



Safety Matters



**An internet we trust:
exploring reliability in
the online world**

"In partnership with parents, guardians, staff, governors and students St Louise's promotes excellence in learning and teaching within a Catholic, Vincentian, Comprehensive ethos"

Excellence

Flexible

Integrated

Holistic

Creative

Focused

Collaborative

Person
Orientated

Dear Parents/ Carers



Safer Internet Day is on Tuesday 9th February 2021. It's celebrated across the globe in over 170 countries, with thousands of young people joining in to explore how they can use the internet responsibly, respectfully, critically and creatively. Safer Internet Day is a great opportunity to focus on online safety with your child – whether that's asking about what they like to do online or using their favourite app or game with them.

Using the internet safely and positively is a key message that we promote in St. Louise's and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

This week we will share a number of lessons and resources designed to encourage students to think critically about their online activity. We will also share materials to support you in keeping your family safe online. We would be delighted if you could join us in raising awareness about the importance of online safety by continuing the conversation at home.

	Student Support	Parent Support
Monday	Online Safety Tips for Students	Family Conversation Starters 10 Tips for to Keep your Children Safe Online
Tuesday	Safer Internet Day Lesson Part 1	Family Online Safety Plan Discussion Prompts Information on Friends and Followers
Wednesday	Safer Internet Day Lesson Part 2	Tips for Parents on Social Media Pressures
Thursday	'An Internet We Trust' Assembly	Online Trolling and Abuse
Friday	Internet Safety Quiz	Advice for Parents on Phishing

Monday 8th February Family Conversation Starters

An internet we trust
Exploring reliability in the online world

Conversation starters

Safer Internet Day 2021 is a fantastic opportunity to have a conversation with your child around this year's theme, 'An internet we trust: exploring reliability in the online world.' Use the questions below to help you get started with discussions around how we can all use the internet safely, responsibly, and positively.

Start the conversation on a positive note:

- What do you like most about the internet and why?
- What's your favourite game/app/site?
- How does going online make you feel?
- How does the internet/technology make your life better?

Talk about sharing online:

- What is okay/not okay to share online? Why?
- What should we do before sharing things online?
- Can people say/do whatever they want online? Why/why not?
- What do we do if someone shares something about us that we don't like?
- How do you feel about your parents/carers sharing things about you online and vice versa?

#SaferInternetDay
www.saferinternetday.org.uk

Parents and Carers Pack
Conversation starters

An internet we trust
Exploring reliability in the online world

Talk about trust online:

- Can we trust everything we see online?
- Where do you go online to find trustworthy information?
- How do you know if you can trust something you are looking at online or not?
- What questions should we ask about things online before we trust them?
- What can you do if you see something online that you are not sure if you can trust or not?
- How much can you trust people you only know online? What is different about talking online to someone compared to talking face to face?

Talk about looking after yourself and others online:

- How do you stay safe online? What tips do you have and where did you learn them?
- Do you know where to go for help and where to find the safety tools on your favourite apps and games?
- What could you do if being online is making you feel worse rather than better?
- What could you do if someone was unkind to you online?
- What could you do if you saw a friend online needed some help or support?

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Parents and Carers Pack
Conversation starters

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

- MONITOR VIEWING HABITS**
What most apps have moderation tools, inappropriate content can still slip through the net.
- CHECK ONLINE CONTENT**
Understand what's being shared or what seems to be trending at the moment.
- CHECK AGE-RATINGS**
Make sure they are old enough to use the app and meet the recommended age limit.
- CHANGE PRIVACY SETTINGS**
Make accounts private and set content filters and parental controls where possible.
- SPEND TIME ON THE APP**
Get used to how apps work, what content is available and what your child likes to watch.
- LET CHILDREN KNOW YOU'RE THERE**
Ensure they know that there is support and advice available to them if they need it.
- ENCOURAGE CRITICAL THINKING**
Talk about what people might post online and why some posts could cause distress.
- LEARN HOW TO REPORT & BLOCK**
Always make sure that children know how to use the reporting tools on social media apps.
- KEEP AN OPEN DIALOGUE**
If a child sees distressing material online, listen to their concerns, empathise and

