DIGINEWS

OUR ONLINE SAFETY CURRICULUM

Term 2: Our online safety theme this term is **'Online Bullying.'** We will be **discus 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

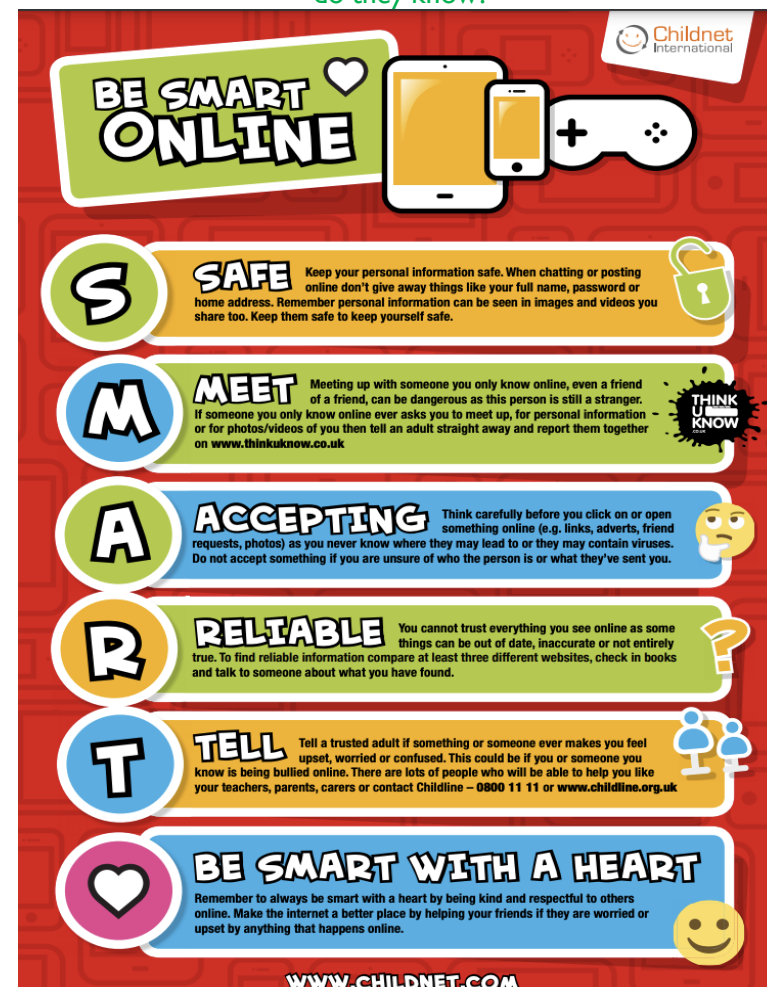**To support this, you could watch this video with your child:**
https://www.youtube.com/watch?v=aMfgZRdVbdw&t=6s
Talk about who they could reach out to and why should you reach out if someone is being bullied. Start a kindness chain…
We will be celebrating Anti-bullying Week soon!

REACH OUT
BY BEING THE CHANGE YOU WANT TO SEE

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

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R – RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true.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

How does the world celebrate?

Some tips about technology from NOS...

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 refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we 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. You might also suggest 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, they'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 haven't dealt 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, talk through their options with them (blocking 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 to the app or game in question – ideally with screengrabs 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 falling 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 genuinely 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.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 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.

National Online Safety #WakeUpWednesday

www.nationalonlinesafety.com   @natonlinesafety   /NationalOnlineSafety   @nationalonlinesafety

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Find out…

Black History Month: Young people's experiences online

Click on this link to find out more: **https://www.childnet.com/blog/black-history-month-young-peoples-experiences-online/**

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 2022 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 (Up to age 18 for children with additional needs.
- Each child can submit one entry to the competition.
- There is an under 5s, under 8s and an under 12s category. Children who turned 5 before 1st September 2022 should enter the under 5s category, children who turned 8 before 1st September 2022 should enter the under 8s category and others should enter the under 12s category.
- Children with additional needs 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 Board for their age group.
- There is a video in Purple Mash showing how to do this.
- Children should submit their work once they are happy with it.

IMPORTANT DATES

- The competition is open from the 4th to the 23rd November 2022.
- Judging will commence on the 24th November.
- Winners will be announced shortly after the judging*.
  •The judges' decision is final and we will have 1 overall winner, plus 3 runners up, in each category. Winners and runners up will be contacted as soon as possible after the competition has finished.

CHOOSING A STYLE

You can use any of the seventeen 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 stated is for UK winners. If an international pupil wins the competition, the prize will be decided upon by the 2Simple Head Office within that 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. Children will see their work once 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.

All approved entries should be visible on the Display Boards by the end of November. Use the search box to find your entries quickly.

2Paint A Picture

Festive Card Competition

2simple   Ends 23rd November   purple mash