

# HOLLY GROVE SCHOOL ONLINE SAFETY NEWSLETTER

10TH FEBRUARY 2026



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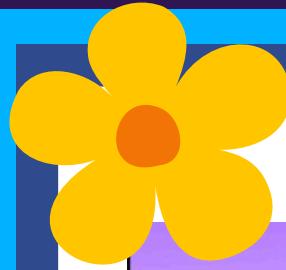


hello



Hello, I'm Courtney, the ICT/Computing Lead and a member of the Holly Grove Online Safety team. We've had a fantastic time exploring online safety together and taking part in a range of fun, engaging activities. In the ever-evolving world of technology, we are committed to keeping ourselves, our pupils, and our parents/carers up to date with the latest developments. We will also be holding further forums and training sessions focused on the use of AI and much more. We hope you enjoy reading our newsletter.

If you have any questions or concerns about your child's use of the internet at school or at home, please don't hesitate to contact the school. We will be happy to direct you to someone who can offer support.



## CERTIFICATE OF SUPPORT

THIS IS TO CERTIFY THAT

Holly Grove Primary School

Supports Safer Internet Day

10th February 2026

#SaferInternetDay



[saferinternetday.org.uk](http://saferinternetday.org.uk)



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



Hello! I'm Sophie and I'm the Online Safety Ambassador here at Holly Grove! I have had a busy week checking in on everyone and making sure we know how to stay safe online!



# Our Online Safety Team



Eve Taylor, Headteacher and DSL, ensures that online safety is embedded across school policies, safeguarding, and the curriculum. She supports safeguarding leads with the time and resources they need, makes sure staff receive regular training, and checks that online safety practices are reviewed and improved. She also keeps parents informed about current online safety issues and works with staff and governors to review and update the policy regularly.



Nicola Whyte, our Head Governor, works closely with the school to ensure our online safety approach is effective, up to date, and in line with legal guidance. She supports the oversight of safeguarding and online safety, including staff training, regular policy review, and the use of appropriate filtering and monitoring systems, helping to make sure our pupils remain safe in an ever-changing digital world.



Jenna Thresh, our school's Data Protection Officer (DPO) and a key member of the online safety team, is responsible for overseeing data protection and privacy compliance, ensuring that personal information is handled securely and in line with legal and safeguarding requirements.



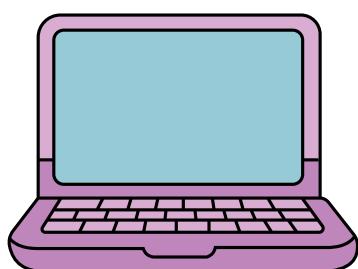
Iain Jarvis, ICT Manager, supports the development and implementation of the school's online safety policies by providing technical expertise, maintaining appropriate security measures, and ensuring filtering and monitoring systems remain up to date. He also works with the Headteacher and DSL to carry out regular reviews of the school's online safety policy.



Courtney Fourie, ICT Lead, leads the development of computing and online safety across the school, supporting staff and pupils to use technology safely, responsibly, and creatively. She works closely with the DSL and ICT Manager to keep online safety education up to date and ensures families are informed about key digital developments, including the safe use of AI.



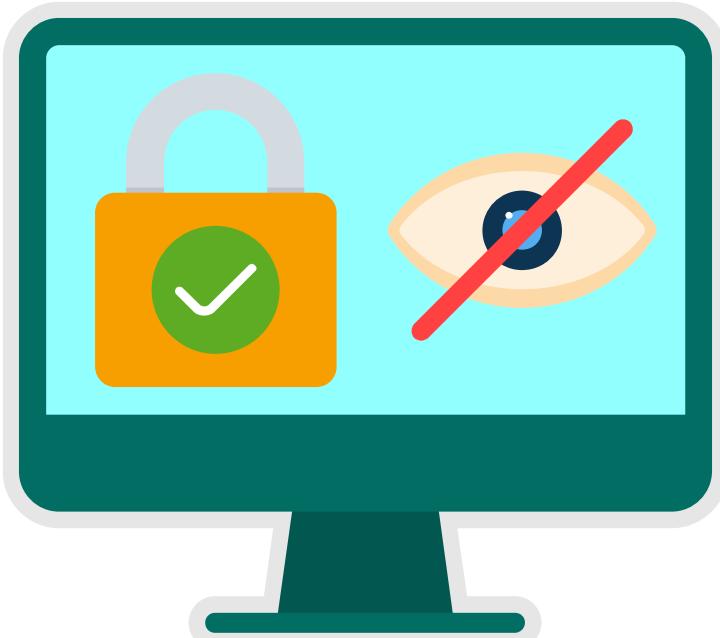
Rosie Barracough, Educational Support Officer, supports pupils in developing safe and responsible online behaviours as part of their daily learning. She works closely with teaching staff to reinforce online safety messages, helps pupils understand how to stay safe when using technology, and provides additional guidance and support where needed to ensure all children can access the digital world confidently and securely.



