Parental Guide to Online Safety

In today's digital world, children and young people are more connected than ever. Many pupils at Stenson Fields Primary School, particularly in Upper Key Stage 2, access social media (which includes gaming) and communicate online with others. To keep children safe online, we have an online safety policy online-safety-policy-2023.pdf (primarysite-prod-sorted.s3.amazonaws.com) and an RSE policy 2023-rse-policy.pdf (primarysite-prod-sorted.s3.amazonaws.com) which informs our curriculum in both computing and PSHE/RSE. We also adhere to the statutory guidance for RSHE which has several points relating to online safety and the National Curriculum for computing.

At Stenson Fields, we teach the pupils how to behave appropriately and how to keep themselves safe online. We also teach them about online bullying and what to do if they are being bullied online. The pupils at Stenson Fields have a good understanding of how to keep their personal information and data safe. They understand what consent means in relation to sharing information about themselves and others online, including photographs. They are also taught to be mindful of information they access online and that not all information online is true. They know how to share concerns and seek advice when they suspect something is wrong and are taught ways to block and report users on specific Apps. We have a group of pupils in school, known as the 'I-VENGERS' who work closely with the computing lead to develop strategies to help keep the pupils at Stenson Fields safe online. They know how to use technology safely, responsibly, respectfully and securely, how to keep personal information private, and where to go for help and support. They also have an understanding of the links between screen time and mental health.

The statutory guidance for RSHE, outlines what pupils are expected to be able to know/do by the end of primary school. Here are the points relating to online safety that we ensure the pupils know by the time they move on to secondary school:

Respectful relationships:

• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.

Online relationships:

• that people sometimes behave differently online, including by pretending to be someone they are not.

• that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.

• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.

• how information and data is shared and used online.

Keeping Safe:

Pupils should know:

• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

• about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

• that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

• how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.

• how to recognise and report feelings of being unsafe or feeling bad about any adult.

• how to ask for advice or help for themselves or others, and to keep trying until they are heard.

• how to report concerns or abuse, and the vocabulary and confidence needed to do so.

• where to get advice e.g. family, school and/or other sources.

Mental wellbeing

- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.

Internet safety and harms

Pupils should know:

• that for most people the internet is an integral part of life and has many benefits.

• about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

• how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.

• why social media, some computer games and online gaming, for example, are age restricted.

• that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.

• how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.

• where and how to report concerns and get support with issues online.

The Stenson 'I-vengers' have created a 'top tips' guide to staying safe online which we use in school, and you may find useful at home too.

Top Tips to Keep Your Child Safe Online: Created by the I-vengers of Stenson Fields Primary School

Top Tips

1) Speak to grown-ups when using internet.

2) Don't share personal information (full name, age, school, address, number, email, etc.)

3) If you feel uncomfortable by anything you see, tell an adult.

4) Ask adult permission before buying anything online.

5) Don't click on pop ups.

6) Turn off all devices at least one hour before bedtime.

7) If you receive a message you do not like, you can ignore, report or block.

8) Ask permission, before sharing things online.

9) Make any online account private

10) Only 'friend' people you know well.

11) Choose a password, which is tricky to guess and contains upper and lower case letters, symbols and numbers.

12) If a game is making you angry or upset, take a break.

i-vengers
The online world needs heroes...
Heroes like you!

Parent Guides for Online Safety

On the school website, there are several parent guides categorized into age groups:

