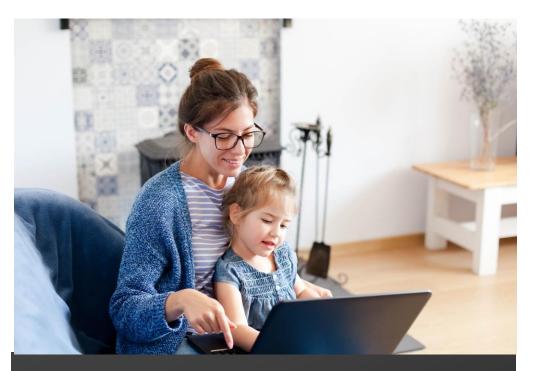


Online Safety Toolkit, Resources and Signposts. Third Edition A collection of resources for professionals working with children in online safety



Contents:

0	Introduction
0	Preventative Education4
0	What are the 4 Cs?5
0	Considerations for Professionals 6
0	Resources for Professionals7
0	Curriculum Links9
0	Online Bullying11
0	Early Years Lessons12
0	<u>KS1 Lessons</u> 13
0	KS2 Lessons14
0	KS3 Lessons15
0	KS4&5 Lessons17
0	<u>Vulnerable Learners</u> 18
0	Further Resources19
0	Online identity and image2
0	Guidance for Parents2
0	Latest Apps20
0	Resources for Children30
0	Useful Contacts in East Sussex 34



SLES Safeguarding



The SLES Safeguarding team work to provide support to all schools in East Sussex in safeguarding issues. This toolkit focuses on one specific area of safeguarding.

Introduction

Who is this for?

This toolkit is for all professionals working with children in East Sussex. The information gathered together in the following pages is a collection of signposts and guidance to aid professionals who are seeking to educate and build resilience in our children online both at school and at home (KCSIE)

Why?

As our children increasingly navigate their way through the online world we, as professionals, need to be ahead of this ever changing world. There is so much information that it is sometimes difficult to know where to turn first! This toolkit aims to provide a starting point for educators upon which they can build their own curriculums suitable for their settings.

How to use?

We would always advise starting with the government guidance and frameworks (links provided on the following pages). We have then given hyperlinks to useful units of lessons for each Key Stage. As a professional you will be able to use these when mapping your own curriculum according to the Education for a Connected World Framework. You will also find further resources to support stand alone lessons on specific issues, model policies for you to adapt in your settings and advice for parents and children.

Our aim:

We will aim to regularly update these pages to help you stay ahead of the game!

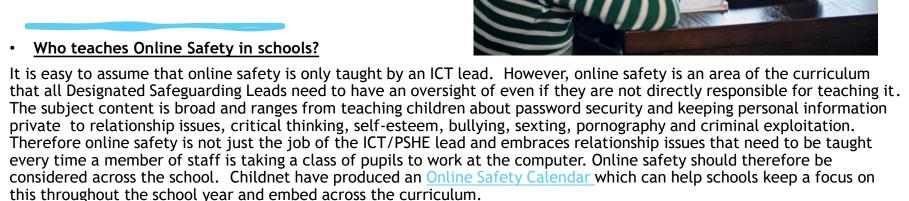
This toolkit was last updated: September 2022





Preventative Education

Thoughts for professionals to consider.



A Whole School Approach

For online safety to be embedded into any school and its extended community it needs to be driven by a whole school approach. This needs to be spoken about at SLTs, echoed with class teachers and communicated to parents. A good place to start is with the school's behaviour code of conduct. If a school is asking pupils to be kind, then they are also asking pupils to be kind online. If a code of conduct says they will respect others, then they should also respect others online.

Working alongside existing policies.

Keeping Children Safe in Education (KCSIE) 2022 makes it clear that online safety should be a running and interrelated theme whilst devising and implementing policies and procedures. It sates that it is essential that children are safeguarding from potentially harmful and inappropriate online material. Successful online curriculums are supported by existing policies within a school such as Safeguarding policies, behaviour policies, anti-bullying policies and staff codes of conduct.

The 4 Cs.

East Sussex County Council

What are the 4Cs and what are the Risks?