# Useful links for Parents and Carers

For our children, the online world brings valuable opportunities for connection, creativity, and independence, but it can also present additional risks. Parents and carers are key partners in keeping children safe online and helping to build consistent, positive digital behaviours at home and in school. We support this partnership by sharing clear, accessible online safety information through newsletters, parent forums, the school website, and School Spider.

To support this, South West Grid For Learning have developed a dedicated online safety hub that helps both schools and parents provide inclusive, effective guidance for all Children. Below is Links to some of their resources.



**SCAN ME**

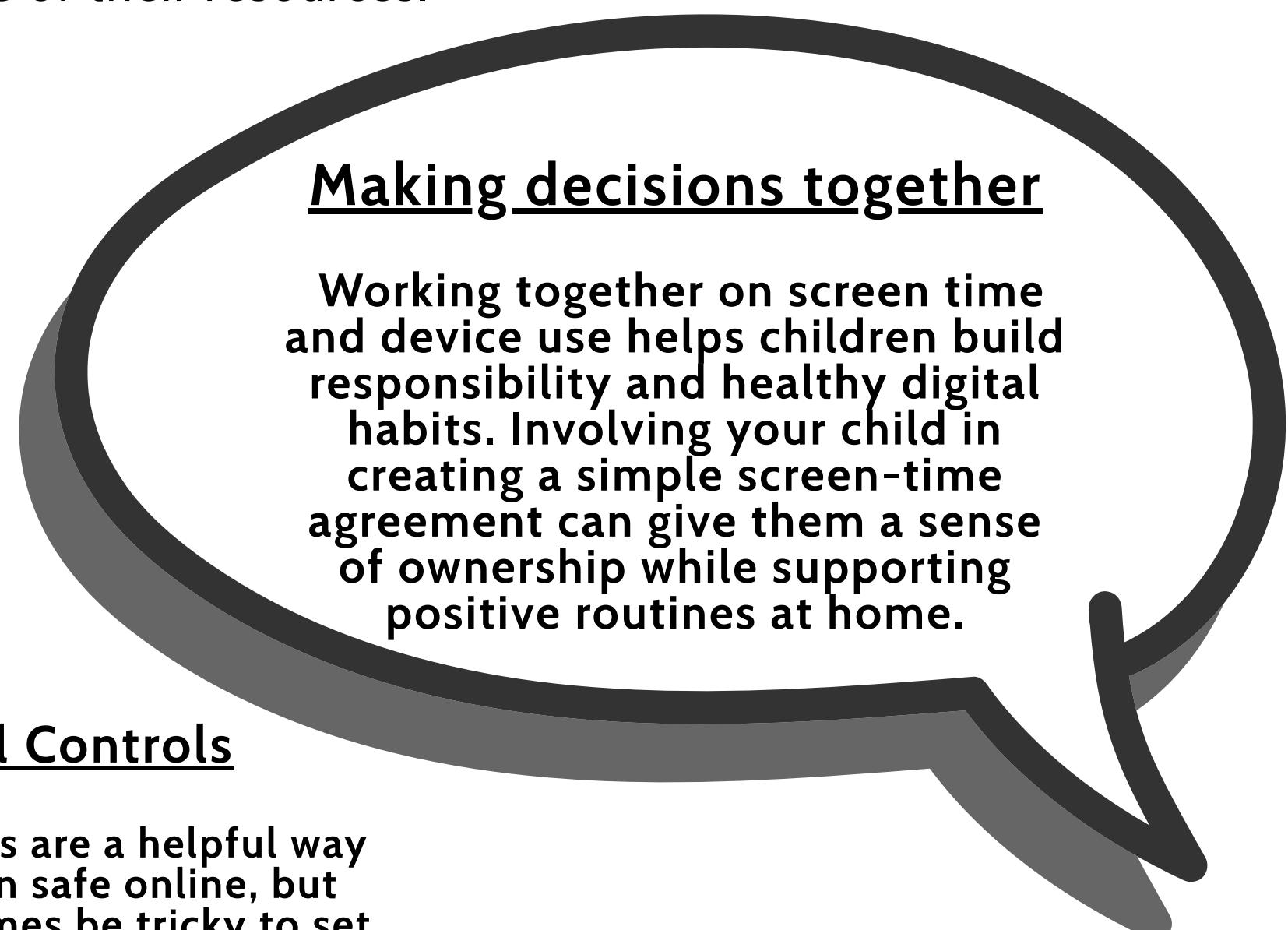


## Parental Controls

Parental controls are a helpful way to keep children safe online, but they can sometimes be tricky to set up. We provide simple step-by-step guides and demonstrations to help families manage safety settings on popular devices, apps, and platforms. You can also view our social media checklists for more detailed support.

## Making decisions together

Working together on screen time and device use helps children build responsibility and healthy digital habits. Involving your child in creating a simple screen-time agreement can give them a sense of ownership while supporting positive routines at home.



## Recognising warning signs

It can sometimes be hard to spot when something is wrong online, especially as children with SEND may show distress in different ways. Changes such as withdrawal, disrupted sleep, or sudden emotional outbursts may be signs that extra support is needed.