Computing | Stenson Fields Primary Community School

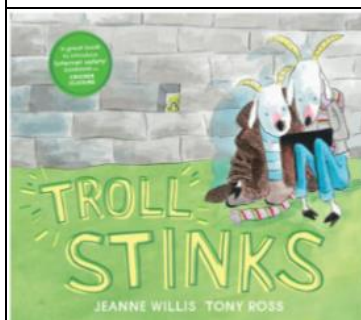## Websites for Parents

Parents and Carers - UK Safer Internet Centre

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

Parents and carers | CEOP Education

Parents & carers | Childnet

A Parents Guide to Social Media - WithAll

Parent Zone | At the heart of digital family life

	Books About Online Safety

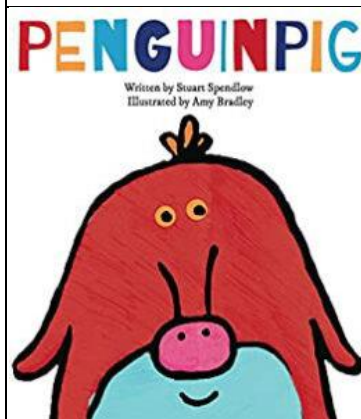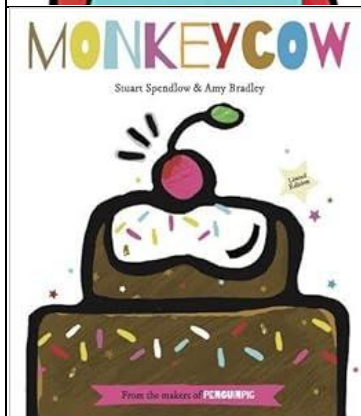|	
	Troll Stinks! Jeanne Willis & Tony Ross Picture book Troll Stinks makes for an excellent choice of book for today's children and one with the potential to both entertain and spark meaningful discussions with primary children. Billy the Goat and his friend Cyril are playing with a phone when they decide to send mean messages to the troll living under the bridge. Soon, the two friends discover that their online actions have had a significant impact on the troll's feelings and that their messages were not such a fun idea after all.
	Chicken Clicking Jeanne Willis & Tony Ross Chicken Clicking explores the story of a little chick that sneaks into the farmer's house at night and buys herself and her farmyard friends lots of gifts. Chicken Clicking also uses the internet to go online and meet a new friend but all is not as it seems! This story is a 21st century version of the "Chicken Licken" fairy story, a familiar tale for both adults and children and provides opportunities for discussion about keeping safe online. Chicken Clicking can be used to discuss issues such as password safety, supervision, posting personal information, taking/sharing photos, meeting online friends and trust/reliability.
	PENGUINPIG Stuart Spendlow & Amy Bradley Written by a teacher, PENGUINPIG is designed to teach the concept of e-safety to young children and is a great choice of book for EYFS and KS1. The story features a little girl who becomes intrigued by a penguinpig that she encounters online. When she takes the decision to go out and meet the penguinpig for herself, she finds that things are not always as they seem on the internet and that from now on she must think before she clicks.
	Monkeycow Stuart Spendlow & Amy Bradley A follow-up to Penguin Pig, Monkeycow explores password safety. When a little girl creates the most delicious chocolate cake imaginable for the summer fair, she hides it in a top-secret underground base with a password for the door. Filled with delight, she makes her way around the town spreading the news and sharing the password with some locals. However, little does she know the disaster that is soon to strike... Monkeycow can be used to discuss safe passwords with children. The main message is about the importance of keeping passwords private.