Content: children may be at risk because of their own behaviour, for example, by sharing too much information

Contact: age-inappropriate or unreliable content can be available to children

Conduct: children can be contacted by bullies or people who groom or seek to abuse them

Commerce: young people can be unaware of hidden costs and advertising in apps, games and websites

Where are the risks?	What harm can this cause?	What impact can this have?	How can we recognise this?
social networks	Children and young people may experience several types of	anxiety	Children might:
text messages and	abuse online:	self-harm	spend much more or much less
messaging apps	Cyberbullying	eating disorders	time than usual online, texting, gaming or using social media
email and private	Emotional Abuse	falling behind at school	
messaging online chats	(this includes emotional blackmail, for example	depression	 be withdrawn, upset or angry after using the internet or texting be secretive about who they're
comments on live streaming	pressuring children and young people to comply with sexual	anxiety	talking to and what they're doing online or on their mobile phone
sites	requests online	other mental health	on their mobile phone
voice chat in games.	Youth produced sexual	difficulties.	•have lots of new phone numbers,
	imagery(children might be pressured or coerced)	suicidal thoughts	texts or e-mail addresses on their mobile phone, laptop or tablet.

How can we prevent or respond to these risks?

- •Listen to your children if they want to tell you about anything worrying they experience online.
- •Talk to your children about what they like doing online. It's important to them!
- •Set rules for your children about being online at home.
- •Talk to your children about their own privacy settings on their devices and help them understand what other people can find out about them online



Considerations for schools

Schools should have a clear policy on the use of mobile and smart technology

Online safety Policy

Does your school have an online safety policy that is reviewed annually?

Do all members of staff read this policy?

Does your school have Acceptable Use Policies/ Agreements for pupils in different key stages?

How do you monitor and evaluate your online safety provision?

How do you ensure that those delivering online safety are given adequate training to do so?

Filtering and monitoring

How often do you get the reports from your filtering and monitoring system?

Are they at pupil level?

What happens if you're not in school, who gets them?

Guidance for filtering and monitoring from the South West Grid for learning is here

Use this <u>tool</u> to check if your provider has signed up to relevant lists

Pupil Voice/knowledge

Do you use the knowledge and skills of the young people in your setting to help shape your online safety strategy?

Do you have an Online Safety Group that informs your strategy? If not, who would sit on such a group in your setting?

Make sure online safety is an ongoing part of your work with children and young people, not just a one-off session. Is this pupil voice recorded?



The latest government guidance:

Keeping Children Safe in Education

Resources for Professionals

DfE Teaching Online Safety in Schools

<u>Harmful Online Challenges and Online</u> <u>Hoaxes</u>

UKCCIS -The UK Council for Child Internet Safety (UKCCIS) was a group of more than 200 organisations drawn from across government, industry, law, academia and charity sectors that work in partnership to help keep children safe online.

The council (now know as UKCIS) produces publications such as:

<u>Safeguarding Children in Early Years</u> <u>Settings</u>, online safety considerations

Sharing Nudes and Semi Nudes: advice for education settings working with young people

Tackling race and faith targeted bullying face to face and online

Online Safety Audit for Newly Qualified Teachers



More Resources for Professionals

The <u>UK Safer Internet Centre</u> is a partnership of three leading organisations: <u>Childnet International</u>, <u>Internet Watch</u>
<u>Foundation</u> and <u>SWGfL</u>, working together with one mission - to promote the safe and responsible use of technology for young people.

<u>Professionals Online Safety Helpline</u> (POSH) was set up in 2011 to help all members of the community working with or for children in the UK, with any online safety issues they, or children and young people in their care, may face.

<u>Digizen</u> The Digizen website provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible DIGItal citiZENS





Curriculum Links

The following frameworks and programmes help professionals ensure that they are equipping children and young people with the necessary skills to navigate the online world safely. These can be used to help plan spiral curriculums in schools (click on hyperlinks to go straight to the correct sites).



This Framework describes the Digital knowledge and skills that children and young people should have the opportunity to develop at different ages and stages of their lives

The framework focuses on 8 aspects of online education:

1. Self-image and Identity 2. Online relationships 3. Online reputation 4. Online bullying 5. Managing online information 6. Health, wellbeing and lifestyle 7. Privacy and security 8. Copyright and ownership



Digital Resilience Framework

The Digital Resilience Framework is designed to help organisations consider and support digital resilience for individuals and groups.