**SCAN ME**

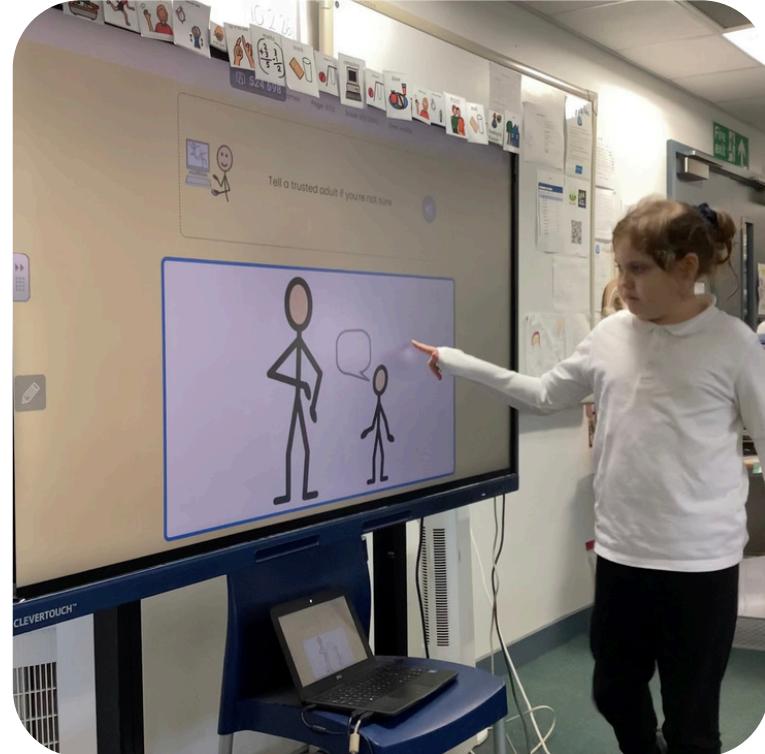


## Opening digital conversations

Talking regularly about online experiences helps children feel safe and supported. We encourage families to discuss both online risks and the positive things children enjoy doing online to promote open, balanced conversations.



# Safer Internet Day



# Staying Safe Online

Here is what to do if something online worries you.  
Remember – you are never in trouble for asking for help!



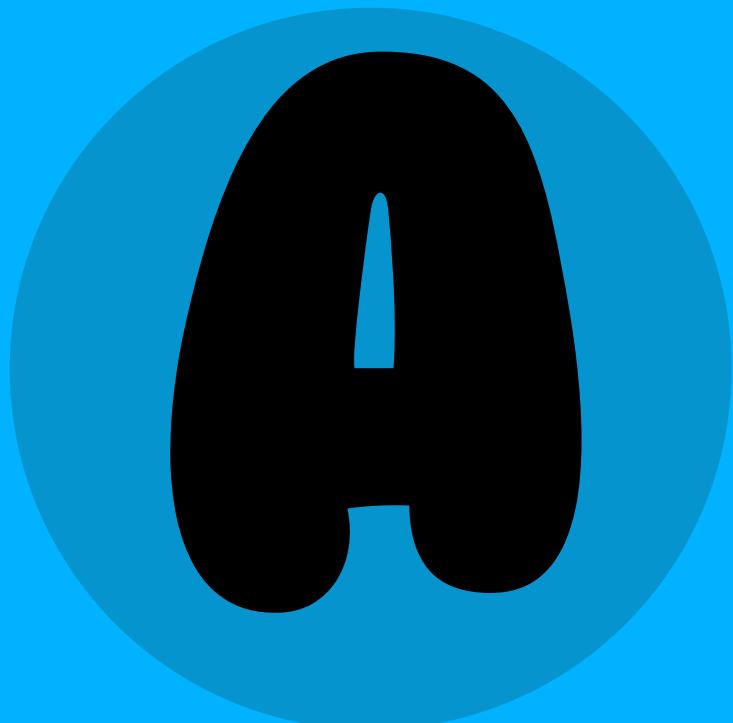
## Our Safety Steps

- 1 Tell a grown-up if something online makes you worried, sad, or scared.
- 2 Talk together about what happened and how you feel.
- 3 Stop using the app or game and keep the message or picture safe.
- 4 Your parent or carer will contact the school to help **keep you safe**.
- 5 The school's safeguarding team will listen, help, and decide the best way to protect you.
- 6 Grown-ups will work together to make sure you feel safe and happy again.



**Holly Grove Primary School –**  
Together we learn, together we achieve.





### **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.

# 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

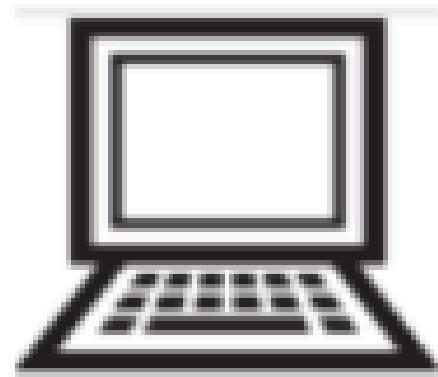
Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

| 5

Ask for help if anything online is bothering you.



