HOLLY GROVE SCHOOL ONLINE SAFETY NEWSLETTER

14TH FEBRUARY 2025
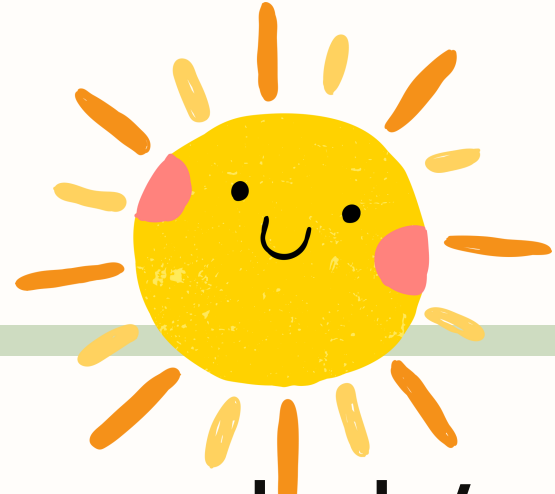
**www.holly-grove.lancs.sch.uk / www.facebook.com/**

hello

Hi, I am Laura, ICT/Computing Lead and member of the Holly Grove Online Safety team.
We have had a great week, learning about online safety and have enjoyed lots of fun, engaging activities.
We hope you enjoy our newsletter.
If you have any questions or concerns about your child using the Internet in school or at home, please don't hesitate to contact school and you will be directed to someone who can support you.

Hi, I am Joshua, Holly Grove's Online Safety Ambassador.
Visit our fb and website to see me being interviewed by Laura Byrne.
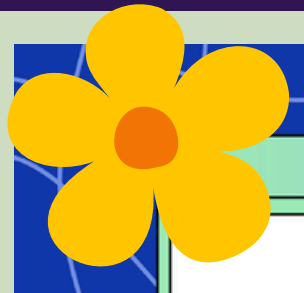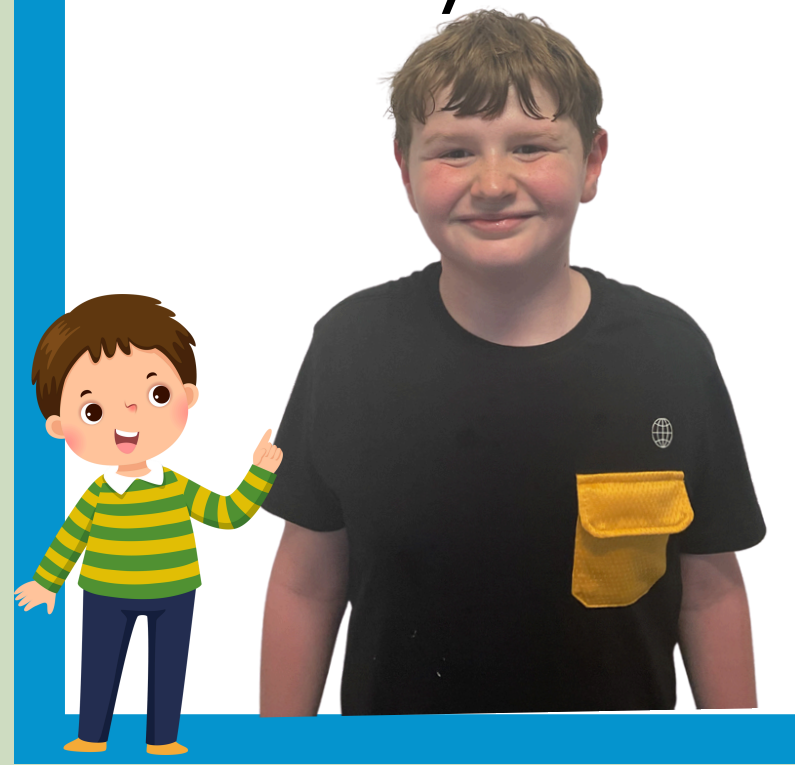
CERTIFICATE OF SUPPORT

This is to certify that

Holly Grove School

Supports Safer Internet Day 2025

11th February 2025
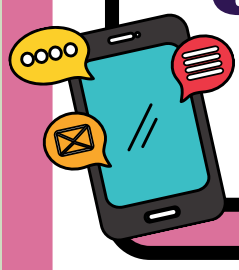
#SaferInternetDay

UK Safer Internet Centre

saferinternetday.org.uk

We have officially registered with the UK Safer Internet Centre and have received our certificate.

