

# ONLINE SAFETY 2019 SUPPORTING RESOURCES

Empowering your young people to be safe online citizens.



# CONTENTS

Contents	2
A 'How To Guide'	3
Your PSHE Calander	4
Top Tips - What To Do If You Are Being Bullied Online	5
Top Tips - How To Stay Safe Online	6
Online Safety - Parents - What Can You Do?	7
Online Safety - Top Tips For Parents/Carers	8
Popular Apps, Their Features and Risks	9
Common Features Within Apps	13
Partner Activities - Online Safety Jigsaw	12
Partner Activities - How Am I Feeling?	13
Contact Us	14



# A 'HOW TO' GUIDE



Here are some hints and tips on how you can make use of the elements within this pack to help empower your young people to be safe online citizens all year round.

## YOUR PSHE CALENDAR

Make a plan for PSHE for the year.

How you can include online safety within the other PSHE topics? For example; explore the effect cyber bullying has on mental health during mental health awareness week.

[\(Page 4\)](#)

## POPULAR APPS, THEIR FEATURES AND RISKS

This is a useful handout for parents to help enable them be aware of whether the apps their children are using are age appropriate/ put them at risk. Why not host an Online Safety parents evening and hand this out.

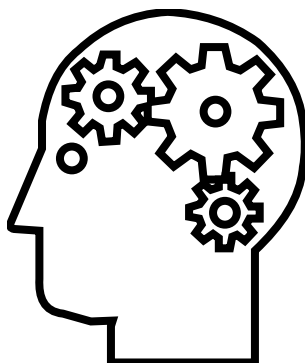
Want us to facilitate this? Please do not hesitate to get in touch.

[\(Page 9\)](#)

## TOP TIPS WHAT TO DO IF YOU ARE BEING BULLIED ONLINE- LEAFLET/POSTER

Display this poster around the school to always remind your young people of what to do if they are being bullied all year round. This document can even be printed and handed out for them to take home.

[\(Page 5\)](#)



## CONTACT US

Send us a tweet, share photos with us on Facebook or pop us an email. We are always thrilled to hear updates on how schools are teaching online safety in their school. Remember never hesitate to contact us for advice on any online safety issues you may be having within your setting.

[\(Page 14\)](#)

## TOP TIPS HOW TO STAY SAFE ONLINE - LEAFLET/POSTER

Display this poster around the school to always remind your young people how to stay safe online all year round. This document can even be printed and handed out for them to take home.

[\(Page 6\)](#)

## TOP TIPS FOR PARENTS/ CARERS - LEAFLET/POSTER

Display this poster in areas where children are collected from school or where parents are often present. For example; the main reception/office. An other idea could be to print them out and give them out during parents evening.

[\(Page 8\)](#)

## ONLINE SAFETY PARENTS - WHAT CAN YOU DO?

Display this poster in areas where children are collected from school or where parents are often present. For example; the main reception/office. An other idea could be to print them out and give them out during parents evening.

[\(Page 7\)](#)

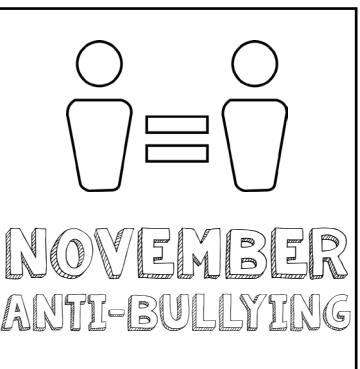
# YOUR PSHE CALENDAR



Empower young people to identify coping strategies to aid the management of their mental health with our assembly and workshop day available between **18th - 29th March**.



Helping young people to identify what a healthy and happy relationship looks like with our assembly and workshop day available between **13th-24th May**



Our 'Triple-R' programme uses a mix of exciting performance assemblies and workshops to give your young people the knowledge and resilience to recognise, report and resolve all forms of bullying. We won't know the official date for National Anti-Bullying week for a while yet, but you're welcome to secure a date in November to guarantee your visit and a slot within next year's anti-bullying week.



Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people and inspire a national conversation. Safer Internet Day 2019 took place on Tuesday 5th February with the theme 'together for a better internet'.

Our online safety programmes help your school community to feel empowered to make positive decisions online. Online safety training for teachers, parents and young people available **4th-15th February**. We offer loyalty discounts to those booking for the following year. So be sure to get in touch to claim your discount for next year.

We understand that every school is different and tailor make programmes to meet specific needs for schools. We provide annual PSHE programmes and creative PSHE based PPA cover.