Further Curriculum Signposts

These organisations/projects further aid educators when planning how to equip children.







National Centre for Computing Education (NCCE)

Project Evolve

ProjectEVOLVE resources
each of the 330
statements
from <u>"Education for a</u>
Connected World".

Project Evolve has now launched a new

knowledge map feature

Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Online Safety Self-Review Tool for Schools | 360safe | 360safe

To help when reviewing policies and practices. There is also a smaller ESCC online audit which can be completed.

Teach Computing

The NCCE have put together a brilliant FREE Computing curriculum. Within this each unit links with the National Curriculum and the Educated for a Connected World Framework for Online Safety

East Sussex

Online Bullying - Child-on-Child Abuse

What professionals need to know:

Teachers and school staff need to have some level of understanding of social media platforms that their pupils are using

Many pupils know much more about these platforms than teachers do

Through Section 89 clause 5 of the Education and Inspections Act 2006 head teachers have the power to discipline their students for any bullying incidents outside of school "to such an extent that is reasonable." This includes bullying taking place online.

Things to consider:

The same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online and including when we are 'anonymous'

Let young people take the lead, give them a voice. Let them tell you about the positive things and it will open the doors to them telling what you concerns them

Cyberbullying Resources

- AntibullyingCyberbullying
- <u>Ditch the Label -</u>
 <u>Online Bullying</u>
 <u>Charity</u>
- <u>Diana Award Anti-</u>
 <u>Bullying Campaign</u>
- Anti-bullying campaign toolkit
- ChildnetCyberbullyingGuidance
- Internet MattersGuidance





Early Years Lessons

Lessons for professionals teaching our youngest children (Birth to 5 Years). Click on the hyper-links to take you to the resources.



A learning-to-read-book - Childnet



DigiDuck

The Digiduck® collection has been created to help parents and teachers educate children aged 3 - 7 about online safety. The collection includes ebooks, PDFs, a poster and an interactive app.

Childnet have now provided a range of new materials and an activity menu for the Digiduck series

NSPCC Pantosaurus

Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried

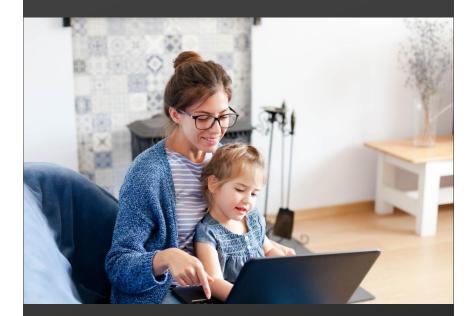


Smartie the Penguin

Join in with Mummy Penguin's song and follow the adventures of Smartie the Penguin as he learns how to be safe on the internet







Lessons for Key Stage 1

Ages 5-7



Jessie and Friends

This series of three animations aims to give 4-7 year olds knowledge, skills and confidence to help them respond safely to risks they may encounter online.



Personal or Private Information?

This video from Common Sense media help's children learn the difference between what is personal and what is private when sharing online. From this video there is a link to a lesson plan by Common Sense Media.

Undressed (lgfl.net)

Undressed is a campaign by the London Grid for Learning to teach the youngest learners about the risks of sexting . There is an animated song and colouring sheets.



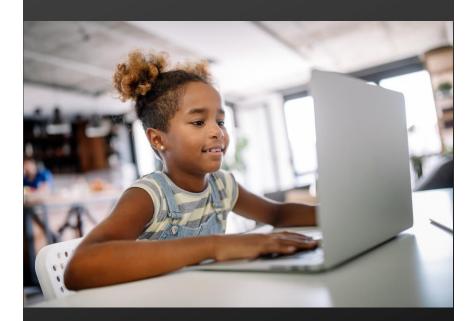
SMART

Ages 6-9

These cartoons illustrate 5 esafety **SMART rules** and include a real life SMART Crew of young people, who guide the cartoon characters in their quest, and help them make safe online decisions.



Lessons for Key Stage



Ages 7-11



Play Like Share

This three-episode animation for 8-10 year olds helps children to learn how to spot pressuring and manipulative behaviour online and to stay safe from other risks they might encounter online.



