WELCOME

NEXT →

Welcome to the autumn term online safety newsletter. This interactive newsletter is designed to support parents and carers in learning about the online world that our children are exposed to.

This newsletter is designed to be short, focused and regular. We publish a new newsletter each term, containing useful and informative pieces of information for parents/carers on a range of online safety themes. We also share with you what we are teaching pupils in school, so you can have conversations at home about staying safe in an ever increasing digital world.

IN THIS EDITION WE EXPLORE:

- Filtering and monitoring procedures in place in school.
- What we teach and when.
- Year group focus: Year 7. A conversation to have at home.
- Stay safe with St Benedict's app: Reporting abuse (including bullying).
- Focus 1: County Lines: How Criminal Gangs Are Targeting Children Online.
- Focus 2: Dating apps - the new trend for children.
- What is available on the school website to help you as parents and carers.
- National online safety - a wealth of resources.

OUR ONLINE SAFETY POLICY

You can view our online safety policy by clicking here.
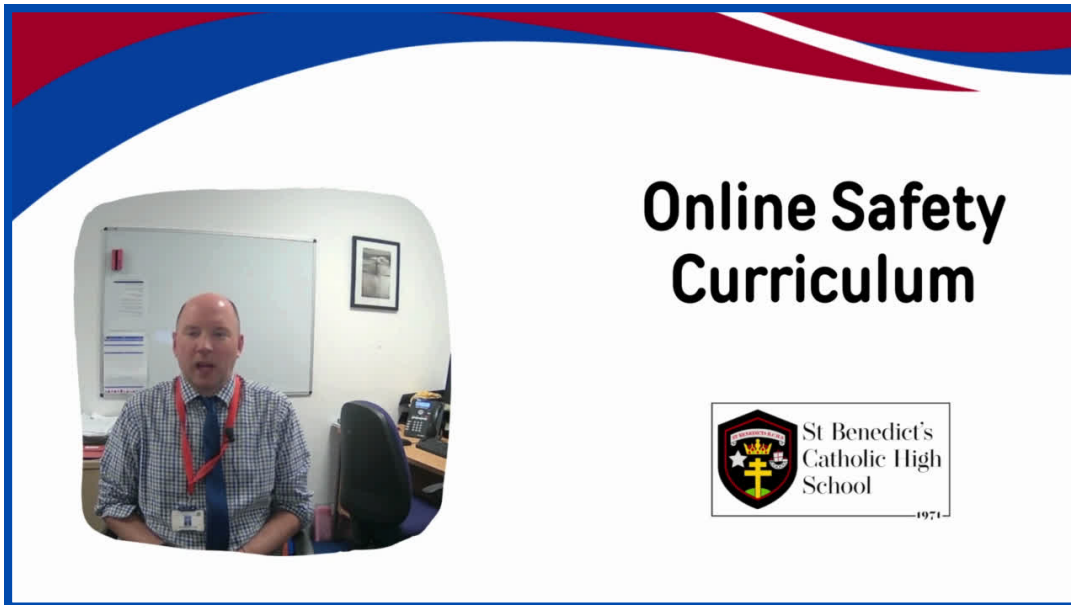
FILTERING AND MONITORING

Earlier this term we enhanced our filtering and monitoring software in school. We upgraded our systems to run on a platform called WatchGuard Technologies.

Internet filtering is one part of a package of measures that we implement in school to ensure that our pupils are protected from harm.