Our Online Safety Team

Jenna

Laura

Eve

Nicola

Joshua

Katie

Iayn

YES!

S M A R T

S is for Safe.

Keep your own and other people's **information** safe. Don't share information such as your **name, age, where you live** or where you go to **school**. Only your safe adults should know your passwords.

Look out for information that might be given away in photos too.

M is for Meet.

Be careful of people you talk to or meet online, even if they say they're also a child. If they ask to meet you online or in person, or ask for photos, you should **tell a trusted adult straight away**.

A is for Accepting.

Before accepting friend requests, advert or link pop ups, **ask a trusted adult first**. It's **safer** to not accept requests from people that you do not know.

R is for Reliable.

Unfortunately, not everything you see or read online is reliable. Some things are untrue or fake. When looking for information, it's best to check this in a few places first to see if it is true. You can ask an adult for help too.
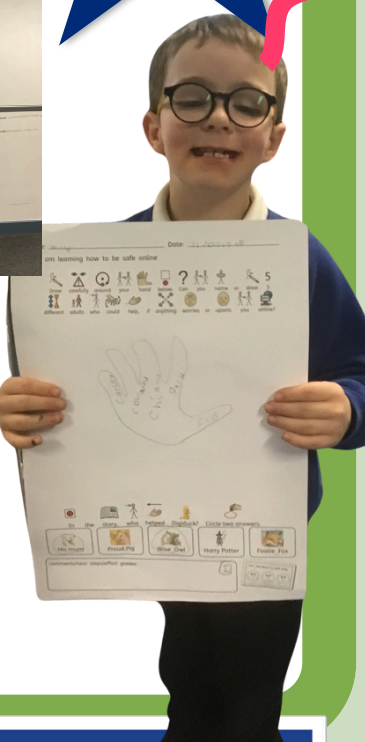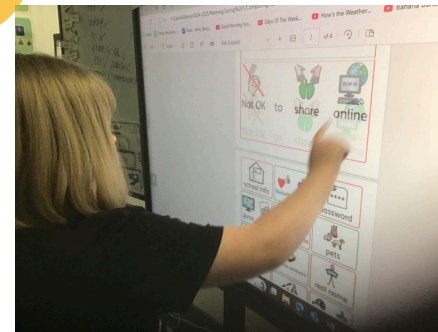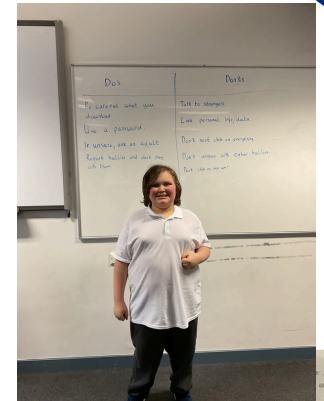
T is for Tell.

If something **online**, on a **computer**, a **game**, or **video** makes you feel scared, sad, unsure or worried, you should tell a **trusted adult**, straight away. You can also press the **'Report'** button if there is one.
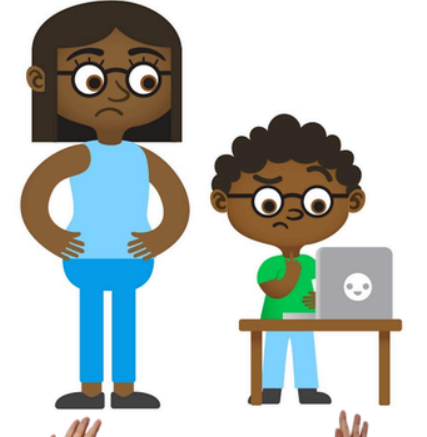
Safer Internet Week

Makaton

Online Safety

Use these Makaton signs to support a young person to stay safe when using the internet.

