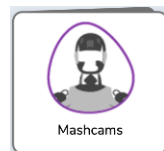


OUR ONLINE SAFETY CURRICULUM

Term 1: Our online safety theme this term is ‘Self-Image and Identity.’ We will be exploring how our offline and online identities are shaped and how media impacts on gender, stereotypes, and our emotions. We will discuss our own identities and how people represent themselves in different ways online whether this is real or edited and how this can affect our own behaviour.

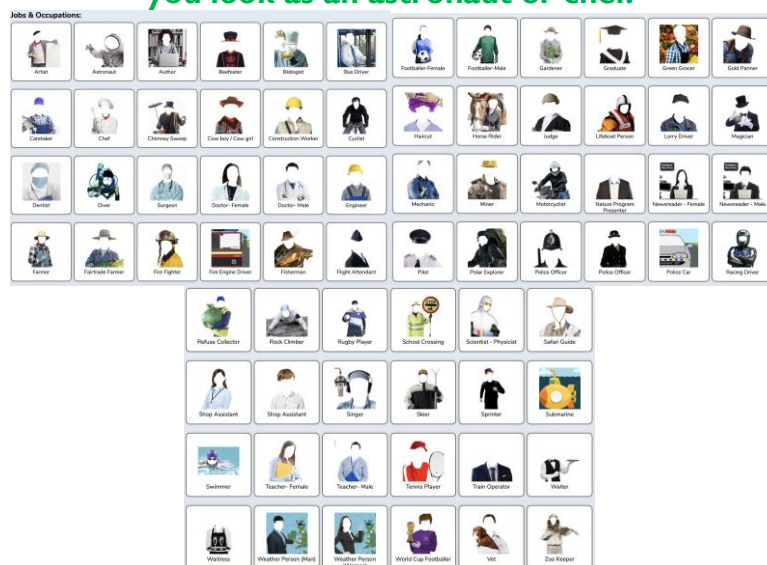


ProjectEvolve



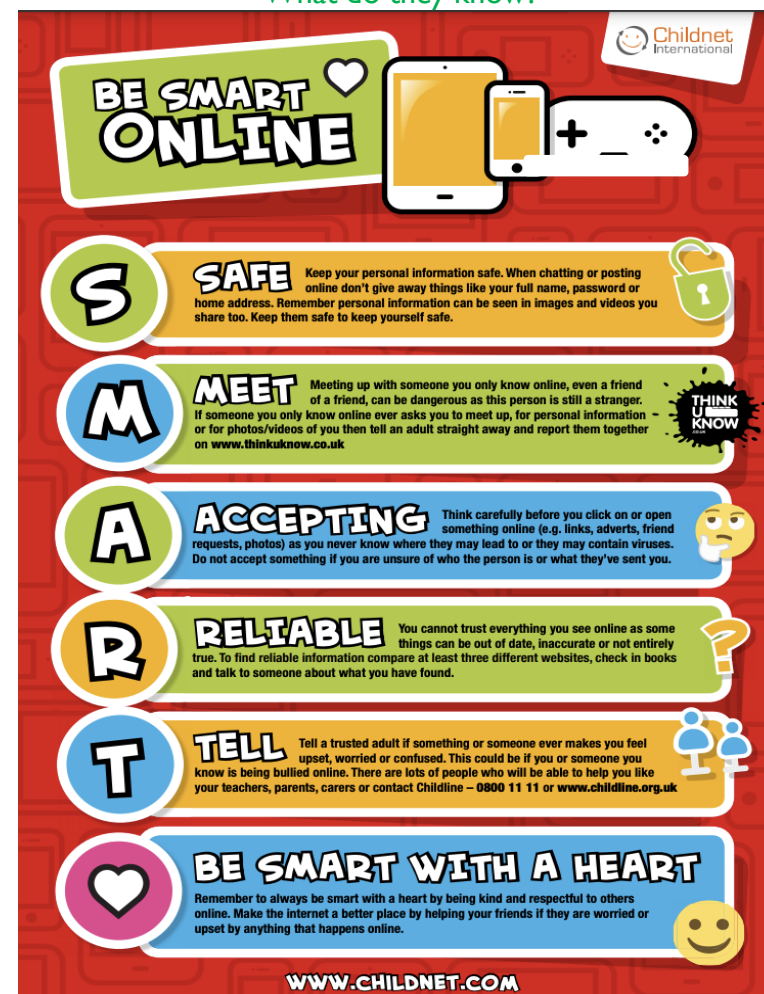
Mashcams

To support this, you could try to use Purple Mash's 'Mashcam' and see how you look as an astronaut or chef!



This term we will be focusing on the ‘S’ in our online safety SMART rules.

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



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.

10 tips for parents and carers

HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably; we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?

Reuse, recycle, donate or sell them!

- DONATE THEM TO CHARITY**
There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.
- REMEMBER THE BATTERIES**
Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.
- USE YOUR ONLINE SAFETY KNOWLEDGE**
If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.
- REUSE THEM**
Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.
- TURN IT INTO SOMETHING NEW**
Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.
- RETURN THEM**
Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.
- SUPPORT SCIENCE**
Let your old devices help modern research. Scientists currently investigating topics like far-all star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.
- RESEARCH DISPOSAL METHODS**
If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check first: your device won't be shipped off to another country for processing.
- KEEP THINKING**
There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

Meet Our Expert
Neil Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: www.rubbishscience.com.

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @atnationalsafety /NationalOnlineSafety @nationalonlinesafety

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COMPETITION

Home parentzone



Do you know an aspiring young writer – aged 5 to 15? Do they like spending time online, and do they have something to say about the internet?

The **Find Your Balance written word competition**, supported by Google, aims to help spark children's creativity and help families have the right conversations about their digital lives.

We're looking for children and young people to **explain in writing what they would like the internet to be like in the future**. The top 50 entries will feature in a special event at the Houses of Parliament in London. One national winner from each of the four age categories (ages 5-7, 8-10, 11-13 and 14-15) will **win a trip to the event with their family, to celebrate their wonderful writing**. They'll also receive a copy of the competition anthology (with their writing included) to treasure. See [terms and conditions](#) for details.

It could be a story, poem, letter, lyrics, word cloud or something else.

However, they want to use words to answer the question.

It is important to include pictures and colours to reflect the writing.

To submit an entry, a parent or legal guardian must complete the form below – including uploading the completed writing. It can be uploaded as a PDF or jpeg file (maximum size 86MB). All entries will feature in a special showcase on the Parent Zone website before being shared with the judging panel.

The closing date for submissions is 23:59 on Wednesday 19 October 2022.

<https://parentzone.org.uk/findyourbalance>