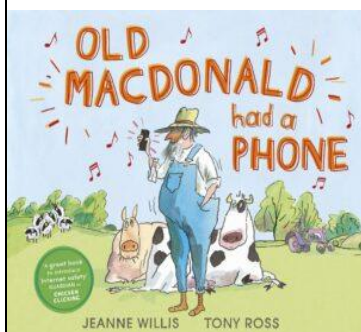
Old Macdonald Had a Phone Jeanne Willis & Tony Ross
Sing along to the tune of Old Macdonald had a Farm and learn to put down your phone in this hilarious cautionary tale for a new generation of phone-users. Old Macdonald loves his phone: it helps him organise his farm. But when the animals each get one of their own, they are soon on their phones all day - "Here a tweet, there a chat, WhatsApping the farm cat" - and before they know it, no work is getting done! What can Old Macdonald do? From the award-winning partnership of Jeanne Willis and Tony Ross, the fourth in the series of picture books exploring online issues.
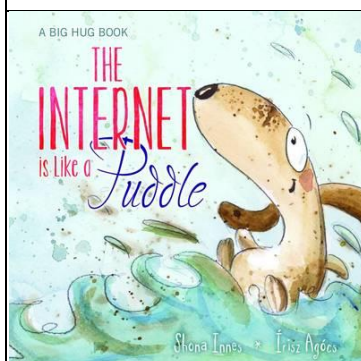
The Internet is like a Puddle Shona Innes and Irisz Anocs
"The internet is like a puddle" uses the analogy of a puddle to explore both the fun and positive side of the internet but also to help children understand that there are often hidden risks below the surface. The book emphasises the importance of adults helping children to keep safe but also encourages children to listen to their gut instinct when something doesn't feel right or safe online. The Internet is a like a Puddle can be used to discuss issues such as seeing upsetting content and talking to an adult.
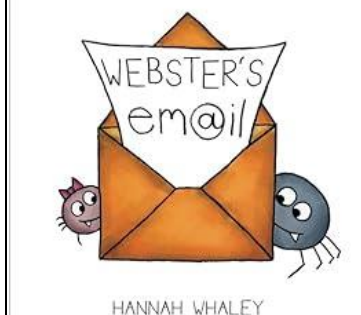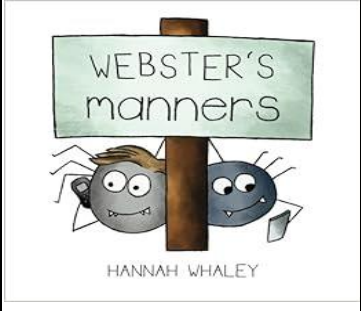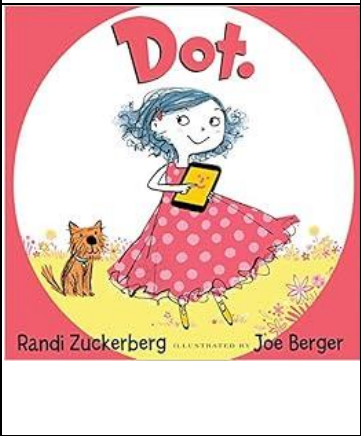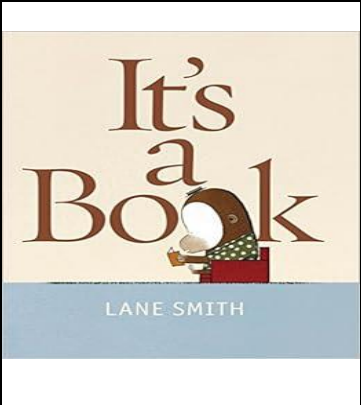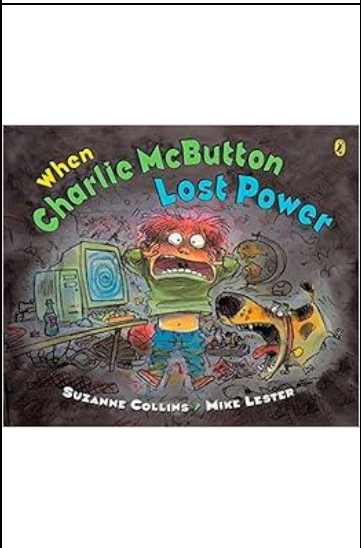
Webster's Email Hannah Whaley.
Webster's Email is a rhyming story that explores the idea of sharing content online and how quickly things can be shared. Webster the little spider emails a funny picture of his sister but it quickly is forwarded to lots of people and throughout the book, children can count how many people end up seeing the picture. This book encourages children to be aware that once a picture has been shared online, it can't' always be removed and it is very hard to control. Webster's Email can be used to discuss email etiquette, over sharing, being kind online, taking/sharing photos, meeting strangers online and using technology responsibly.
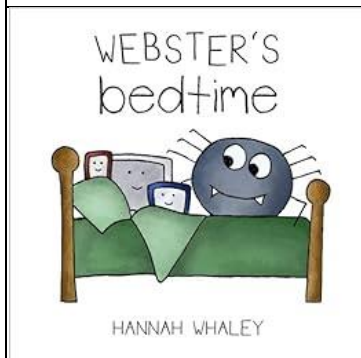
Webster's Bedtime Hannah Whaley
Webster's Bedtime is a rhyming story which explores the need for us all to switch off from screens and internet, especially at bedtime. The story acknowledges that this is often easier said than done and enables children to think about the impact technology can have. Webster's Bedtime can be used to discuss using technology responsibly, screen time, balanced use, gaming and using mobile phones and tablets responsibly.