# TOP TIPS - WHAT TO DO IF YOU ARE BEING BULLIED ONLINE



## TELL A TRUSTED ADULT

No matter who you are, bullying is a horrible thing and makes you feel rubbish! Never keep your feelings bottled up inside. Tell someone. Your parents/carers, an older sibling, your teacher - just pick someone you trust and let them know so they can help to make the bullying stop.



## NEVER RETALIATE

You should never retaliate by responding with similar behaviour to them. This can make the situation much worse and make it spiral out of control and you might get in trouble yourself. Instead, remove yourself from the situation by blocking them and tell a trusted adult.



## ALWAYS REMEMBER IT IS NOT YOUR FAULT

Every single person in the world is unique. This is what makes us all amazing. Bullying is caused by a choice someone else is making, not because you are different.



## COLLECT EVIDENCE

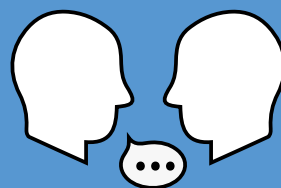
If you are being bullied online always take a screenshot, whether it is a nasty post, text, message or picture. This can all be used as evidence to help your school stop the online bullying behaviour.



## SOMETIMES IT'S 'FRIENDS' THAT SHOW BULLYING BEHAVIOUR

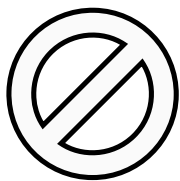
Sometimes it can be those who we think are our 'friends' that are saying or doing things online that upset us. Always remember if someone is your friend they should never make you feel sad or bad about yourself. Choose to talk to people online who you know in real life and who are always nice to you.

## ALWAYS REMEMBER...



## BLOCK, REPORT, TALK!

# TOP TIPS - HOW TO STAY SAFE ONLINE



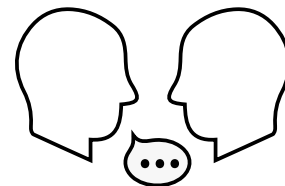
## BLOCK

You can block people online to stop them making contact with you. This can prevent them seeing your profile, posts/tags, or messaging you within apps/websites. You should block unsafe online activity including unwanted messages and content, always block strangers that try to contact you online. Remember, take a Screen shot for evidence and always tell a trusted adult.



## REPORT

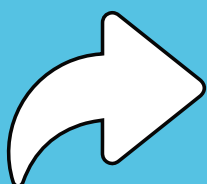
You should report anything online that makes you feel uncomfortable. If you see anything online that you know is wrong whether it is a picture, post, message, be sure to report this to the app/website and then tell a trusted adult, like a teacher or parent. Even if you are not sure, trust that feeling in your tummy and ask someone for advice.



## TALK

You should talk to a trusted adult about how you are feeling and about your online activity. If anything online ever makes you feel worried, uncomfortable or gives you a funny feeling in your tummy, always tell a trusted adult. They will be able to help.

## BE CAREFUL WHAT YOU SHARE ONLINE



Always be mindful of what you are posting online. If you would not want your parents/carers or teachers to see it, then you probably shouldn't post it. When you hit post it is public for people to see and is likely to be online forever. Be wary of images and videos you post as you can accidentally end up revealing personal information such as where you live and which school you go to.

## BE CAREFUL WHO YOU CHAT TO



Socialising online can be really fun. Just remember it is much easier for someone to hide their real identity in the online world. Only talk to people you have met in real life. If someone you do not know tries to befriend you online remember to 'block, report and talk'. It is also important to remember to do this no matter their age, people often lie and pretend to be your age to befriend you.

## PROTECT YOUR IDENTITY



Keep your profile private, not public! Change your privacy settings to private this will stop people you do not know from gaining any of your information or contacting you. Remember never give out personal information such as your telephone number, address or which school you go to.

# ONLINE SAFETY - PARENTS - WHAT CAN YOU DO?



## PASSWORDS

Make sure all of your's and your children's devices have passwords. This will not only enable you to limit what your young people access, but also allows you to limit their screen time. Remember, they do not need to know the password. This will encourage them to always ask permission and give you a window to ask questions and find out what they are up to online.



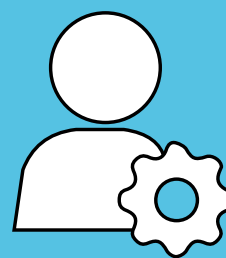
## NOTE CHANGES IN BEHAVIOUR

Once you have an understanding of your child's activity note any sudden changes in behaviour. Heavy use / secrecy / withdrawing from social activity. These are all signs to investigate further.



## SHOW INTEREST / CREATE CONVERSATION

The best way to build a more complete knowledge of a child's online activity is to pay an interest. Have them tell you about the apps they use. What is happening in their lives and the lives of their friends.