To keep safe

To emphasis "Safe" draw formation back towards body

Internet
Hint: this looks complicated but if you think of it as 2 signs it's a 'world' and then 'wiping a computer keyboard' (just tap your middle fingers together in the middle of the 2 signs)

Sign WORLD. At bottom of arc spread fingers out. middle fingers touch briefly as hands turn out and move forwards

Computer
Hint: You can also mime opening a laptop and typing as a sign if this is more appropriate to the type of computer being used

Be smart on the internet
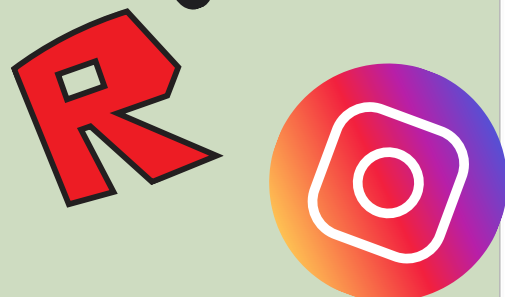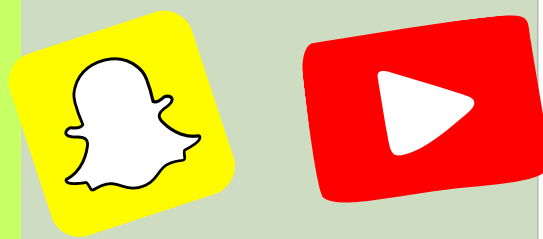
Top 5 online safety tips for kids

1
Set up your device to protect your information.

2
Explore safely and tell an adult if you see anything online that makes you feel yuck.

3
Limit who can contact you when you're playing games.

4
Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5
Ask for help if anything online is bothering you.

eSafetykids

eSafety.gov.au/kids

Infographic 1: Parental Controls for Privacy (iPhone)

How to Set up
PARENTAL CONTROLS
for
PRIVACY
iPhone

The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

How to make changes to privacy settings

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

1. Open 'Settings'
2. Tap 'Screen Time'
3. Tap 'Content & Privacy Restrictions'
4. Scroll to 'Privacy'
5. Choose the settings you wish to restrict
6. After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

How to prevent changes to other settings/features

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.
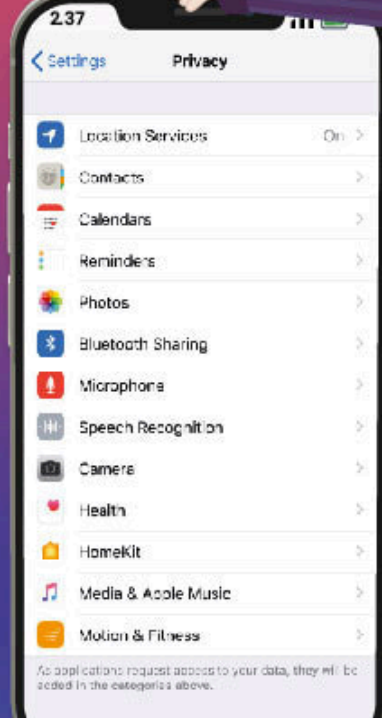
1. Open 'Settings'
2. Tap 'Screen Time'
3. Tap 'Content & Privacy Restrictions'
4. Scroll to 'Allow Changes'
5. Select 'Allow' or 'Don't Allow' on the settings for which you wish to enable or disable changes

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Infographic 2: Live Streaming

Live streaming is the term used to describe the broadcast of a real-time video from a mobile device, tablet or games console.

98% of child sex abuse live streaming victims are 13 or under

IWF Internet Watch Foundation

LIVE

BIGO LIVE 13+ | Facebook 13+ | Instagram 13+ | Youtube 13+ | Periscope 13+ | Steam 13+ | Twitch 13+ | You Now 13+ | Live.me 13+ | live.ly 13+

What parents need to know about
LIVE STREAMING

SIGN UP PROCESS & AGE RESTRICTIONS
RECORDINGS OF YOUR CHILD
WHO IS WATCHING YOUR CHILD?
WHAT IS YOUR CHILD WATCHING?
LIVE CONTENT
GROOMING

NOS National Online Safety

Top Tips for Parents

PROTECTING THEIR 'REP'
REMOVE LINKS TO OTHER APPS
TALK REGULARLY WITH YOUR CHILD
BE PRESENT
PRIVACY SETTINGS
PROTECT PERSONAL INFO

Infographic 3: 7 Questions

NOS National Online Safety

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

1. **Which apps/games are you using at the moment?**

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2. **Which websites do you enjoy using and why?**