If you are interested in seeing what our new system can do and how effective it is at keeping our pupils and systems safe, you can download a report by clicking here. The report has been written to cover the requirements of the Keeping Children Safe in Education guidance.
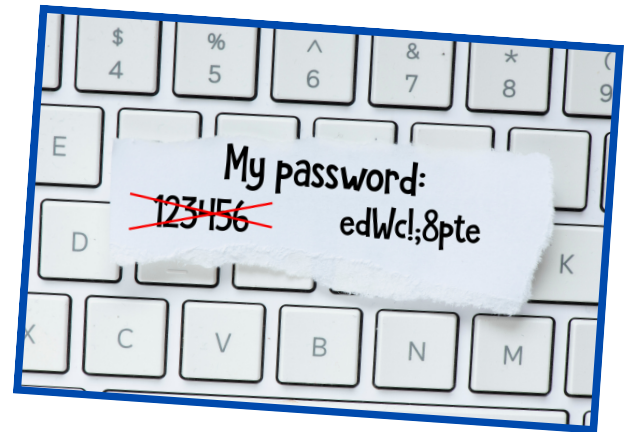
WHAT DO WE TEACH?
AN OVERVIEW OF OUR ONLINE SAFETY CURRICULUM

Online Safety Curriculum

St Benedict's Catholic High School 1971

YEAR GROUP FOCUS: YEAR 7

A FAMILY ONLINE SAFETY CONVERSATION

Each term to give you a flavour of how we make online safety teaching part of our everyday practice in school, we will focus on one year group and share with you some of the online safety topics that pupils in the year group have been studying. If you are a parent or carer of a Year 7 pupil, why not ask them to tell you the answers to these questions on topics pupils have studied.

My password: ~~123456~~ edWc!;8pte

What is a strong and weak password? Why?

Why shouldn't you use the same password on multiple websites and apps?

Can you trust the information you see online? Why / why not? How can you check?

What is Phishing?

What are the benefits and drawbacks of using email?

What is Creative Commons?

What is the Copyright Law?

REPORT IT. DON'T TOLERATE IT.
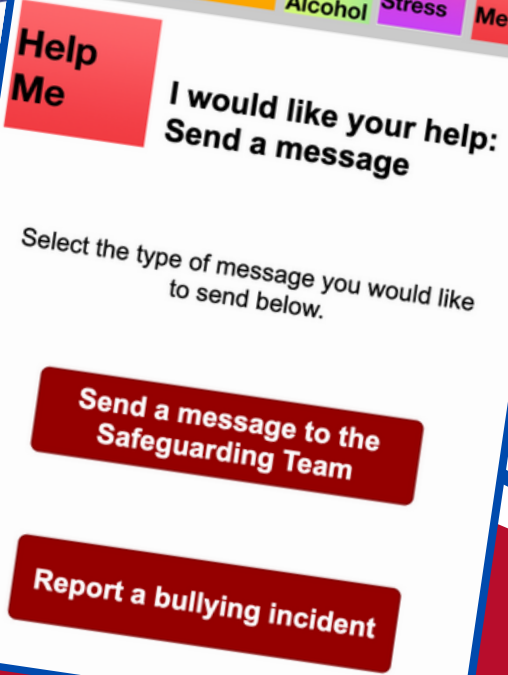## ONLINE BULLYING

Earlier this year, we launched our 'Stay safe with St Benedict's' app. The app (available within Microsoft Teams) is available for all pupils in the school. Currently we have sections in the app that cover advise and guidance on:

- Mental Health
- Abuse
- Social Media
- Drugs and Alcohol (including smoking and vaping)
- Exam Stress

- and a 'Help Me' section.

HELP ME

Pupils can use this to ask for help with any safeguarding issue including bullying. If a pupil doesn't feel they can speak to a member of staff in person they can use this app and the message will then be sent to a member of the safeguarding team who will work to resolve the issue with the pupil.

Abuse | Social Media | Drugs and Alcohol | Exam Stress | Help Me

Stay Safe
with
St Benedict's

Welcome. We are here to help.

What's New?

Meet our mental health ambassadors

Abuse | Social Media | Drugs and Alcohol | Exam Stress | Help Me

Help Me
I would like your help:
Send a message

Select the type of message you would like to send below.

Send a message to the Safeguarding Team

Report a bullying incident

Abuse | Social Media | Drugs and Alcohol | Exam Stress | Help Me

I would like your help - I am being bullied or someone I know is:
Send a message

Year 7

Please enter your message - explain what is happening in as much detail as possible.