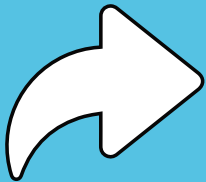


## PARENTAL CONTROLS

Make sure all devices have explicit material filters on. This prevents children accessing materials above their age limit. Make it your business to know what apps they are using and change the parental controls within the app settings if you are worried about any of the features within the app.



# ONLINE SAFETY – TOP TIPS FOR PARENTS/CARERS



## BE CAREFUL WHAT YOU SHARE ONLINE

Always be mindful of what you are posting online. Social media can be an amazing way of keeping in contact with friends and family, but it is important to think about what you post before you post it. Be careful not to accidentally give away personal information by including pictures of your children in their school uniform or pictures of your house/street. Always remember to not post anything about holidays or if you will be vacant from your home for a period of time.



## ENCOURAGE OPEN, HONEST CONVERSATIONS

The best way to keep your child safe is by talking to them. You need to be the person that they can turn to for advice/comfort if anything online is making them feel uncomfortable or worried. Don't get angry if they have been doing something they shouldn't on the internet, children are naturally curious. Instead be honest with them about the dangers and ask them frequent questions about what they've been up to/ what web pages/apps they are using.



## DO YOUR RESEARCH

It is really important to understand apps that your children are using and their features. If they want to play a new game, app, or go on a website you are unfamiliar with, google it first. This will enable you to make an informed decision about whether it is age appropriate and how you can set parental controls/block certain features that may put your child at risk of harm.



## INSTALL PARENTAL CONTROLS

Parental controls can be used to block upsetting or harmful content, control in-app purchases and control the amount of 'screen time' they have. To stop your child accidentally stumbling upon inappropriate online content make sure parental controls are in place on all apps they use. Be aware that these controls cannot filter out everything, some things do slip through the net, so be aware of what they are watching if they are using apps such as YouTube.









## AGREE BOUNDARIES

It is really important to set boundaries for what your child can and can't do online. Set rules about what they can and cannot share, how long they can spend online and what apps and websites they can/can't use. Don't just set the rules with no explanation. Explain why each rule is in place and explain how each rule protects them from certain dangers and remember, be honest.












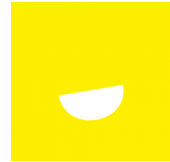
# POPULAR APPS, THEIR FEATURES AND RISKS

APP NAME	AGE	WHAT IS IT USED FOR?	POTENTIAL RISKS
Snapchat 	13+	To send time limited pictures or videos to friends.	Sending inappropriate content that cannot be traced. Often used as a platform for inappropriate conversation. The conversation deletes automatically once the conversation has been closed. The filter feature within the app includes filters that have the potential to encourage unrealistic ideologies of what we should look like.
Facebook 	13+	To make friends, post pictures, or statuses, and share news stories etc. Create pages and connect with like minded people.	Being exposed to adult humour, inappropriate content. Becoming friends and chatting with strangers. Group chats - group bullying. Tagging or mentioning people in hurtful posts. Publicly posting about people when arguing. Personal information being public without the right security settings.
WhatsApp 	16+	WhatsApp is a messaging service that lets users exchange unlimited text, audio, photo and video messages over the Internet.	The application is designed to send customizable photos or video clips to anyone in a user's contact list, providing the perfect platform for sexting and sharing inappropriate photos. You can only contact people on this app if you have their telephone number.
Instagram 	13+	To post your own photos with tags and captions. You can follow others and view their photos.	Instagram is extremely popular with young adults. Young people often become obsessed with how many likes they get per picture. They also have access to images from all users who do not have a private profile. This allows them to view inappropriate content. Unless their profile is private everyone will be able to see their posts. Instagram is often used by predators to leave complimentary comments on photos and lure them onto different platforms such as WhatsApp. Instagram also includes a direct messaging service making it easier for strangers to make direct contact. Children may be tempted to take risks to get more of a following or likes on a photo/video so it's important to talk about what they share and with who.
YouTube 	13+	YouTube allows you to watch, create and comment on videos. You can create your own YouTube account, create a music playlist, and even create your own channel, which means you will have a public profile. YouTube allows live streaming.	YouTube contains so much content that inappropriate content often 'slips through the net', even when parental controls are put in place. People often will comment inappropriate comments on videos that they know young people will be viewing. Youtube often turns into a platform for bullying this is because unless you turn off comments, anyone can comment on your video. For this very reason they have now released 'YouTube Kids' a YouTube specifically for the use of children.
YouTube Kids 	4+	A family friendly version of the app 'YouTube'  You can update the age level settings dependant on what is age appropriate to your child. <sup>a</sup>	There are limited risks associated with this app. You can adjust so many settings to make it a safe place. The biggest risk associated with this app would be too much 'screen time' You can add timer settings to the app so they cannot access videos for more than a certain time per day. We would recommend you to use this with your children instead of the original YouTube app. In addtion, whist Youtube Kids has filtered content, being present when your young person is using the device is always advised.