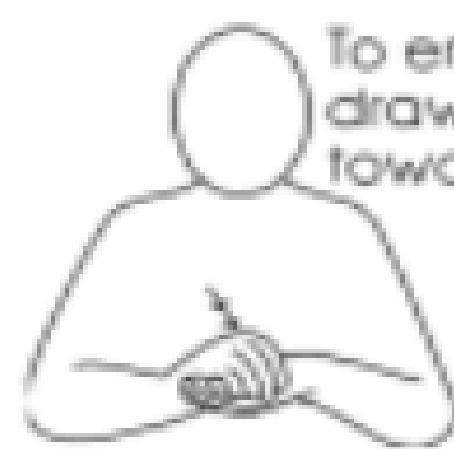
# Makaton



## Online Safety

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

To keep safe



To emphasise 'Safe'  
draw formation back  
towards body

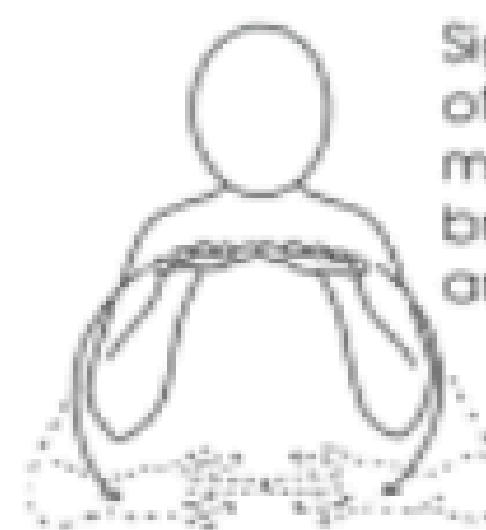


Protect



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)

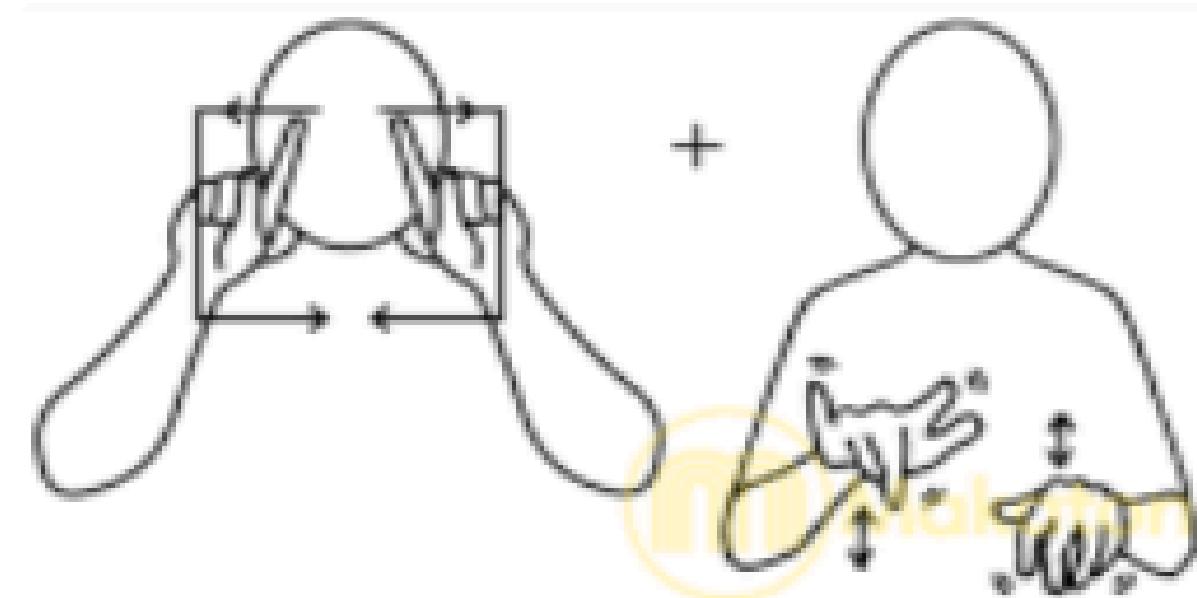


Sign WORLD. At bottom  
of arc spread fingers out,  
middle fingers touch  
briefly as hands turn out  
and move forwards



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



# What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

## WHAT ARE THE RISKS?

### CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there's a possibility that children could be exposed to offensive language or explicit material while conversing with their virtual friend. The companies producing such AI solutions are also unlikely to take responsibility for any content that their algorithms generate.

### REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could potentially cause a child to begin reducing the amount of face-to-face communication they have, leading to social isolation. If young people become dependent on chatbots to provide companionship, it could very likely hinder the development of their real-life social skills.

### LACK OF SENSITIVITY

Chatbot software isn't always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress in children, as most humans would. It might therefore fail to respond appropriately. AI misinterpreting what it's being told or replying insensitively to a young user who's already struggling could potentially impact a child's emotional wellbeing or exacerbate any existing emotional issues.

Do\*#!



