



“Do not be afraid.  
Open wide the doors  
for Christ.”



## St John Paul II Multi-Academy Company Safeguarding Newsletter – Autumn 2 2021

### Topic: Online Safety



#### MAC Safeguarding Newsletter

Each half term, a member of the safeguarding team from the MAC will compose a safeguarding newsletter on an important and pertinent topic. This newsletter is for your information and is designed to help you support and protect your child. If you have any questions or concerns, please contact a member of your school's DSL (safeguarding) team.

# What is online Safety?

In simple terms, online safety refers to the act of staying safe online. It is also commonly known as internet safety, e-safety and cyber safety. It encompasses all technological devices which have access to the internet from PCs and laptops to smartphones and tablets.

Being safe online means individuals are protecting themselves and others from online harms and risks which may jeopardise:

- their personal information,
- lead to unsafe communications, or
- effect their mental health and wellbeing.

## What are the risks?

It goes without saying that the internet can be an unforgiving place. Aside from the more obvious risks such as online bullying, grooming or device addiction, the way children are engaging with the online world means that we have to take stock of their mental health and wellbeing, the type of content they are viewing and what they are posting online.

Online risk can be classified in three ways:

### • Content risk:

Children receiving mass-distributed content. This may expose them to age inappropriate material such as pornography, extreme violence, or content involving hate speech and radicalisation.

### • Conduct risk:

Children participating in an interactive situation. This includes bullying, sexting, harassing, being aggressive or stalking; or promoting harmful behaviour such as self-harm, suicide, pro-anorexia, bulimia, illegal drug use or imitating dangerous behaviour. A child's own conduct online can also make them vulnerable - for example, by over-sharing their personal information or by harassing or bullying themselves. Once it is out there, it will always be out there! Children shouldn't behave inappropriately just because it is online.

### • Contact risk:

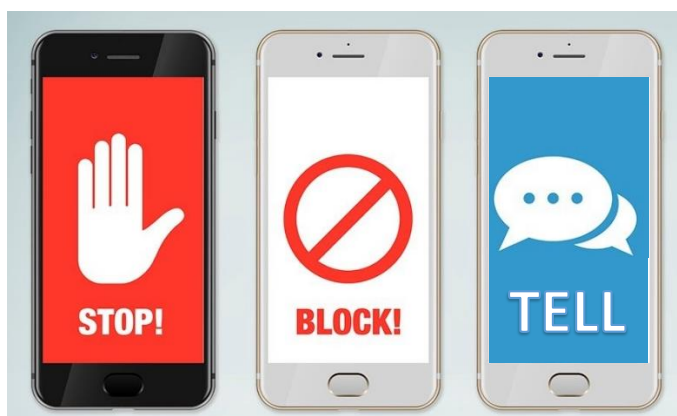
Children being victims of interactive situations. This includes being bullied, harassed or stalked; meeting strangers; threats to privacy, identity and reputation (for example, through embarrassing photos shared without permission, a house location being identified, someone impersonating a user, users sharing information with strangers); and violence, threats and abuse directly aimed at individual users and/or groups of users.

# The Law

Social Media services require users to be at least 13 years of age.



Keeping children and young people safe online is one of the biggest challenges facing society today and it is our job to work together to ensure that all of our children are equipped to make informed and sensible choices when they are online.




Children have access to a mobile phone or tablet device at a much younger age.


Ask yourself...


- ... do I know who my child is contacting?
- ... do I know what my child is looking at?
- ... do I know what games my child is playing?


**Have you explored parental controls?**


# How Can we keep our children safe?


**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](http://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](http://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](http://WWW.CHILDNET.COM)

© 2014 THE CHILDREN'S COMMISSION

## Useful websites:

<https://www.internetmatters.org>

<https://www.net-aware.org.uk>

<https://www.thinkuknow.co.uk>

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

<https://www.lego.com/en-gb/sustainability/children/buildandtalk/>