# POPULAR APPS, THEIR FEATURES AND RISKS

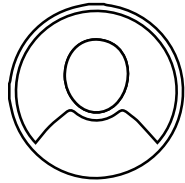
APP NAME	AGE	WHAT IS IT USED FOR?	POTENTIAL RISKS
Minecraft 	13+ unless they have parental permission.	Minecraft is often described as a 'sandbox game'. This means that it's a virtual land where users can create their own worlds and experiences, using building blocks, resources discovered on the site and their own creativity.	There are thousands of servers to choose from in Minecraft which are a single world or place created by the public, allowing users to play the game online or via a local area network with others. Some servers allow communication with strangers. Some groomers have been known to create worlds in Minecraft to lure young people into conversation. There is also a live chat feature which can often be misused as a platform for cyber bullying.
Fortnite 	13 +	Fortnite is a free to download game, that allows you to play with other people from across the world. The idea of the game is to be the last gamer standing by using weapons and traps to eliminate fellow players. Violence is played through a cartoonist style. You can play as a single player or in co-operative mode (with friends). Games are played by up to 100 players and last only 30 mins. The game is so appealing as it is available across many platforms, not just Xbox or Playstaion, but as an app on pc, tablet and phone.	The open chat platform can pose risks, especially in regards to releasing personal information as well as chatting to people they don't know. The basic premise of the game is based on violence and destroying other people. Whilst this is created in a cartoon style the violence is rife and can be distressing for some children, and as the age restriction indicates, is not deemed suitable for young children. Whilst Fortnite can be free to use, there are in-app purchases including monthly subscriptions (\$10), which can be costly.
Clash of Clans 	13+	Clash of Clans is a combat game where players build their own armies (clans) and battle against other armies from around the world. There is also a chat feature where you can talk to other players.	There are a lot of in-app purchases available within this game meaning children can accidentally spend your money if you do not have passwords in place. The chat feature within the app means there is risk of strangers making contact with children. This can often be used as a platform for cyber bullying.
Roblox 	<13 and 13+ *	Roblox is primarily an online platform that hosts user/player made games. Players can choose which games they want to play. Games can be anything from navigating obstacle courses, finding your way through a spooky maze, role playing games and much more.  *Parent control setting available for young people under 13, this restricts the online chat facilities. You can update the age level settings, meaning your child will only view what is age appropriate to them.	Some games are quite scary and too violent for younger players. As the content is made by amateurs, inappropriate games and content can often slip through the net. The parental controls do not block friend requests meaning your child can receive friend requests from strangers.

# POPULAR APPS, THEIR FEATURES AND RISKS

APP NAME	AGE	WHAT IS IT USED FOR?	POTENTIAL RISKS
	13+	This app gives users the opportunity to share 60 second short videos with friends, family or the entire world. Videos shared range from funny sketches to lip-sync videos featuring special effects.	Parents have expressed concern about the inappropriate language in some of the videos posted which may make this less suitable for younger children. By default all accounts are public so anyone on the app can see videos your child shares. However, only approved followers can send them messages. Users can like or react to a video, follow an account or send messages to each other. There is the risk that strangers will be able to directly contact children on the app. Children may be tempted to take risks to get more of a following or likes on a video so it's important to talk about what they share and with who and to never accept friend request from people they have not met in real life.
	You can update the age level settings, meaning your child will only view what is age appropriate to them.	To text/video chat with strangers online.	This app/website is not suitable for any child and can be extremely dangerous. Even on safe chat, there is explicit content. Many people have been bullied, blackmailed and groomed on this website.
	13+	Followers ask you questions that you can choose to answer and share on social media platforms.	Many questions can be inappropriate, offensive or encourage young people to reveal information about themselves.
	12+ but anyone can easily gain access.	Similar to dating app Tinder, it allows people to connect with others based on their location. Users swipe to accept or decline to talk to someone based on their profile picture. It is linked to photo-sharing app Instagram.	The app is rated 12+, although no verification is required to signup. Anyone can sign up and post inappropriate content that breaks Yubo's community guidelines. Although you don't need to share your location to use the app, it is an integral part of the way the app is used. If you have locations enabled you can find friends nearby. Your location is then shown to other potential 'friends' along with your name and age. You can 'Go live' during a chat with friends or choose to live stream other users on Yubo. This option allows anyone to see the live broadcast and send messages, not just friends. You can also choose whether to add viewers as new friends. This app allows a lot of communication with strangers and has been considered an extremely dangerous app for children of any age to use.