## Advice for Parents & Carers

### CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI apps, a relaxed, natural chat should help you to discover which ones they're aware of and how they're using them (or are planning to). Discuss these options with your child and perhaps do your own research to ensure you think they're suitable. Once you're totally happy, you could sit with your young one and begin exploring AI chatbots together.

“ ”

### CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment: ideally in a shared space at home, so you can easily keep an eye and ear on their progress. Set up appropriate content filtering measures in advance – and gently remind them that you'll be close by and ready to help with any questions or concerns that may arise.

### FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and when it's appropriate. It's important to make sure that children are still getting plenty of opportunities to learn to solve problems for themselves, as well as building their interpersonal skills through face-to-face conversations with friends, family members and teachers.

### TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we'd strongly recommend that you consider employing parental controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being upset or frightened by inappropriate content.



### RECOGNISE THE RISKS

It's unlikely that most children will have even considered the potential risks attached to having a virtual companion. So it's probably wise to explain some of the possible hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn't a real person (however much it might sound like one) and may occasionally tell them something that isn't entirely impartial or accurate.

### Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



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# Top Tips for

# SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

## IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

## ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

## PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At [my.account.sony.com](https://my.account.sony.com), create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

## IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

## XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

## Meet Our Expert

Berry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which!, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.





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# 12 Smartphone Online Safety Tips

## FOR CHILDREN WITH NEW DEVICES

The Christmas season has finally arrived and soon many of you will be opening your presents in the hope that Santa has listened to your request for the latest mobile phone or smart device.

Owning a mobile phone can be fun, but it's important to use it safely and responsibly. By following our safety tips below, you can make sure that you set up your phone securely, keep your personal information private and enjoy using your phone in the healthiest way possible.

### 1 ALWAYS SECURE YOUR PHONE WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your phone without your permission. Make sure your password is memorable and personal to you but something which other people can't guess, and always share it with your parents just in case you forget it.

### 2 DISABLE LOCATION SETTINGS

This can usually be done from the device's privacy control settings. Disabling location settings means that your phone can't be tracked by others and strangers can't tell where you are when you're using it. It also helps to save battery.

### 3 ALWAYS USE A SECURE WIFI NETWORK

When you use your WiFi at home usually it is a secure network that only you and your family know the password to. Public networks, like those in coffee shops, can be accessed by anyone which means that people could potentially hack into your device and access your personal information without you realising.

### 4 ONLY PAIR WITH BLUETOOTH DEVICES YOU KNOW

A Bluetooth connection with another device means that you can send and receive data wirelessly. For example, you could listen to music wirelessly or receive pictures and videos from your friends. However, pairing your phone with a device you don't know means that you could be sharing personal information with a stranger or could leave your device open to receiving viruses.

### 5 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new apps, always check the age-rating of the app. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain things that aren't safe for you to see.

### 6 BEWARE OF BECOMING ADDICTED TO YOUR PHONE

Your phone can be fun to use and it's easy to become too attached, whether it's keeping in touch with friends, discovering new features or downloading the latest apps. Remember it's always good to talk in person, go out and have fun and get regular exercise. This will keep you fit and healthy and make you appreciate there's more to life than just your mobile phone.

### 12 DONT SHARE YOUR NUMBER OR YOUR DEVICE WITH PEOPLE YOU DON'T KNOW.

Never feel pressured into sharing your phone number with people you don't know and don't lend your phone to strangers or keep it where others could get hold of it. Look after your device and always keep it hidden from sight to avoid it being stolen or broken into.

### 7 LIMIT YOUR SCREEN TIME

Using your phone for too long, particularly in the evenings, can make you feel tired at school, affect your concentration and make you lose interest in other things in life. Only use your phone at certain times of the day and don't use it close to bedtime. You can set a 'screen time limit' via the settings on your phone. This will help you stay fit and healthy and means that you will still be able to focus and perform well at school.

### 8 THINK OF OTHERS WHEN TAKING PHOTOS

Don't take embarrassing photos of other people on your phone. If other people get access to the photo and share it with more people, it could make that person really upset and treated as a form of bullying. Always be mindful of the photos you take using your camera and who you share them with.

### 9 MAKE SURE YOUR PARENTS SET UP 'PARENTAL CONTROLS'

This means that you will be able to use your phone safely and securely and won't accidentally do things you shouldn't do. The best time to do this is when you get a new phone or device so that you're protected from the very beginning.

### 10 ALWAYS TALK TO YOUR PARENTS IF YOU DON'T FEEL SAFE

Sometimes, even though your phone is really secure, you might see something you don't like, or someone might contact you who you don't know. If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.

### 11 DONT TEXT AND WALK

This might seem like a strange thing to say but it can be dangerous to stare at your mobile phone whilst walking outside alongside busy roads or bicycle paths. In some cases, children have been knocked over by cars or cyclists because they haven't been aware of their surroundings whilst texting or playing games on their mobile devices.