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Parents and Carers Pack
Conversation starters

Tuesday 9th February Family Online Safety Plan

What you need to know about... **FRIENDS & FOLLOWERS**

What are they? 'Friends & Followers'

What makes social media actually "social" are the connections users make with other users on the platforms. Every social networking site has these connections differently, calling them "friends" or "followers". Having friends or followers can be a great way to find out what other people say and do. Your friends and followers can reach from inside of your network, which is why it's important to be mindful of who you connect with and what you share. On some platforms, like Facebook, accounts follow each other, this may allow additional connections through such as private messaging.

Ellie-May FRIENDS 28 Followers

Oscar FRIENDS 147 Followers

Kurmail FRIENDS 63 Followers

Know the Risks

Access to private information

This may include your child's home address, school, and other personal information that you don't want to be public. If you have a social media account, you should be aware of the information that you are sharing and who can see it.

Check privacy settings

Platforms such as Facebook allow users to modify their privacy settings, which means people who are not friends can't see all of your profile information. It's important to check the privacy settings of your connections. Always make sure your child's account is set to private.

Online bullying

Once a connection is made on social media, there is a potential for cyberbullying. Children should be encouraged to report any bullying they experience to a trusted adult. If you are a parent, you should be aware of the signs of cyberbullying and encourage your child to report any incidents.

Further Support

Encourage an open dialogue

It's really important that your children know that they can speak to someone about anything.

Our Expert
Emma Davis

An internet we trust
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Safer Internet Day 2021
UK Safer Internet Centre

The _____ family online safety plan

Look around your home. Search for all the devices which connect to the internet and record here: We have devices which connect to the internet in our home.

It's time to talk

How do we use the internet as a family? (e.g. for entertainment, for research...)

How can we keep our family safe and happy online?

What can we use our devices for?

What can't we use our devices for?

Where will we keep our devices?

When can we use our devices?

What should we do if something worries, upsets or confuses us online?

Our next steps

Adults' next steps:

Young people's next steps:

Date:

Signed by:

This plan has been shared with: (grandparents, aunts, uncles, childminder, etc.)

Wednesday 10th February

What parents need to know about **SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'**

Friend Requests

POSSIBLE 'FRIEND ENVY'

Children may feel jealous if they see their friends' friends and wonder why they have more friends than they do. This can lead to feelings of jealousy and low self-esteem. It's important to encourage children to focus on their own friends and not compare themselves to others.

OPEN DOOR POLICY

Another way that children can increase their number of friends is by having an open door policy. This means that children are encouraged to accept friend requests from people they know and trust, but not from strangers.

FEELINGS OF REJECTION

Just like in real life, children can feel rejected on social media. This can happen if they are not accepted as a friend or if their posts are not liked or commented on. It's important to encourage children to talk to a trusted adult if they feel rejected.

Safety Tips for Parents

BE THEIR FRIEND OR FOLLOWER

It's important to be a friend or follower of your child's social media accounts. This allows you to see what they are posting and who they are interacting with. It also allows you to provide support and advice if needed.

TURN ON PRIVACY CONTROLS

Make sure your child's social media accounts have strong privacy settings. This will help to protect their information and control who can see their posts.

TALK ABOUT STRANGERS

Encourage your child to talk to you about any friend requests or messages from people they don't know. It's important to discuss the risks of interacting with strangers online.

BEHAVE ONLINE AS THEY WOULD OFFLINE

Encourage your child to behave online as they would in real life. This means being respectful and not posting anything that could be embarrassing or hurtful.

TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Encourage your child to value their real friends and the time they spend together. It's important to remind them that social media is just a way to stay in touch, not a replacement for real life.

DISCUSS WHAT BEING POPULAR ACTUALLY IS

Discuss with your child what being popular really means. It's not just about having a lot of friends or followers, but about having good friends and being happy.

Thursday 11th February

What you need to know about... **TROLLING & ONLINE ABUSE**

What is it? 'Trolling & Online Abuse'

Trolling is a form of cyberbullying, which involves the sending of insulting, abusive or derogatory messages by one user (a troll) to another user with the intention of provoking a reaction or causing distress. It is often done for fun, but it can be very hurtful to the person being targeted.

