Online Safety Newsletter

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What's in this newsletter

In this newsletter you will find:

- Item for Parent Newsletter: Advice on Coping with Cyberbullying
- Smart phone addiction
- Fake News: 4 Quick Checks from Childnet
- Technology Assisted Harmful Sexual Behaviours
- The Web We Want
- New look 360safe tool

Snapchat Spectacles are here!

For £129.99 you can now purchase a pair of Snap Spectacles to take photos and video throughout your

Item for Parent Newsletter: Advice on Coping with Cyberbullying

Internet Matters has some very good advice about spotting cyber bullying and how to deal with it.

Spot the signs

Your child might be reluctant to tell you that they are worried about cyberbullying so it's important to look out for the signs:

- Stopping using their electronic devices suddenly or unexpectedly
- Seeming nervous or jumpy when using their devices, or becoming obsessive about being constantly online
- Any changes in behaviour such as becoming sad, withdrawn, angry, or lashing out
- Reluctance to go to school or take part in usual social activities
- Unexplained physical symptoms such as headaches, stomach upsets
- Avoiding discussions about what they're doing online or who they're talking to

What to do if your child is being cyberbullied

- **Talk about it** – find the right time to approach you child if you think they're being bullied
- **Show your support** – be calm and considered and tell them how you'll help them get through it
- **Don't stop them going online** – taking away their devices or restricting usage might make things worse and make your child feel more isolated
- **Help them to deal with it themselves** – if it's among school friends, and if they feel they can, advise them to tell the person how it made them feel and ask to take any comments or pictures down
- **Don't retaliate** – getting angry won't help, advise your child not to respond to abusive messages and leave conversations if they're uncomfortable
- **Block the bullies** – if the messages are repeated block and report the sender to the social network or gaming platform
- **Keep the evidence** – take screenshots in case you need them later as proof of what's happened
- **Don't deal with it alone** – talk to friends for support and if necessary your child's school who will have an anti-bullying policy

You can read more at https://www.internetmatters.org/issues/cyberbullying/deal-with-it/.
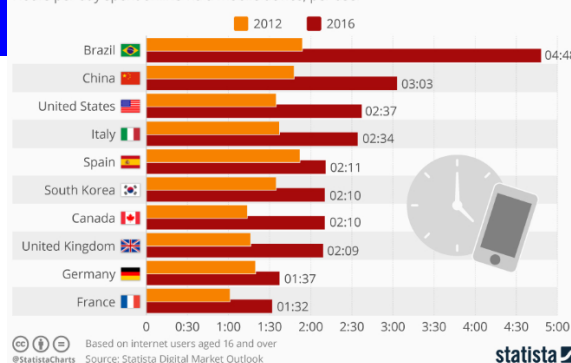
TURN OVER FOR MORE

Smart Phone Addiction

Here are a few questions about Smartphone use that you might like to talk about with learners:

- How long do you spend on your phone during a day?

- What are people doing for this length of time?

- Why are there differences in different countries?

Smartphone Addiction Tightens Its Global Grip
Hours per day spent online via a mobile device, per user

	2012	2016
Brazil		04:48
China		03:03
United States		02:37
Italy		02:34
Spain		02:11
South Korea		02:10
Canada		02:10
United Kingdom		02:09
Germany		01:37
France		01:32

0 0:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00

@StatistaCharts   Based on internet users aged 16 and over
Source: Statista Digital Market Outlook   statista

Fake News: 4 Quick Checks from Childnet

Childnet have put together a few quick tip checks for young people to help them distinguish between the two when reading articles online:
- Who posted it?
- When was it posted?
- Why was it created?
- What is it saying?   See the full article at: http://www.childnet.com/blog/fake-news-4-quick-checks

Technology Assisted Harmful Sexual Behaviours (TA-HSB)

NSPCC research has explored the prevalence of TA-HSB in a group of young people that are being assessed for their 'Turn the Page' harmful sexual behaviour service in Manchester. This is a very small sample of a particular group of young people so, although the findings are interesting they need to be seen in this context.

The definition offered for TA-HSB is "One or more children engaging in sexual discussions or acts – using the internet and/or any image-creating/sharing or communication device – which is considered inappropriate and/or harmful given their age or stage of development. This behaviour falls on a continuum of severity from the use of pornography to online child sexual abuse."

The research identifies a 'stronger association between the developmentally inappropriate use of pornography (for example, by children under the age of 13) and offline HSB compared with other forms of TA-HSB.' The use of pornography was noted as a trigger for offline HSB in over half the cases. Other TA-HSB tended to occur, on average,three years after the onset of offline HSB. There is a suggestion that appropriate professional responses and interventions are required where pornography is being accessed.

The Web We Want

The Web We Want was initially a resource for young people written by young people. They have now produced a handbook for educators written by educators who work with teens. It contains interactive lesson plans for KS3 and KS4 to:

- Develop their understanding of challenges and opportunities raised by the internet, and
- Acquire skills needed for their future careers and lives.

New Look 360safe Tool

The 360safe online safety review tool has been given a new look and a few statements have been updated. Next time you log in, to update the development of online safety, you will notice a change in appearance but the structure of elements, strands and aspects remains. Once in an aspect there are now two ways to add the commentary for your school. You can jump straight to enter commentary on your current position or scroll to the bottom to see the new headings of current position, evidence and improvement plan tabs, as you will have done in the past.

Any content previously added will appear under the three new headings. Do get in touch with one of the team if you would like support in using the tool or working towards 360safe accreditation.

www.somersetelim.org