# 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.

### FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

### RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

### KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

### EMPHASISE HOPE

Upsetting content can make us feel angry, scared, Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

### MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

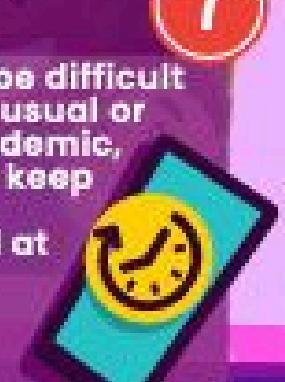
### CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### SET LIMITS

Managing screen time and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen time limits.



### TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



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### 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.



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

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## 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 HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



## 3

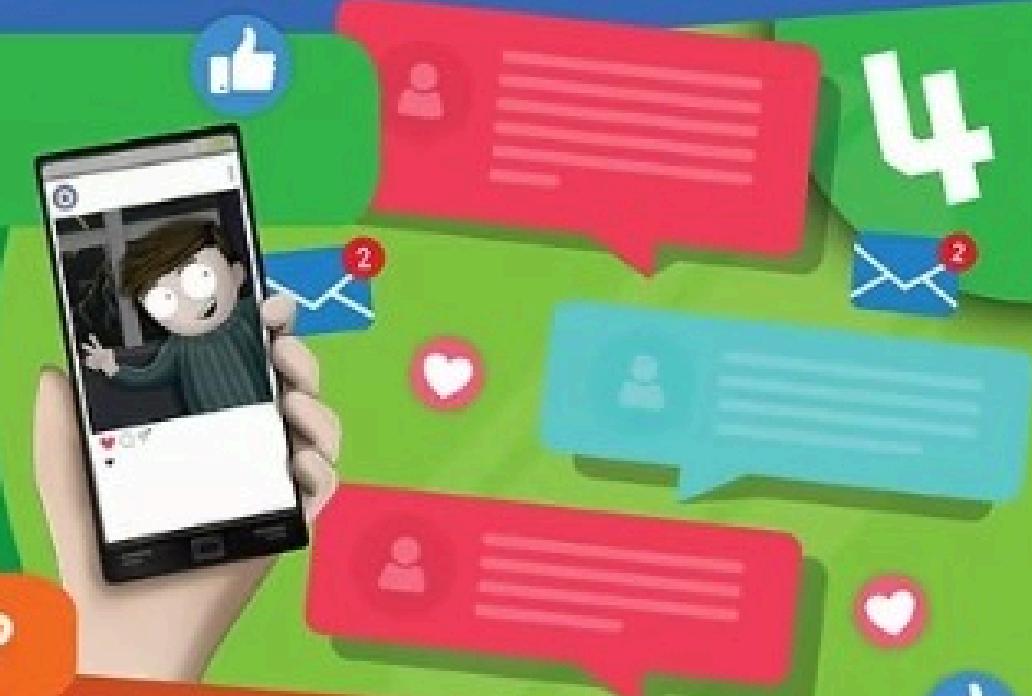
