



Celebrating Safer Internet Day

Safer Internet Day is being observed globally on Tuesday 7th February. This year the focus is 'Be the change: unite for a better internet'. At Edward Betham we believe it is important to educate children so they know how to enjoy technology safely.



How many worlds are there?

'Online world' or 'real world'? It is easy to forget that the 'online world' is real. Children need to learn the benefits and challenges of how to navigate their time online. Whether online or not, we need to be polite, show manners and use netiquette. The things we do online can help us but also have consequences.

What do we enjoy doing online?

Josiah 4AT

"I like playing games. I watch videos but I don't make them. I like to download games but I ask my dad first. I like to play 2-player games with my brother."

Ibukun 4AT

"I play games with my friends and watch YouTube. I sometimes make PowerPoints about what we learn in school."

Why is it important to be safe?

Grace 6HB

"There are lots of fun things and videos of kittens online. But there are also bad things. You need to have good privacy settings on your account so you are safe and so only your real friends can see you. Don't share your personal details!"

Elizabeth 6HB

"You need to know who you are talking to because they may not be who they say they are. You wouldn't talk to a stranger on the street so don't talk to strangers online."



What are the SMART rules ?

SAFE: Always keep your name, address, school name, phone number and password private. Never give personal information to people you chat to online, and never post it online where other people can see it.

MEETING: Meeting up with someone you have only met online may not be safe. Only do this with your parents' or carers' permission and take them with you.

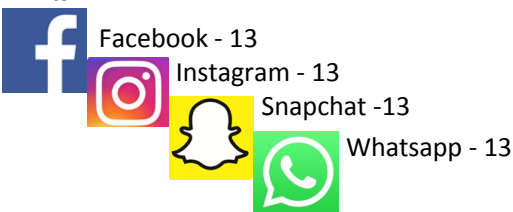
ACCEPTING: Accepting e-mails, messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages.

RELIABLE: Someone online may be lying about who they are, and information you find on the Internet may not be reliable.

TELL: Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried.

How old are you?

Many social media sites and apps have minimum user age limits:



Who are your friends?

Do you know for sure that someone online is who they say they are?



Top tips!

- If you receive nasty, rude or bullying messages, SAVE them as evidence. Take a screenshot from your device. It may be possible to track down WHO has sent you the message.
- The Internet can be accessed in many ways: computer / laptop / tablet / smart phone / games console / mobile games station – and many more! Whatever the device, use the Internet responsibly.
- What is online about you? Do an Internet search: "Firstname Lastname". What can you find?
- Most main Internet providers will now give you a "safe" filtered Internet service if you ask them.



Report online abuse/inappropriate Messages/threats to the police at www.ceop.gov.uk

'Be the change: unite for a better internet'


Alone it is hard to make a difference but together everyone in the Edward Betham community can enjoy being online safely.

Thank you to Mrs Tigg for creating this special edition of our newsletter.



Is cyberbullying really bullying?

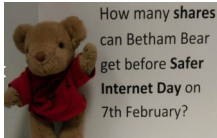
Yes! Cyberbullying is using the Internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else.

- Don't keep it to yourself or try to deal with it alone. Report the person who is bullying you and block the person from contacting you.
- Don't reply to any nasty messages you receive. Take a screenshot of the bullying.
- Don't share, comment, or like any bullying posts. Sharing or commenting could make the bullying worse.
- **Talk** to an adult you trust or report it at www.ceop.gov.uk or www.childline.org.uk
- If you know someone is being bullied, **Be a Power for Good** and report it. 
- **Things can change.**

What happens once something is online?

Once something is online it can stay there FOREVER! Be careful what you share. If you wouldn't want your family, teachers or parents to see it, it's probably best not to post it. Once it's online, it's out of your control.

Betham Bear travelled all around the world being shared/liked by people he doesn't know!! His post was viewed **over 7,000 times**.



Don't meet people you don't know. Even if you get on with them online, you don't know who they really are.

Use a complex password. It should be hard for other people to guess your password and it's a good idea to change it regularly.

Does it make a difference?

What we put online affects how we and others behave and feel.

It is easier to type a mean message than it is to say it to someone's face. If you wouldn't say it face to face – don't do it online!

If you wouldn't want someone to share a picture/video of you in real life – don't do it online!



Before You Post **THINK**



- T** - is it True?
- H** - is it Helpful?
- I** - is it Inspiring?
- N** - is it Necessary?
- K** - is it Kind?

Our behaviour in the online world should be the same as in reality; if you wouldn't say, do, share, talk about or show others in real life – don't do it online!

How can I create a safe password?

To keep your account safe, here are a few tips on how to create a strong password:

- Use a unique password for each of your important accounts
- Use a mix of letters, numbers, and symbols in your password
- Don't use personal information or common words as a password
- Make sure your backup password options are up-to-date and secure
- Keep your passwords secure—don't tell others!



<https://support.google.com/accounts/answer/32040?hl=en>

Have you looked at the Internet Safety page on our school website?

On the school website you can find out more about our e-Safety rules, how to be **SMART** and a guide to safer Internet use. There are also links to helpful websites and parent guides for technology.

<http://www.edwardbetham.ealing.sch.uk/index.php/worship/internet-safety>

How can I block someone?

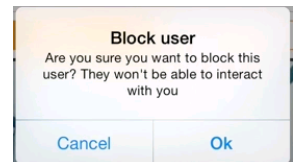
If someone is:

- not being kind
 - sending mean/inappropriate messages
 - asking for inappropriate things
 - sending you inappropriate things
 - being rude in an online game
- you can **block** or **report** them.

On most websites this will mean that they will not be able to contact you. Either click the report/block website button or contact the administrator.

For most games, either click the report/block website button or contact the administrator.

You can also block people on most phones so that they can't send messages/call you any more.



Who is Hector?

Download and install the Hector's World Safety Button from <http://hectorsworld.netsafe.org.nz/teachers/hectors-world-safety-button/>

Hector will swim in the top right-hand corner of your computer screen, so if your child sees something that makes him/her feel confused or scared when he/she is using the computer, he/she can click on Hector to cover the screen while he/she gets some help.



Would you like more information?

Reception and Key Stage 1 Activities

<https://www.saferinternet.org.uk/safer-internet-day/2017/education-packs/education-pack-5-7-year-olds>



Year 3 and 4 Activities

<https://www.saferinternet.org.uk/safer-internet-day/sid-2017/education-packs/education-pack-7-11-year-olds>

Year 5 and 6 Activities

<https://www.thinkuknow.co.uk/parents/playlikeshare/>



To find out more and get involved visit:

www.saferinternetday.org.uk

www.childline.org.uk

www.ceop.gov.uk

www.getnetwise.org

www.childnet.com

