

Crockerton C of E Primary School

Safeguarding Newsletter 2: On-Line Safety

Our Commitment

Crockerton C of E Primary School is committed to providing a caring, friendly, safe and Christian environment for all our pupils so that they can learn in an atmosphere of mutual respect and co-operation.

Crockerton School prioritises safeguarding and the promotion of the welfare of children and young people. We ensure that all our recruitment and employment practices reflect this commitment. The safety and wellbeing of every child in the care of Crockerton School is our absolute priority. We expect all of our staff, pupils, parents, governors, visitors, contractors and third-party professionals to share this view. The safeguarding and protection of children is everyone's responsibility.

On-Line Safety

Over the Winter months, it is likely that children will be spending more time online. Whilst the online world offers a great deal of entertainment and information for children, it does come with risk. Here are some top tips for helping children stay safe online:

1) Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.

2) Manage the amount of time your child is online. Balance it with other activities that are away from a screen.

3) Set up parental controls to block any upsetting or inappropriate content. Information about setting up parental controls can be found here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

4) Give your child the strategies they need in case something concerning happens whilst they are using their device. This could be to lock the screen and tell an adult, to make a report to the platform they are using, or to block the user.

5) Talk to your child about how they communicate online and remind them that anything they put online, whether it's via What's App, Instagram, TikTok or YouTube, can be shared widely. Is what they are sharing kind? True? Helpful? Safe?

There is information on the National Online Safety Hub which has lots more advice about keeping children safe online for parents and carers. <https://nationalcollege.com/parents>

Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and coordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

Designated Safeguarding Lead:

Mrs Nic Ilic

Deputy Designated Safeguarding Lead:

Mrs Kate Woodley

School Safeguarding Governor:

Mr Nick Martin

Mental Health Lead:

Miss Charlotte Sides

Equality, Diversity and Inclusion Gov:

Mr Tony South

All can be contacted via the office
01985 212168

If you have significant safeguarding concerns about someone who is working or volunteering with children and young people, call 0300 456 0108 and ask to speak to the Designated Officer for Allegations (DOFA) for advice, or email dofaservice@wiltshire.gov.uk Or 0300 456 0100 - Out of hours service

https://crockertonprimary.eschools.co.uk/web/safeguarding_information/631650

Our Web of Support



[On-Line Safety Policy](#)

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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Online
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