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM WHY THEY USE THE WEBSITES, AND HAVE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3. **How does this game/app work? Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4. **Do you have any online friends?**

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS. BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: 'HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?' THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5. **Do you know where to go for help?**

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6. **Do you know what your personal information is?**

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7. **Do you know your limits?**

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

Infographic 4: Supporting Children to Deal with Upsetting Content

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT
A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1. **FIND OUT WHAT YOUR CHILD KNOWS**
2. **RIGHT TIME, RIGHT PLACE**
3. **KEEP IT AGE APPROPRIATE**
4. **EMPHASISE HOPE**
5. **MONITOR REACTIONS**
6. **CONSIDER YOUR EMOTIONS**
7. **SET LIMITS**
8. **TAKE THINGS SLOWLY**
9. **ENCOURAGE QUESTIONS**
10. **FIND A BALANCE**
11. **BUILD RESILIENCE**
12. **IDENTIFY HELP**

Meet Our Expert
Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

NOS National Online Safety
#WakeUpWednesday

Online Safety Rules

- Do not use the internet without an adults permission.

- Do not download a file or a picture without checking with an adult first, it could be a virus.

- If a stranger talks to you online, be safe and tell an adult.

- Do not give out your personal details online, like full name, date of birth, address or password.

- Be kind online and respect other people.

- Do not agree to meet anyone you have been talking to online.

- Always tell an adult you trust if you see anything that makes you feel scared, uncomfortable or confused.

Stay Safe
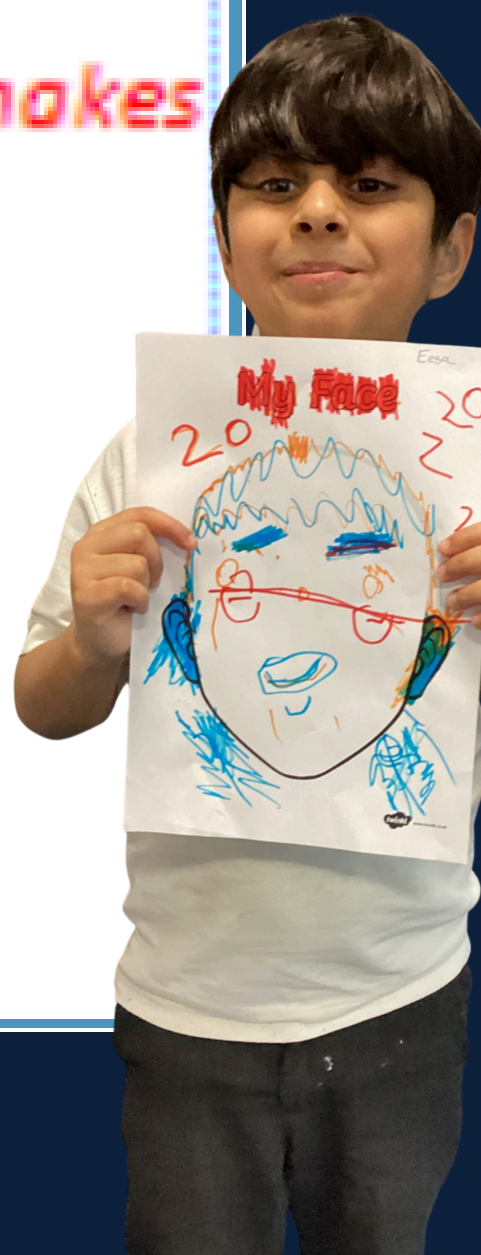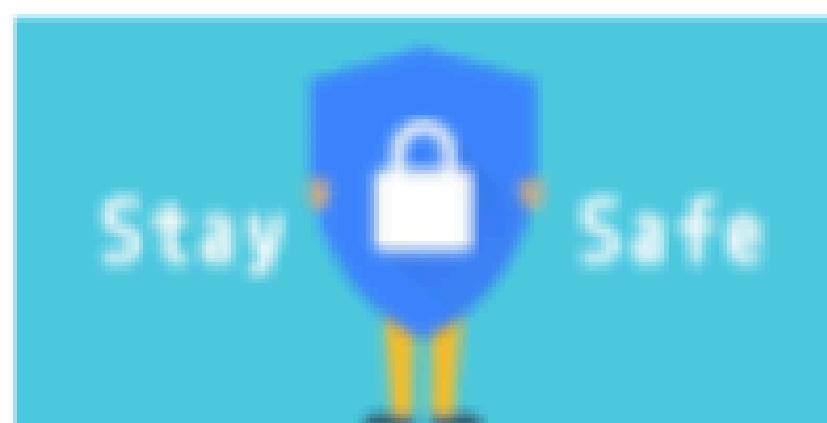
What we have agreed about our online life