Be Internet Legends

Created by Google in partnership with Parent Zone, this Digital Wellbeing lesson plan has been designed to provide teachers with tools & methods to help Key Stage 2 pupils (7 to 11year-olds) develop healthy digital habits.



#liveskills

Three 20 minute lessons for 8-11 year olds focusing on live streaming.



Share Aware

Share Aware lessons to help young children learn about sharir -







Lessons for Key Stage 3

There is a wide range of maturity levels at this key stage, the following links address this breadth.



Crossing the Line

A practical online safety PSHE toolkit with films and lesson plans to explore online issues with pupils aged 11-14 years old. Includes lessons on cyberbullying, sexting, peer pressure and self-esteem.



Myth vs Reality

A toolkit for 11-14 years old covering online pornography, healthy relationships online and body image online.

<u>Just a joke? -</u> Childnet

Lesson plans, quick activities, a quiz and teaching guide designed to explore problematic online sexual behaviour with 9-12 year olds.



Trust Me

The main aim of this resource is to educate young people around inaccurate and pervasive information that they might come across online. This resource has both a primary and secondary pack.

Send me a pic?

Send me a pic? is a educbrand new Thinkuknow ation resource on the consensual and nonconsensual sharing of nude images among young people.

It's not ok

NSPCC

Lesson plans to help children identify concerning behaviours and recognise the characteristics of positive relationships. The films and activities focus on grooming, sexting, harmful sexual behaviours, child abuse and child exploitation. For children aged 11





Further Resources

Respecting me you us

Respecting me, you, us is a CEOP Education resource developed in association with clinical psychologist, Dr. Elly Hanson. Designed for young people aged 12-14, Respecting me, you, us is a set of eight lesson plans and five short situational films.

The resource aims to help young people develop a better understanding of healthy relationships, and how to challenge unhealthy behaviours and social norms, to better protect them from harm through child on child abuse, both off and online.



Online Blackmail Resource

Online blackmail is a new education resource which aims to help young people identify key characteristics of how blackmail manifests online, understand the impact it can have, and how they access help if they experience it.

Lessons for Key Stages 4&5



Ages 14+



Starting conversations to put an end to online hate

Talk it over has been written for educators and other professionals to use with young people aged 13-17 years old. It has four parts including examining impact and responding to online hate.





Step Up, Speak Up

A practical campaign toolkit to address the issue of online sexual harassment amongst young people aged 13 - 17 years.

Lets fight it together

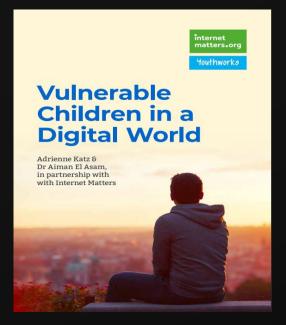
A cyberbullying film resource for 11 to 15 year olds.

First to a Million

This film allows for longer, interactive sessions based around the issues that can arise when films and images are posted online.



East Sussex



A report Highlighting online risks vulnerable children may face and the support they need Vulnerable Children in a Digital World

Online Safety for Vulnerable Learners

Supporting SEND Pupils



Childnet STAR toolkit



Know your friends with Josh and Sue

The film is aimed at young people aged 11-13 who have learning disabilities. The simple narrative also makes it accessible to younger children who need basic internet safety messages.

Thrive Online | Childnet

Helping educators, parents and carers, to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND). These free, adaptable resources look at the important topics of healthy relationships, digital wellbeing and online pornography

Inclusive Digital
Safety Resources

Recognising that online safety needs to be an integral part of children's digital journey, these tailored resources can help shape the safety of all children online.



Further Resources

MORE SEND RESOURCES

Online Grooming

CEOP

Media Smart SEND Resources

Thinkuknow

Ambitious about Autism easy read guide Supporting LGBTQ children Online

Childnet support

Resources for Teachers, Parents, Carers and young people

Resources - BIK Portal (betterinternetforkids.eu)







BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

lag up with someon you trust if anything upsets you or if someone asks to meet you offline.