Books About Online Safety

	Webster's Manners Hannah Whale Webster learns about a new set of manners, helping him to be polite with technology and take care of his favourite gadgets and toys. However, the cheeky spider soon turns the tables on his daddy and makes him agree to the same rules! Told in a rhyming pattern, Webster's Manners humorously helps children learn about responsible use of technology, while reminding grown-ups that they can lead by example.
	Dot Randi Zuckerberg and Joe Berger Dot explores the story of a little girl called Dot who is very good at using technology. Dot knows how to tap, swipe and share online, but seems to have forgotten how to do things in the world - she then has fun exploring all the ways she can tap, swipe and share offline. Dot is written by Randi Zuckerberg, sister of Facebook CEO, Mark Zuckerberg. Dot explores the need for children to balance internet use with offline world fun. It can be used to discuss using technology responsibly and the need for children to explore the world both on and offline. Dot doesn't demonize technology and the book clearly shows that both on and offline play can be fun and exciting activities.
	It's a Book Lane Smith It's a Book explores the role of books in a digital age via a humorous discussion between an IT-savvy donkey, a book-loving ape and a mouse. It's a Book can be used to discuss using technology safely and responsibly and also the different ways children can read and have fun both on and offline.
	When Charlie McButton Lost Power Suzanne Collins and Mike Leste Charlie McButton explores the story of a little boy who likes computer games so much he never plays with anything else. When a thunderstorm knocks out the electricity his tech empire comes tumbling down. Charlie needs batteries fast, the only ones he can find are in his little sisters talking doll. Will he resort to desperate measures and cause his sister to have a meltdown of her own or will he snap out of his computer craze long enough to realize his sister might be fun even if she doesn't come with batteries?! When Charlie McButton Lost Power can be used to explore addiction and gaming and the need for children to balance technology with offline fun. The book can be used to discuss empathy, using technology responsibly (including screen time) and the need for children to explore and relationships both on and offline.

Books About Online Safety
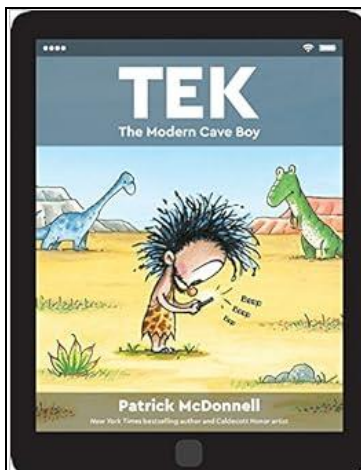
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	Tek The Modern Cave Boy Patrick McDonnel Tek tells the story of a cave boy in love with tech: his tablet, videogames, phone, and TV keep him deep in his cave, glued to his devices, day in and day out. He never sees his friends or family anymore - and his ability to communicate has devolved to just one word: "UGH"! Can anyone in the village convince Tek to unplug and come outside into the big, beautiful world? Tek is a tablet shaped book that explores the need to balance technology use with 'real world' activities. Tek can help explore the need for children to balance internet use with offline world fun. It can be used to discuss using technology responsibly and the need for children to explore the world both on and offline.
	Ant Clancy: Games Detective Ruth Morgan Chapter book Designed to appeal to children with a love of gaming, Ant Clancy: Games Detective is a fast-paced adventure story that could be enjoyed by any reader who likes an action-packed mystery story. Ant is the only person in Westford Abbey who can't get into playing Ray-Chay, the new virtual reality game that everyone else is obsessed with. Soon something goes very wrong with the game, which somehow spills over into real life, and Ant is the person who will get to the bottom of what's happening and try to put things right. As the story unfolds, the line between the gaming world and reality is blurred even further in the race to uncover the truth.
	How To Be More Hedgehog Anne-Marie Conway Chapter book Lily loves animals and has a stammer. Themes of family and friendship are explored throughout the story, which is told from Lily's point of view. Lily is in Year 6 and her new teacher sets a project about 'One World', where the children work together to research an issue and present it to the class – a task that feels challenging for Lily when she has a stammer. This thought-provoking and beautiful story reels the reader in to Lily's journey from being the victim of cyberbullying to standing up for herself and 'becoming more hedgehog.' From friendship changes, cyberbullying and new family additions, this unique story leads to lots of discussion for KS2 classes. The story is inter-woven with animal facts and at the beginning of each chapter is a fact about hedgehogs, as well as an illustration. This book is captivating from the first page and is a must-read for celebrating differences, overcoming adversity, and having hope and courage.