We have decided that *(add your names)*:
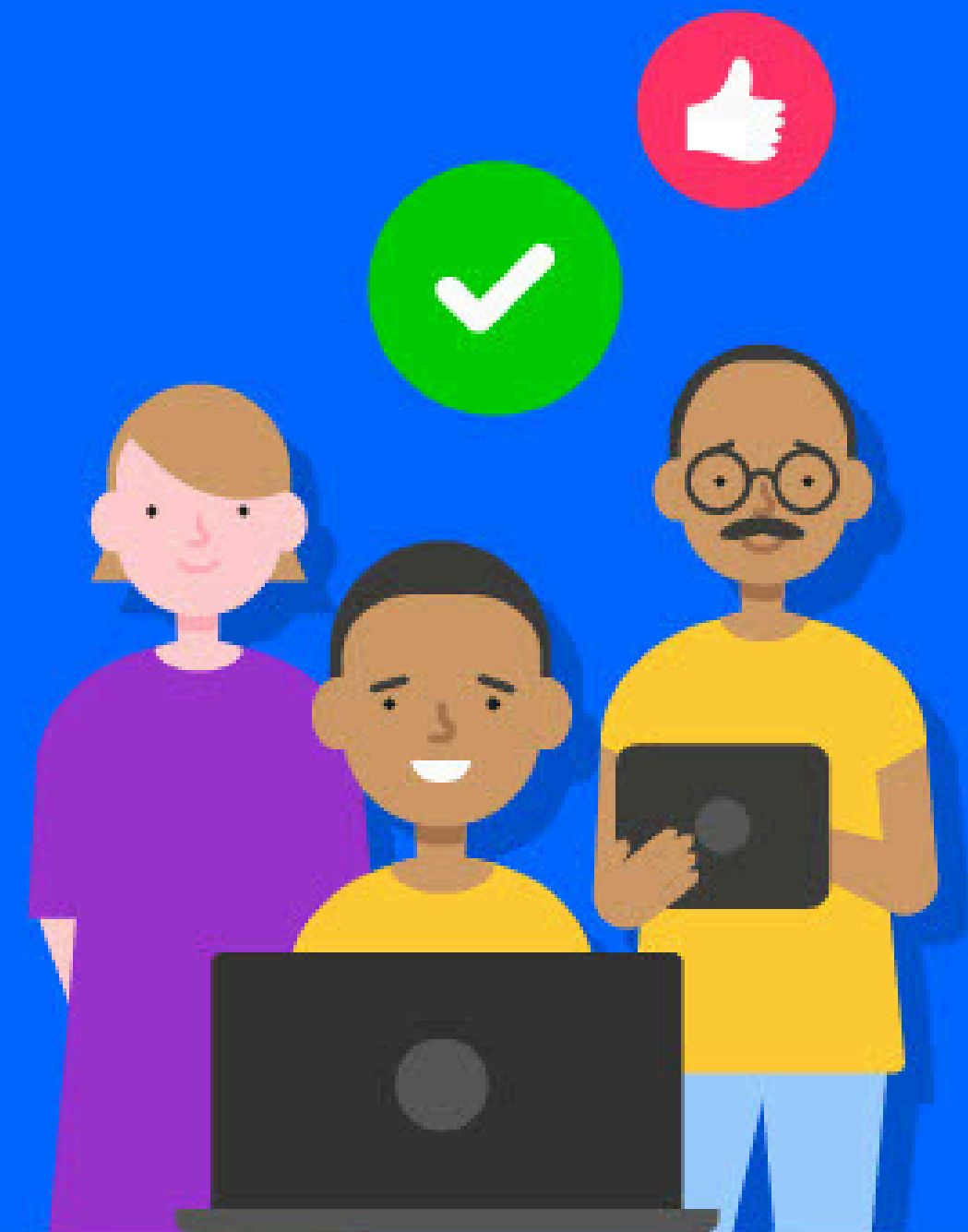
1. We agree that we want to use our phones and the internet safely

2. When we eat together phones and online activities will be off

3. I can play my games after school for _____ minutes and at weekends for _____ minutes

4. At night my phone will be charging in another room while I sleep

5. We agree to be kind to other people online and move away from anything that upsets us

Below are our agreements for social media and our devices

We've agreed on some rules about social media. We don't like:

- Messages that are rude, upsetting or make people sad

- Photos or videos that are not OK for children or teenagers because they make us less safe or let other people see things that are private to us.