A local ICT lead (Tom Stone) has produced lessons that link with the Educated for a Connected World Framework and Zip it, Block it, Flag it. There are lessons and resources for EYFS and KS1&2. Tom also runs a termly Computing At School Community hub where Online safety is discussed.

Childnet



<u>Childnet - School Pack</u> <u>for Online Safety</u> Awareness

Childnet have also provided an <u>animation</u> to explain Digital Leaders



SLES (with the help of Tom Stone) have produced their own version of the Digital Leaders programme.

<u>Digital Leaders - Czone</u> (eastsussex.g





Online image and identity

Resources to support learning about selfesteem, image and online identities





<u>Teacher</u> <u>resources - Dove</u> <u>Self-Esteem</u> <u>Project</u>

> Lesson plans to be delivered in RSHE lessons referring to social media and online pressures



Teaching online
reputation and
netiquette |
Barclays
LifeSkills

Using the activities on this page, support students to identify the positive and negative impacts of sharing information with people online



Exploring online

personal
branding |

Barclays
LifeSkills
16-19 year olds

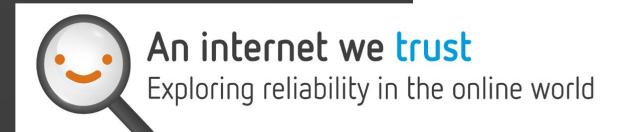
These resources encourage young people to think about personal brand and how to reflect this professionally in a digital footprint.

MediaSmart

Education from the Advertising Industry

Media Smart
Body Image 9-11
yrs / Key Stage 2
/ PSHE







Deliver a lesson

Safer Internet Day Tuesday 7th February 2023

'Together for a Better Internet

Safer Internet Day
Resources

Run an assembly

Use quizzes

Do group activities

Explore cross curricular links

Get parents and carers involved

Revisit the Theme later in the year Embed throughout your school

For more information on how to get involved in this nationwide day and to kickstart a whole school focus go to

Safer Internet Centre





Guidance for Parents

Signposts and Advice for parents wanting to support children in building Digital Resilience

 Tips and advice can be used as materials for newsletters to parents to support parental engagement.

- Give Regular updates weekly/halftermly - find out what they would find useful
- Emphasise the importance of partnership schools and parents working together
- Localise talk about what you know your pupils are doing e.g.
 - ❖ 59% of our pupils have seen harmful content online...
- Use Video snippets in newsletters (Information, Advice and Support to Keep Children Safe Online (internetmatters.org))
- Use Infographs
- Get pupils to run the session or be involved in it
- Recognise that different parents will have different needs
- Create a practical session looking at how to protect devices etc. (Use Internet Matters to help with this)
- Give General online safety update what are young people doing online
- Provide Latest research

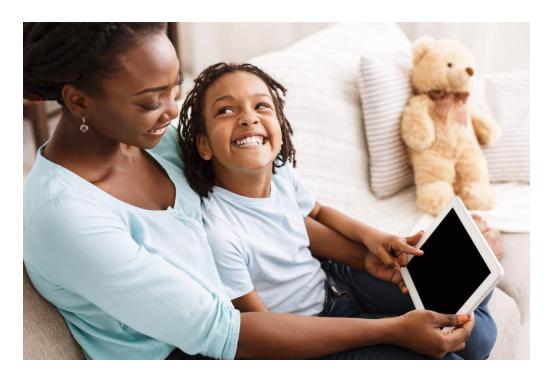


Suggestions for how schools can engage parents

When many of today's parents were children, most of today's technology did not exist.

Try these at home with your child:

- •Start conversations about online lives early
- Establish clear boundaries about when/where they can use their devices
- •Go online with your child enjoy it!
- •Show interest but try to respect privacy
- •Try to promote resilience without completely shielding your child from all risks
- Choose age appropriate apps and games
- Know where to report concerns
- Check your settings regularly
- •Remember 3G,4G,5G means your children can access materials elsewhere.



Digital Resilience

A child is only as safe as their least protected friend as soon as they wander around with 3G,4G and 5G access. We need to encourage our children to become Digitally Resilient.

To support parents, Internet Matters have created a hub of advice to explain and understand the world of online gaming and encourage children to game safely and responsibly online.