PLAY AGAIN?  
YES NO

## 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.

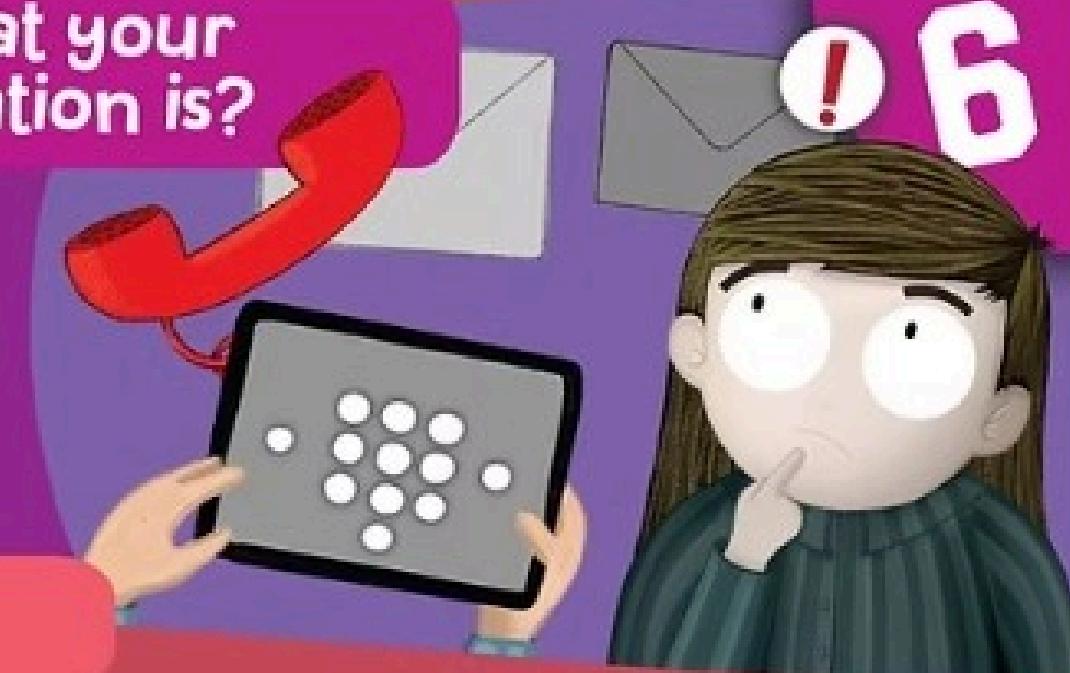
## 5



## 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



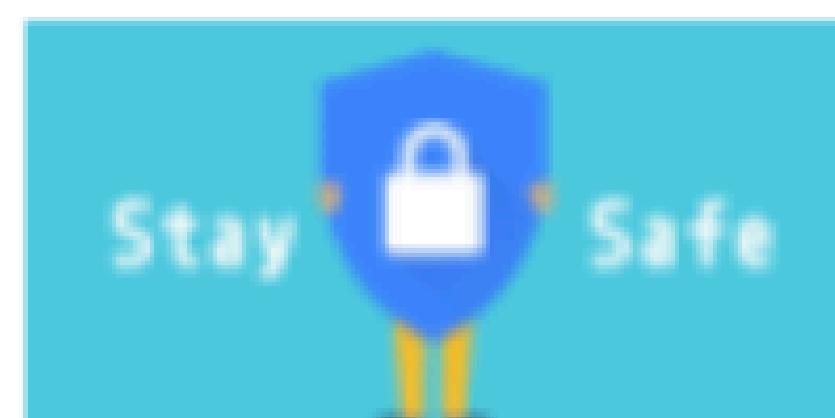
## Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEIR 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.

# 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.*

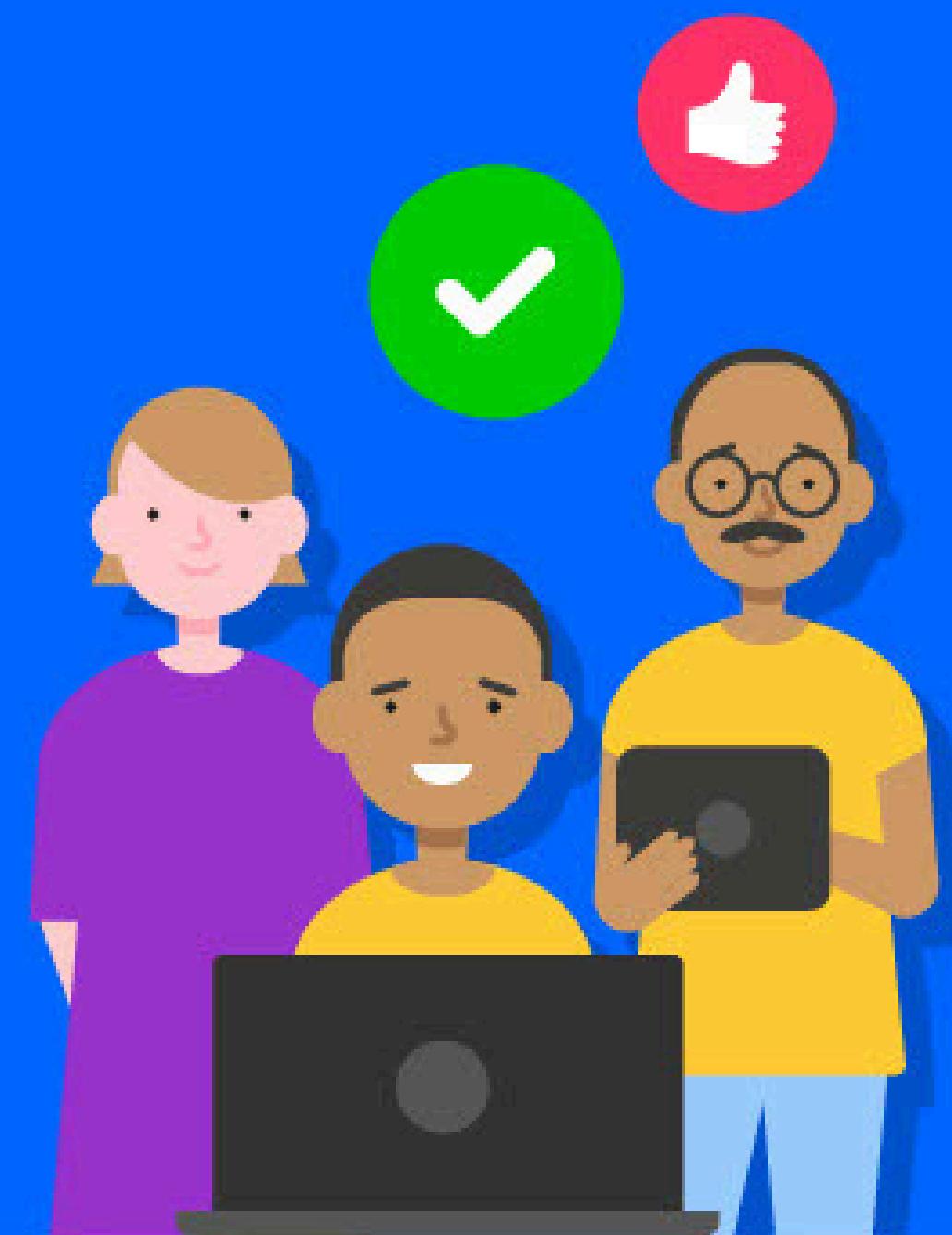


# What we have agreed about our online life

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We have decided that (add your names):

[Redacted]  
[Redacted]  
[Redacted]  
[Redacted]  
[Redacted]



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 [Redacted] minutes and at weekends for [Redacted] 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 [name of parent/carer] will set up a social media account for [name of parent/carer]
- 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 [name of parent/carer]

I know how to block or restrict people if they are nasty or I can ask [name of parent/carer]

to help.

