



How do you use the internet safely?

Be SMART.

- S – Safety is a must. Keep safe by not giving out personal information to anyone you don't know or feel unsure about.
- M – Meeting up with anyone you've spoken to online in person can be very dangerous. Make sure you know who that person is and tell any trusted adult.
- A – Accepting anything such as emails, messages, opening files or receiving pictures from anyone you don't know or trust can be very damaging. These could contain nasty images or have computer viruses.
- R – Reliable information can sometimes be hard to come by on the internet. It might not always contain the correct information and or parts of the information are missing or misinterpreted.
- T – Tell a parent, guardian or any trusted adult if anyone or anything makes you feel unsure, uncomfortable, scared or upset on the internet and also tell someone if you or someone you know are being bullied online.

What is E-Safety?

What does it mean for schools?

E-Safety can be described as a school's ability to safeguard, protect and educate staff and pupils in the safe, smart and acceptable use of technology and the internet and having the knowledge and tools to identify the warning signs which may lead to an incident occurring.

Why is it important?

The children and young people of today are most certainly party of the technology era and often have access to a wide range of devices such as smartphones, tablets, computers and gaming consoles both inside and outside of school. Technology can be a fantastic learning tool but only when used safely and correctly. Children and young people must have the knowledge and have a clear understanding of e-safety rules and expectations. This will help protect you and keep you safe.



[Company
Name]

*Keeping you safe while you surf
the web!*



What can schools do to keep pupils safe?

Online safety policies..

All schools should have an online safety policy which demonstrates good practice and sensible internet safety which will link in with the schools already existing policies:

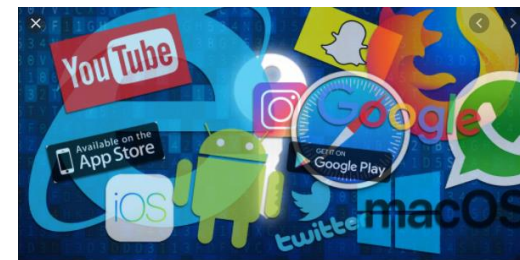
- Behaviour policy
- Anti-bullying policy
- Safeguarding policy
- Acceptable use policy
- General Data Protection Regulations



Cyberbullying

Cyberbullying is any form of bullying that takes place online including the use smartphones and tablets or any other device. Social media is the most common place for bullying to occur through the likes of Facebook, Instagram, twitter or any other social media or networking app. A national bullying survey carried out by Bullying UK found that 56% of children and young people in the UK said they had seen others being bullied online and 42% have felt unsafe online. If you or anyone you know is being bullied online please tell a teacher, parent or any trusted adult.

“it is important to teach pupils about the underpinning knowledge and behaviours that can help pupils to navigate the online world safely and confidently, regardless of the device, platform or app”. - Department of Education (June 2019)



Think before you click!

E-Safety Summary

E-safety is a vital part of today's education and general internet use. It is important that as much knowledge and information on e-safety is taught to everyone, especially children and young people, to keep them safe. The policies put in place by schools and the government help establish the safe practice of internet use.



E-safety is an integral part of the 21st century society. The use of computers and technology is rapidly increasing throughout the world and is used in most places of work and is becoming more and more popular to be used as a learning tool in schools and other parts of education. This has become more evident during the Covid-19 pandemic as all schools in the UK and higher places of education had to close and move to online lessons and teaching. This of late has become the new 'normal' to our children and since the Covid-19 pandemic began most children have been left with only online learning resources that they can access from home as their education. OFCOM's media use and attitude report (2019) claim that the number of children who own smartphones aged between 9 and 10 had actually doubled.

With the increasing risk to children and young people's safety online, it is vital that schools must play an important role in educating and safeguarding children on the importance of internet safety during the pandemic. All schools must ensure that online procedures keep children safe, they must also have specific policies and practices in place that are designed to educate and protect all learners, so they are able to safely and sensibly use the internet and access their online resources to support their learning as best as possible in difficult circumstances. According to Qustodio, the rise in children's screen time since the Covid-19 pandemic began has substantially increased and the use of social media has skyrocketed. The average daily time spent on apps has rose by 15% with TikTok, Youtube and news apps being among the most popular. The Jama Ophthalmology report (2020) looked at data from 120,000 Chinese schoolchildren and the publication suggests that there has been a threefold increase in children who now suffer with shortsightedness aged between 6 to 8 years old. There is a strong possibility that this is linked to the increased screen time as children moved to online remote learning and being confined to their homes for long periods of time.