- Internet Matters Online Gaming Advice
- NSPCC Advice on Gaming
- Childline Advice on Gaming
- Netaware your guide to social networks, apps and games
- Explanation of Video Game ratings:

Be aware of in-game features - Games can have different features within them and it's a good idea to explore these and make use of any safety settings. Look out for parental controls, reporting and blocking buttons and in-app purchases. Find out how to avoid in-app purchases.

Internet Matters have a useful resource to help parents find out more about <u>in-game spending</u>

learn about it

talk about it deal with it

<u>advice</u>

internet matters.org



Commerce

Advice for parents to understand the risks about gaming and how to help children play online games safely



Too much Screen time? Not all screen time is equal!

Parents often worry about the amount of time their children spend on their screens. Responses to this often lead to parents restricting or banning screen time. Recent research has shown that the time spent on screens is less important for children's wellbeing and health than they activities they are engaging in.

Children use screens/devices for different things:

- Communication chatting to their friends, video calls, keeping in touch
- Interactive consumption playing video games (with friends) and browsing the internet
- Content creation making videos/music, Minecraft
- Passive consumption watching movies, watching YouTube etc
- Learning lessons, tutorials etc



Consider:

- Talking with your child about what they are doing online, taking the interest before banning/restricting
- Talking with your child about risks associated with what they are doing online
- Asking your child if they know what they would do if they saw something upsetting online.
- What you are a role modelling how much time do you spend on a screen? And what are you doing on it?

Goldilocks A Hashtag Cautionary tale is a story based on the traditional tale but with a modern twist. A great one to read with children who are using social media accounts: A Hashtag Cautionary Tale

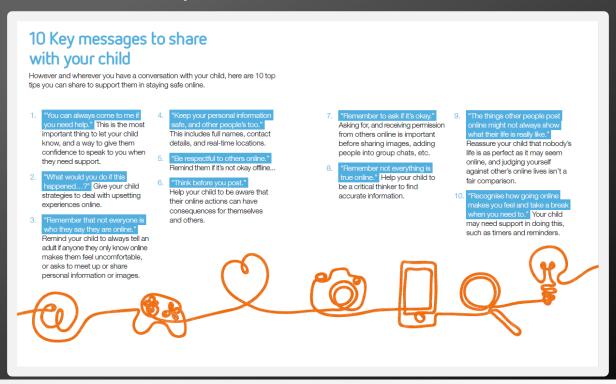
Vodaphone have linked with Digital Awareness UK and have created a free PDF magazine with advice for parents available to download or read online. The website has information about the latest apps.

Further Signposts for Parents

Childnet have created a fantastic resource for parents that you can either give them the direct link to or share via your school newsletter.

Let's talk about life online

<u>Taming Gaming</u> The Family Video Game Database has been created to help parents, carers and guardians gain a deeper understanding of video games. Through unusual lists of games, detailed search and alternative suggestions they connect families with amazing, affordable video games that are valued by adults and children



East Sussex



CR225

Technology use and the mental health of children and young people

January 2020

COLLEGE REPORT

Useful information and recommendations for parents and young people can be found in this report.

Table 4 – A quick guide for parents					
Under 1 year old	Avoid screen time				
2–5 years old	Ensure that screen time is part of a varied and balanced day with activity and face-to-face time. Spend at least three hours a day in physical activity. Children should spend no more than one hour sitting watching or playing with screens.				
5–11 years old	Develop a plan with your child for screen time and try to stick to it. Ensure that children have a balance of activities in the day with physical activity, face-to-face conversation and tech-free times. Encourage mealtimes to be tech free. Ensure that you have spoken to your children about how to keep safe online and check that they are keeping safe. Make it clear that you will support them if they feel unsafe or upset online. Try to ensure that there are no screens in the bedroom at night.				
11–16 years old	Develop a plan with your teenager; if you have a plan, check that this still fits. Encourage a balance of activity, face-to-face social time, schoolwork and family time. Encourage mealtimes to be tech free. Keep having conversations about keeping safe online and offer space to talk about things that teens might see online which they find upsetting. Make it clear that you will support them if they feel unsafe or upset online. Try to ensure that there are no screens in the bedroom at night.				

For Parents: How many of these popular Apps/Games do you know?