Books About Online Safety

Emmy Levels Up Helen Harvey
Chapter book
Emmy is brilliant at the computer game, Illusory Isles. Her avatar is a powerful fire elemental with magma claws and flaming breath. When Emmy's gaming video gets a front-page feature, thousands of devoted fans flock to watch her battle the ultimate online baddie, the Mulch Queen herself. Life at school is the exact opposite. Emmy is friendless and bullied by Vanessa AKA the Queen of Mean. To Vanessa and her gang, Emmy is a weirdo with bad handwriting, horrible fashion sense and no dad. But if Emmy can take on the Mulch Queen online, perhaps she can also find a way to take on Vanessa too? Emmy decides to level up and solve this challenge alone. But then Emmy discovers that Mulch Queens and Mean Queens are much easier to face when you have a little help from new friends.

Staying Safe Online Louie Stowell
Non-fiction
Covering important e-safety topics including cyberbullying and social media messaging, this is an essential book to help older children to know how to protect themselves in the digital world. Find out how online interactions can affect friendships, why cyberbullying is so dangerous and how image-sharing can get out of control. Due to the nature of the topics covered, this is most suitable for upper KS2+ or as a book to dip in and out of at your discretion.

A Focus On… Online Safety Steffi Cavell-Clarke
Non-fiction
This series shines an informative and encouraging light on the difficult realities faced in today's world and illuminates healthy ways for children to process and understand them. Children are using the internet more and more both at home and in school. This title explores issues surrounding online safety and examines what children can do if this occurs. It also discusses practical ways children can stay safe online.

First Coding: Online Safety Sam Thompson
Non-fiction
First Coding introduces children to the basic principles of programming and computing, from being safe on the internet to their first steps in computer logic. This series uses easy-to-read text and colourful images, as well as real examples of code.
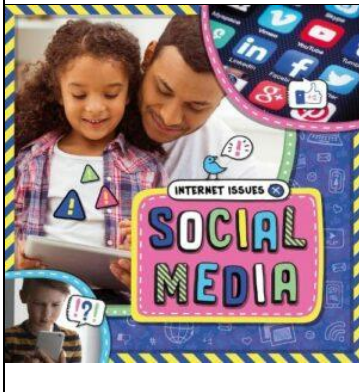
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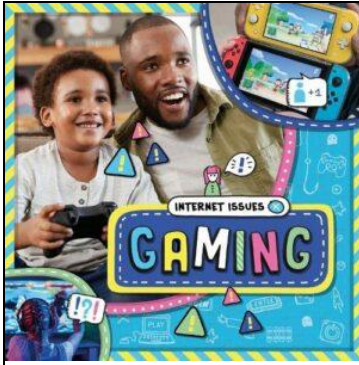
Internet Issues: Gaming Shalini Vallepur

Non-fiction

The internet connects us with people from all around the world. People use the internet every day to buy things, play games, talk with their friends, and find things out about the world around them. It is very useful, but it can also be dangerous. From shopping and gaming to information and social media, 'Internet Issues' teaches you all about how to stay safe on the internet

Internet Issues: Social Media Shalini Vallepur

Non-fiction

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