Please Read

When you press the send button below your message will be sent (with your name) to a member of the school Safeguarding Team.

This system is only available during school time. If you send a message outside of school time, it will not be read until school starts again. If you are in danger, you should call 999.

Send my message to the Safeguarding Team

County Lines: How Criminal Gangs Are Targeting Children Online

» NEXT

County lines is the police term for urban gangs supplying drugs to suburban areas and market and coastal towns using dedicated mobile phone lines or "deal lines". Unfortunately Cumbria is a prime location for this type of activity.

The gang activity is highly associated with violence, drug dealing and exploitation; having a devastating impact on young people, vulnerable adults and local communities. Gangs will use children, and vulnerable people, to move drugs and money, criminally exploiting them (CCE); they will also seek to establish a base in target locations, typically taking over the homes of local vulnerable adults by force or coercion – this is referred to as 'cuckooing'.

County lines is a major, cross-cutting issue involving and linking into:

- drugs
- violence/weapons
- gang affiliation
- criminal and sexual exploitation
- modern slavery
- missing/trafficked
- safeguarding risks

Young people involved in county lines may exhibit some of the signs listed below, either as a member or as an associate of a gang dealing drugs. Any sudden changes in their lifestyle should be discussed with them.

- Persistently going missing from school or home and/or being found out-of-area
- Unexplained acquisition of money, clothes, or mobile phones
- Excessive receipt of texts /phone calls
- Relationships with controlling /older individuals or groups
- Leaving home/care without explanation
- Suspicion of physical assault/unexplained injuries
- Carrying weapons
- Significant decline in school results/performance
- Gang association or isolation from peers or social networks
- Self-harm or significant changes in emotional well-being

Who is messaging your child?

FURTHER ADVICE AND GUIDANCE:
Click here to find our more about County Lines and what you can do as a parent/carer.

WIZZ

 NEXT

Recently rising in popularity among children and young people, Wizz is a social networking app that allows users to chat live with people from around the world. In similar fashion to a dating app, it facilitates conversations with people that users would not ordinary meet – but of course, making connections to individuals online bring its own self-evident potential safety issues.

While Wizz makes use of face recognition technology to assesses users' age and group them by age group – but the software is far from perfect and is no guarantee that some individuals won't attempt to exploit the app for sinister purposes.

LEARN MORE

Click on the image (right) to download the parent/carer guide to Wizz.

To view more guides like this visit the online safety section of the school website.

HELP AND SUPPORT
RESOURCES FOR PARENTS/CARERS

THE SCHOOL WEBSITE

The online safety section of the school website has a wealth of resources which are designed for parents / carers. Here is a summary of the resources available:

Parent/Carer guide to...a series of social media apps - we explain what they are, who they are aimed at, what the benefits and dangers are and age limits.

Links to websites on online safety topics.

How to sign up to the National Online Safety service.

Video explainer guides on topics such as cyber security, social media, online gaming, sharing images and video.

School policy and procedures.

How to report non urgent worries or concerns to the Police about online safety issues.

HELP AND SUPPORT
RESOURCES FOR PARENTS/CARERS

National Online Safety
NOS

Dear Parents & Carers,

The online world is posing an ever-increasing risk to children, and it is important that schools, parents, and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.

I am pleased to make you aware that we have partnered with a company called National Online Safety, who provide resources for parents and carers on all aspects of online safety.

The resources include online video resources and weekly guides covering a range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms

- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

To create your account, please follow **https://nationalonlinesafety.com/enrol/st-benedict-s-catholic-high-school** and complete your details.

Alternatively, you can scan this QR code using your phones camera to go straight to the site:

When you are set up, you will be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including a smartphone app. To download the app, please go to:
Apple devices: https://apps.apple.com/gb/app/national-online-safety/id1530342372
Android devices: https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos
Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

C. Redhead, Assistant Headteacher