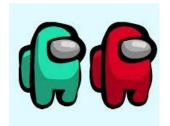


























YOLO





From top left moving right: House party, WhatsApp, Snapchat, TikTok, Depop, Fortnite, Call of Duty, Among Us, Omegle, SlapKings, YouTube, Tellonym, Hoops, Instagram, Grand Theft Auto (GTA), Yolo, Discord, Mindcraft

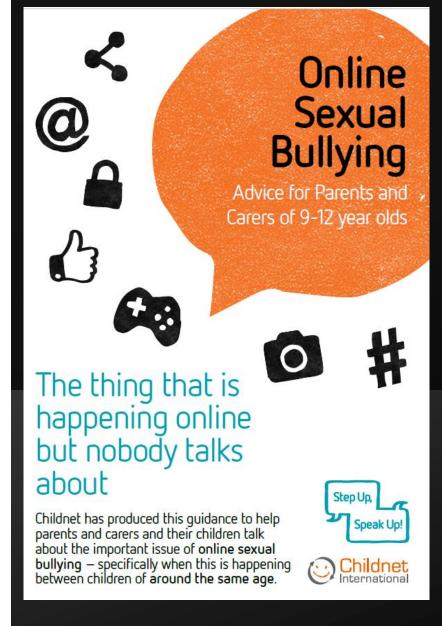
If these apps are not familiar to you go to www.netaware.com to find out more about them and perhaps do a weekly 'App Focus' on each one for your parents in your newsletters.





Resources for Children

The following are websites that we could encourage our children to be looking into if they need help online...





Online Sexual Harassment: Advice Leaflets | Childnet



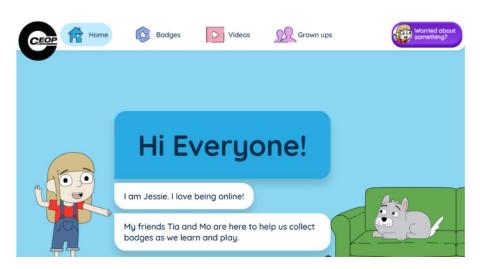
The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

11-18s | CEOP Education (thinkuknow.c o.uk)

11-18s website. Guidance for teens including information on relationships, sharing nudes, sexual abuse, socialisng online etc

Websites for Children and Young People



4-7s Interactive website and guide for parents and carers 4-7s | CEOP Education East Sussex

carers <u>4-7s | CEOP Education</u> (thinkuknow.co.uk)

All Ages





Thinkuknow



Childnet for Young People



Own it



Childline



Band Runner

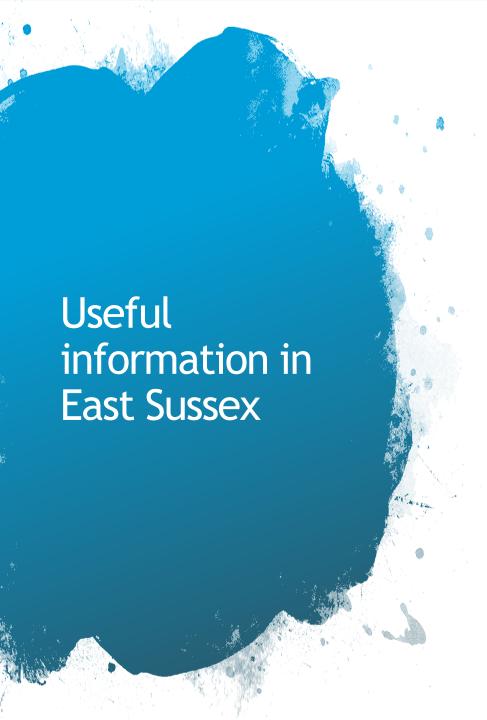


Ollee - virtual friend App



Get SMART - Childnet





East Sussex Safeguarding Children Partnership

Call: 01273 481544

 Email: <u>ESSCP.Contact@eastsussex.gov.</u> uk

Single Point of Advice (SPOA)

Phone: 01323 464222 Email:

• 0-19.SPOA@eastsussex.gov.uk or

019.SPOA@eastsussex.gcsx.gov.uk

Czone - East Sussex Safeguarding Information

• https://czone.eastsussex.gov.uk/safeguarding/