Excessive screen time affecting eyesight is not the only cause for concern for children during this pandemic. The Millpond Sleep Clinic in London reported that their numbers have doubled since the pandemic began at the start of 2020. Vicky Dawson who is founder and chief executive of the Sleep Charity stated "We have seen a significant increase in children experiencing sleep problems since the pandemic. There would appear to be a number of factors around this, with increased screen time being one. In addition to this, there are reduced exercise opportunities, increased anxiety and lack of routine." It is also concerning for parents how excessive screen time will impact their child's mental wellbeing and social development.

As children are spending more time using technology and spending time online there are several risks that they could potentially face if not used sensibly. The risks children might be exposed to include online abuse, cyberbullying, sexual exploitation, grooming, radicalisation or sexting. Europol (2020) reported that since the outbreak of the Coronavirus (Covid-19) there has been an increase in some countries of sex offenders trying to contact young people online and through social media platforms and applications. Online safety can be difficult to manage for schools and parents even before the pandemic began, so ensuring the safety and welfare of children during lockdown is an even bigger priority. While some children will have a set structured learning timetable, screen time limits and have all the child friendly parental control settings on their devices, some will not which can put them at greater risk of being exposed to some of the dangers online. Children are very curious naturally and it is so easy for a

child to start wandering into inappropriate territory online with just a few clicks. While children are being largely isolated and spending more time using online devices there is likely to be an increase in cyberbullying attacks.

In new research carried out by Uswitch.com, 27% of children said there had been an increase in online bullying during lockdown with two million children in the UK having experienced this kind of problem or abuse. 56% of children who had been bullied online said they had been the victim of name calling, 39% had seen lies posted about them on social media platforms and messaging apps and 28% of the children stated they had images or videos of themselves shared without their permission. Parents said their children spend around 30 hours a week online and over half of that time is unsupervised. 60% of the parents said they are worried about what their child might be looking at while 38% of parents said they are too busy to keep an eye on them.

"What we've seen is that for the last six months, since the pandemic started really, one in three children say they've been bullied, and that was about the same as the previous year but the way that it's happened has changed slightly. What we're seeing is slightly more bullying online. The key message we want to get across is that bullying is still a significant issue in children's lives" - Marthyr Evans, Anti-Bullying Alliance.

Schools can continue to play a key role in ensuring online safety for pupils by reinforcing the message to parents and offering guidance and support. Each school's website should have their own e-safety page with lots of helpful advice and tips for parents during the coronavirus lockdown along with useful links to other websites on the matter. Schools can use their own social media feed to keep in touch with their pupils and could in turn even motivate learners to use their platforms more creatively and safely. Schools can also set outdoor learning tasks or physical education work to ensure children are getting enough exercise and time outside. Schools can update current safeguarding policies that outline the new realities for children during the pandemic learning from home, promote and monitor good behaviour and make sure children have continued access to school-based counselling services.

"NOW MORE THAN EVER, WE NEED TO ENCOURAGE YOUNG PEOPLE TO BE RESPONSIBLE ONLINE. IN ADDITION TO CYBERSMILE'S SUPPORT SERVICES BEING A GREAT SUPPORT CHANNEL FOR THOSE NEEDING ADVICE, OUR EDUCATION PROGRAMS CAN HELP PARENTS AND CAREGIVERS TO DELIVER ENGAGING LEARNING EXPERIENCES AND DEVELOP MEANINGFUL DIALOGUE AT HOME DURING THE CURRENT RESTRICTIONS." - Dan Raisbeck, The Cybersmile Foundation

The Child Exploitation and Online Protection Command (CEOP) helps keep children and young people safe from sexual abuse and grooming online. It helps support both children and their parents from any kind of child sexual exploitation issues and grooming online. Marie Smith, Head of Education, National Crime Agency CEOP stated "The National Crime Agency CEOP Command continues to support the ongoing work of the UK Safer Internet Centre and is proud to support Safer Internet Day. NCA CEOP will continue to work collectively with the UK Safer Internet Centre, as well as other key partners, to achieve our common goal. We would like to encourage everyone to commit their ongoing support to doing as much as they can to keep children safe online."

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