- It is not OK to send these.

I/We promise to do these things:

- Get help from _____ *[name of parent / carer]* to add friends at first

- I'll only talk to close friends I know now or my family

- I won't share photos that are inappropriate (describe)

- We all understand that social media apps have age limits and rules

- We all understand how important it is to be private and _____

  will set up a social media account for _____

- We agree to be kind to other people on social media and help our friends

· ·

6. If I feel upset about anything I see, I can tell _____

I know how to block or restrict people if they are nasty or I can ask _____

_____ to help.

· ·

Devices

- Which devices are we allowed to use and when? _____

- Who will check regularly to see that the privacy and security settings are OK? _____

- What do we do if we are asked to click on something? _____
  (Like don't click 'accept' before checking with an adult)

- When is it OK to download files, games or apps? _____

- When is it OK to buy things in games? _____

We will talk about our agreement _____ *[enter agreed amount of time]* **to see how it is working.**

Set Up Safe Checklist

Set your child up for online safety with these simple tasks

internet matters.org

Manage broadband & mobile networks
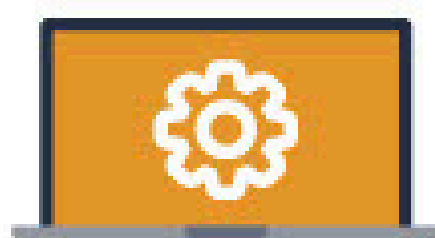
At home, access your broadband network and set applicable controls.

On the go, set up controls on the relevant mobile network.

See step-by-step guides to help

Prepare their device

Explore the device controls and settings to set limits on inappropriate content, screen time, spending and more.

Download and install the apps and games you're okay with your child using.

Set up controls in these apps and games to help keep your child safe while they play, browse or chat.

Install or set up additional parental control apps for further protection.

Explore step-by-step guides for social media and video gaming

Talk & learn regularly

Together, learn about online safety issues that might impact your child.

Together, explore privacy and safety settings on their favourite platforms.

Ask them to teach you about their favourite online platforms to create an open environment for conversation.

Keep these conversations going for continuous support.

Tackling online scams

Tips to spot the signs and get support

➡️

internet matters.org
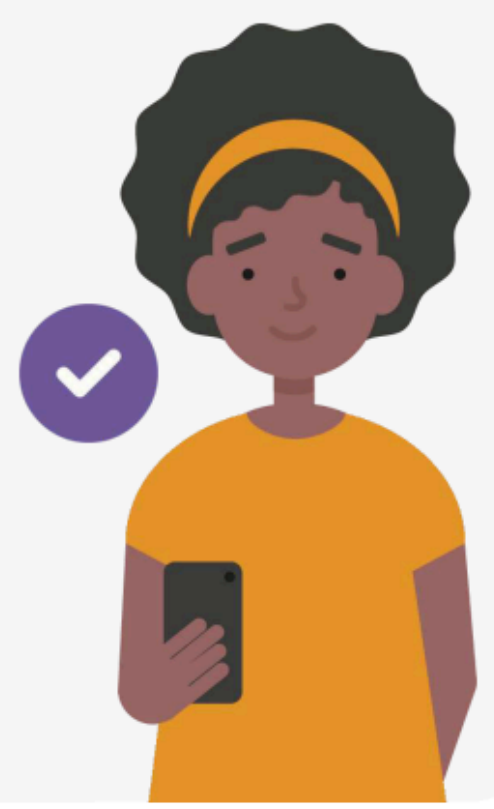
Jump to...