## Devices

- Which devices are we allowed to use and when? [name of parent/carer]
- Who will check regularly to see that the privacy and security settings are OK? [name of parent/carer]
- What do we do if we are asked to click on something? [name of parent/carer]  
*(Like don't click 'accept' before checking with an adult)*
- When is it OK to download files, games or apps? [name of parent/carer]
- When is it OK to buy things in games? [name of parent/carer]



We will talk about our agreement [name of parent/carer] to see how it is working. [name of parent/carer] [enter agreed amount]

# Set Up Safe Checklist

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Set your child up for online safety with these simple tasks

## Manage broadband & mobile networks



At home, access your broadband network and set applicable controls.



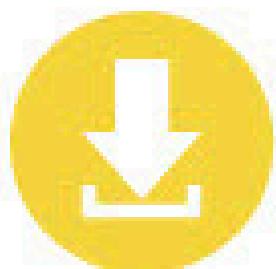
On the go, set up controls on the relevant mobile network.

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.

Visit [Internetmatters.org](http://Internetmatters.org) for more advice

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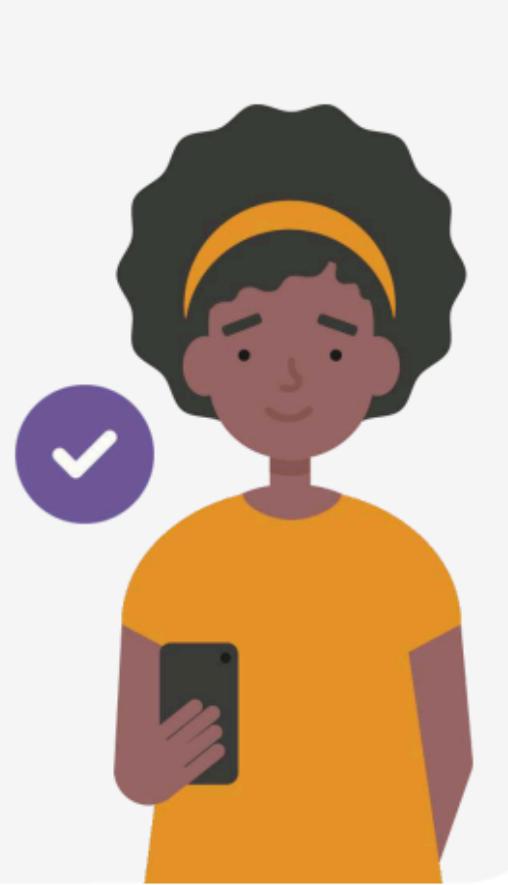
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# Tackling online scams

Tips to spot the signs  
and get support



## Jump to...

- **3 types of common online scams**
- **The signs to look for**
- **How to tackle online scams**



## 3 types of common online scams

Phishing →

Financial →

False promises →



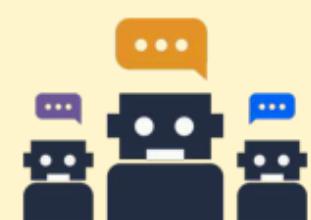
### Phishing

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.

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.



### 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,



## 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](#)

[Return to menu](#)



## 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!

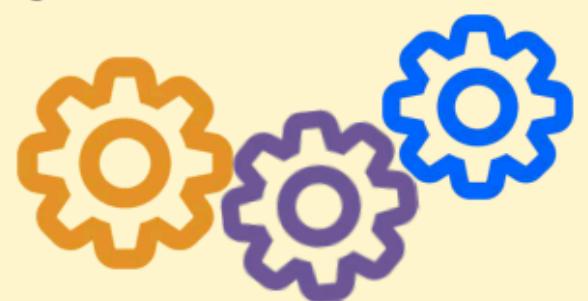


### Is your personal information safe?

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.

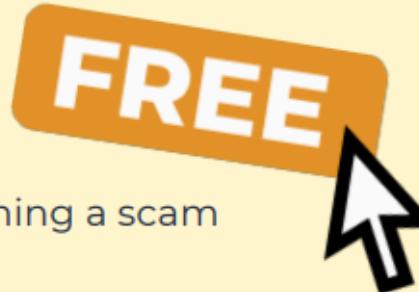
Use different passwords for your accounts, use anti-virus software and, if something feels off, ask around and do a little research.



### 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.

## Learn more...

[Return to menu](#)

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

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