Know the Risks

May cause distress

Children can be particularly vulnerable to online trolling and abuse, leading to feelings of embarrassment and increased feelings of anxiety and worry.

Impact on wellbeing

Trolling which is targeted and persistent can have a negative impact on a child's mental health and self-esteem. It can lead to low self-esteem and feelings of worthlessness. Children who are being bullied or harassed online may also experience physical symptoms such as headaches, stomach aches, and changes in eating and sleeping patterns.

Could damage reputation

Online trolling can be humiliating for the victim and can lead to a loss of respect from their peers. It can also lead to a loss of confidence and a feeling of being isolated.

May affect home and school life

Children who are consistently receiving hostile and abusive messages online may find it difficult to concentrate at school and may experience a decline in their academic performance. They may also experience a loss of interest in their hobbies and activities.

Further Support

Report to platform

Understand the rules available on the platform where trolling is taking place. Report any abusive messages to the platform's reporting system. If you are a parent, you should also report any abusive messages to the platform's reporting system.

Our Expert
Adrienne Katz

Friday 12th February

What you need to know about... **PHISHING**

What is it? 'Phishing'

Phishing is a form of cyber-crime where victims are targeted in the form of spoof emails, phone calls or texts. These are designed to trick you into giving up sensitive data such as payment details and passwords. Phishing is usually done by impersonating a trusted organisation or person.

Know the Risks

Loss of personal data

If a phisher gets hold of your details, they can use them to impersonate you and access your accounts. They can also use your details to steal your identity or to sell your information to other criminals.

Targeted phishing

If a hacker sees that children with a phishing attack, they may target them. This is because children are often targeted by hackers because they are often using social media and other online services. Hackers may use this information to steal your identity or to sell your information to other criminals.

Hidden entry

Phishers often use hidden entry points to gain access to your accounts. This can be done by using social media or other online services. Hackers may use this information to steal your identity or to sell your information to other criminals.

Suspicious URLs

Some links and email addresses aren't always what they appear to be and could send you to a completely different website.

Safety Tips

Backup your files

Always create a backup of your files to an external hard drive or cloud storage. This will help to protect your files in case they are lost or stolen.

Disconnect the device

If you think your child has been a victim of a phishing attack, disconnect them from the internet immediately. This will help to prevent any further damage to their accounts.

Scan your system

Always perform regular scans of your computer for malware. This will help to protect your system from any malicious software that may be present.

Check official websites

If you've received a message from a company, check the official website to see if the message is legitimate. This will help to protect you from any phishing attempts.

Our Expert
Emma Davis

Midterm break will run from:
Monday 15th—Friday 19th February.
Online lessons will resume on:
Monday 22nd February.

Mid Term Break

We encourage students and parents to have a well earned rest over the holidays.
Remember, should you need support, help is always at hand.

Surviving Separation

Parentline NI is running FREE and confidential one to one sessions with Parent Support Officer Kathy

- Support for any parent before, during or after separation.
- Support to recognise your existing strengths and develop new coping strategies.
- Support to find additional information and resources.
- Support to manage practical and communication difficulties.
- Support to help you provide ongoing emotional stability and best outcomes for your children.

When: Every Thursday in February and March
For more information or to book a place call free 0808 8020 400

 facebook.com/parentlineni  @ChildreninNI



Lifeline

0808 808 8000

TALK TO US

If things are getting to you

116 123

FREE
This number is FREE to call round the clock

SAMARITANS



Free App.- Headspace There is a great introduction to mindfulness course here! Find more information at: <https://www.headspace.com/> or download it from your App. Store.

Headspace show on Netflix- 20minute episodes that introduce and explain different kinds of meditation and guide you through meditations.

Free App.- The Breathing App This supports you to slow your breathing down by counting, or by using sound- you just breathe in time to the count or the sound. Remember to make your breathing slower and longer. Find information at: <https://eddiestern.com/the-breathing-app/> or download it from your App. Store.