

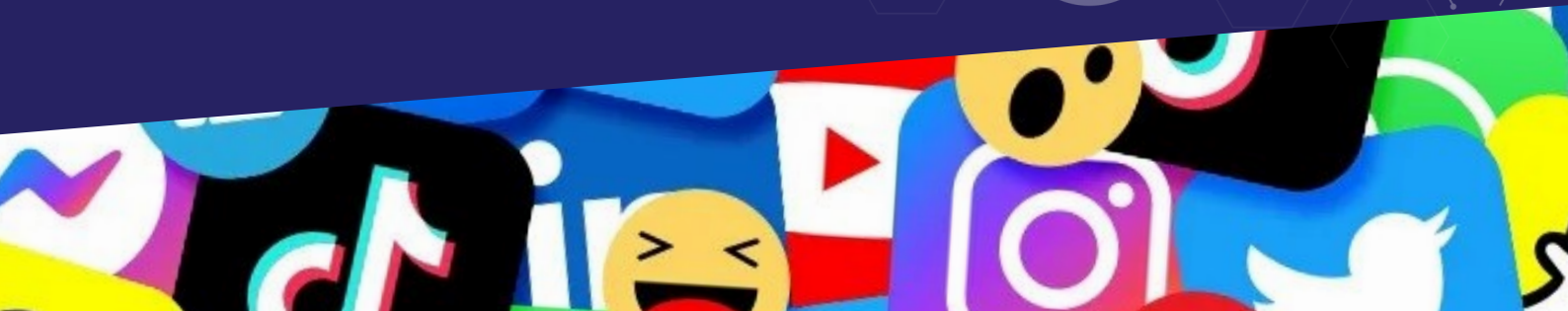


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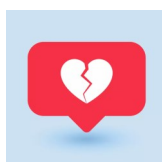
LEARNING TRUST

Creating Excellence Together,  
through a culture of care

## Online Safety Newsletter July 2024



### Being Unkind Online



It can be very easy online for children to behave in a way that they would not if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:

- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps for example.

What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they

should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact them again in the future.

#### Starting a conversation with your child

BBC Own It have curated a selection of videos and quizzes with ideas and advice to help make the web a kinder place. You could use these to help you start a conversation with your child.

<https://www.bbc.com/ownit/curations/being-kind-online>

#### Further information

- <https://bulliesout.com/need-support/be-kind-online/>
- <https://bekindonline.com/category/cyber->

### Summer Time Screen Time



The Ineqe Safeguarding Group have published information on their website to help you manage your child's screentime during the summer break. Their website includes top tips for managing screen time, activities and guides to popular apps:

<https://ineqe.com/2024/06/20/summer-time-screen-time-2024/>



# #WakeUpWednesday



Every Wednesday, National College release a colourful, easy-to-follow and insightful guide to an aspect of the digital universe that's causing concern, outlining related risks and

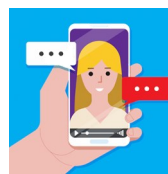
suggesting ways to help children avoid them. It could be a video game, an internet-enabled device, an app or a more thematic threat associated with the online space.

Every guide is compiled with input from some of the most respected professionals, organisations and experts working in mental health, education, technology, gaming and more.

Access #WakeUpWednesday guides via the [National Online Safety website](https://www.nos.org.uk), Mobile App stores or visit our individual school websites or social media feeds.



# Think Before You Share!



Think Before You Share is a campaign from the Internet Watch Foundation (IWF). The campaign provides you with advice on why children are sharing images, how to talk to your child about it and how to help your child should they share an image. They also provide advice for teenagers.

<https://www.iwf.org.uk/about-us/our-campaigns/think-before-you-share/>

# Accessibility Features



From high contrast screen settings to voice to text translations, there are many accessibility features available on iPhone, Android and Windows devices to support those with vision, speech and cognitive needs. You can find out more by reading the following guides:

iPhone: <https://support.apple.com/en-gb/guide/iphone/iph3e2e4367/ios>

Android: <https://support.google.com/accessibility/android/answer/6006564?hl=en-GB>

Windows: <https://www.microsoft.com/en-us/windows/accessibility-features>

## National Online Safety®

### National Online Safety Launches Free Online Safety App for Parents

Download the National Online Safety app for free – the world's most comprehensive online safety app for parents, carers and education staff. Available from the Android and Apple app store.