➡️ **3 types of common online scams**

➡️ **The signs to look for**

➡️ **How to tackle online scams**

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3 types of common online scams

Phishing ➡️

Financial ➡️

False promises ➡️

Phishing

Phishing is when a cyber criminal tries to get personal information from someone or influence them to complete a task. Examples include:

• Posing as a known or potential friend through social media or email to gain trust from the victim and steal their personal information.

• Sharing a URL or app download link that allows criminals to gain access to a device or personal information.

• Acting as web support or posing as someone they're not in public virtual meetings, gaining access to private information.

Financial

From get-rich-quick schemes to form-jacking, online financial scams are rampant. They can cause huge loss and long-term impacts. Examples include:

• Courses promising users a large income without a lot of effort (popular among cryptocurrency, NFTs and even copywriting).

• Fake shopping sites or shopping sites with lax security, allowing form-jacking where cyber criminals can steal the payment information you enter.

• Fake competitions, scholarships and more that require payment to enter, only for the money to be stolen and criminals to disappear.

False promises
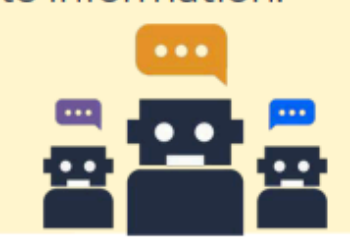
Promises of weight loss and free items or services like tech support are often scams aimed at getting money or information. Examples include:

• Diet pills, protein powders and other 'health' products prey on social media pressures, rarely providing the service they claim

• Pop-ups or ads that claim your device or computer are under attack are often a type of phishing scam, promising protection but likely installing malware on your device.

• Ads, messages or calls providing forms or instructions to fix it often result in stolen information, financial loss or installed malware.
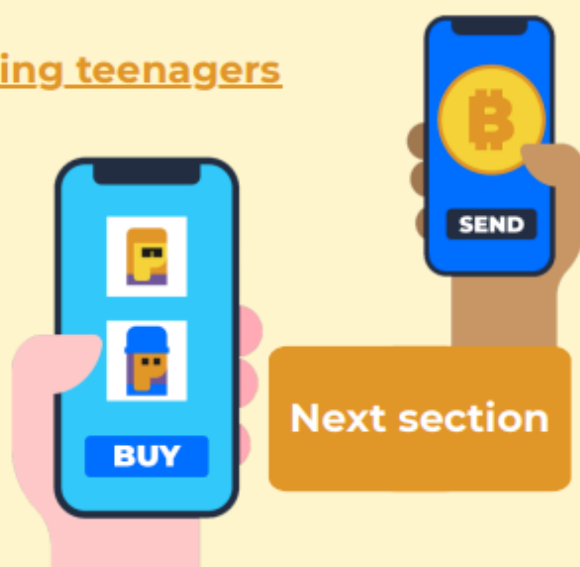
Learn more...

Stay informed about online scams to help keep your child safe.

Financial scams and the impacts on young people

Common online scams targeting teenagers

Social media scams

Types of cyber attacks

Next section

The signs to look for

What's the source? →

Is your personal information safe? →

Does it look trustworthy? →

What's the source?

Whether it's on social media, in a video game or through email or messaging, it's important to check that the source is reliable.

• If a friend or follower sends a link from their account, verify it was in fact them. Use a different service and ask!

• See a link from a random internet user? Go to the website a different way instead of clicking on the link or use search engines to check its trustworthiness.

• Remember that official logos do not mean something came from that company!

Is your personal information safe?

If anyone online asks for personal information, payment details or any sort of action, be sure to confirm that it's real before doing so.

Platforms will not send emails to ask this kind of information, and no one on social media or in-game should either.

Use different passwords for your accounts, use anti-virus software and, if something feels off, ask around and do a little research.

Does it look trustworthy?

While many online scams have become more sophisticated, there are some tell-tale signs to look out for that could suggest a scam:

• Spelling and grammatical errors
• Few reviews or low ratings of an item
• Comments from others calling something a scam
• Poor design and layout
• Expensive items for a very low price

If something feels off or like it's too good to be true, make sure you take time to look into it before clicking links or giving details.

FREE

Learn more...

Stay informed about identifying online scams and misinformation to keep your child safe.

Online critical thinking guide

Fake news and misinformation hub

Find the fake interactive quiz

Summary of types of fake news

Next section

FOR MORE INFO

internetmatters.org