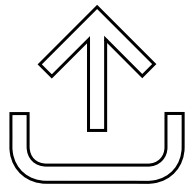
# COMMON FEATURES WITHIN APPS

## PROFILE



Allows the member to have a home page which has their personal information and can contain a bio, likes, interests, pages etc. There are extensive privacy settings on profile pages so be sure to go through all of them. Never put your address or phone number on there, strangers may try to contact you.

## UPLOAD CONTENT



Most sites allow members to upload text messages, photographs, audio and video files free of cost. This is nice way of sharing memories such as holidays or birthdays with your family and friends however, remember to use the privacy settings and do not upload a picture with someone else in it without their permission.

## CHATS



Chats are very common in social media and can range from private 'direct messaging' to a group chat. Members in a group chat can add new people to the group. Useful for group work but risky as group chats could be set up to exclude and bully someone. Direct messaging is dangerous as well, people who are not on your friend's list can attempt to contact you. Messaging can also contain videos and photos.

## GEO-TAGGING



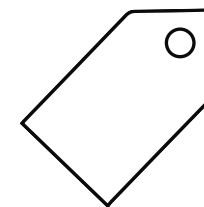
Geo-tagging is a way to link information you are sharing to where you are or were. For example you can add a location to a picture, status or video. Geo-tagging is also used on apps such as Snapchat to view other peoples location or for them to view where you are.

## PAGES



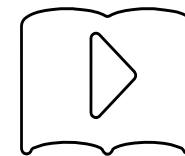
Many apps allow you to create pages where you post articles or photographs etc and connect with people who are interested in the same things. Pages can be made member only and private, this may encourage people to use them to talk about someone and exclude them.

## TAGGING/MENTIONS



Tagging someone or mentioning the in a post by typing their user name into a comment or photo can be fun when sharing with your friends. However, you can not control who tags you in post and there is a risk of being associated with a controversial or inappropriate article or post. You can remove yourself from the tag and report if necessary but people will still be able to see it if you do not remove it straight away.

## LIVE STREAMING



Live streaming is like live TV. You can film and it will show online for people to view in real time . You can also post short videos or pictures online instantly after they have been taken. These are often posted in a 'story' on apps such as Instagram, Facebook or Snapchat and are often viewable for 24 hours.



# ONLINE SAFETY

## WHAT ARE THE RISKS

### BEHAVIOUR

Children should be aware of the way that they behave and present themselves when they are online. This digital activity is a reflection of themselves as individuals and can have a long lasting impact through their digital footprint. It is important that they are aware of how they are being viewed by others, considering that they are posting and sharing information in a safe and responsible manner.

### ACCESS

It is important to remember that not all information and images on the internet are filtered and by going online your child may encounter inappropriate material. Therefore ensure parental controls are put in place where possible and help your child feel confident to discuss any concerns with you by having open communication about their activity.

### PREVENTING

The internet is not a place to make new friends and it is important children understand this, as people might not always be who they appear to be. You can help your child by ensuring their privacy settings are set to private not public, as well as reviewing their friends list with them. Also, ensure your child is aware how to report unwanted or concerning communication when they are online, as well as feeling confident to talk about this behaviour at home.

### MARKETING

A lot of the games and apps children use contain marketing and advertising. It is important children recognise that these are not part of the game, as they can accidentally be spending money. Therefore, encourage your child to always ask permission from a trusted adult at home before beginning any new online activity.

## USEFUL LINKS AND GUIDANCE

We are aware the subject of online safety is a complex one, therefore below please find a list of suggested websites where you can find further advice and guidance to aid in your families online safety.

NSPCC:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

Childnet:

<https://www.childnet.com>

Safer Internet Centre UK:

<https://www.saferinternet.org.uk>

Internet matters:

<https://www.internetmatters.org/advice/>

# CONTACT US

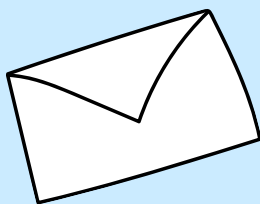
We are always thrilled to hear updates about how schools have used our resources and activities. Don't forget to catch us on our social media platforms and share photos of your work!



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Tel: 01174 286 240

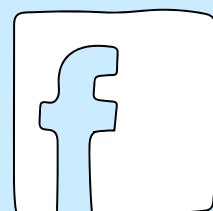
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EXPLORE, EDUCATE & EMPOWER**



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