display boards by 5pm on the 24th November. Use the search box to find your entries quickly. Although we don't display children's names or class names publicly, you can still search for them.

