

# Online Safety Newsletter

February 2018

## Digital Resilience

The recent report by the Children's Commissioner "life in likes" highlighted young people lack the resilience to deal with social media especially the 8 -12 category.

I am really encouraging parents and schools to consider resilience building as part of online safety. I am also worried that we are still challenging technology as part of educating young people around online safety. In order to keep young people safe online we need to challenge their behaviour. The example I often give is if the whole of year 7 are bullying each other on What's App, What's App isn't sending the messages out by itself is it?

A child who is digital resilient will be able to:

- Understand when they are at risk online
- Know what to do to seek help
- Learn from experience
- Recover when things go wrong

When running parent sessions we must be educating parents on digital resilience this is vital part to keeping children safe online.

"After watching the play it made me go home and clear through my friends on Roblox and identify who I actually knew and who I didn't"

Year 6 student from Cogenhoe Primary School



## Safer internet day 2018

Thank you to all those that took part in SID 2018 the day was a huge success mainly down to the support of schools and organisations. The day reached 3 million children across the UK which is amazing. Here in Northamptonshire we ran a number of activities and engaged 100's of young people from primary and secondary schools across the county. The "Add me" performance lead by Rushden Academy at the Deco was fantastic and highlighted the dangerous of the internet and how easily it is for young people to be groomed online. I would encourage all schools to keep up the good work around online safety as there was such a great buzz on the day that we need to keep going, especially when running parent sessions.

## Life in likes

Early in January the Children's Commissioner produced a fascinating report around the way 8-12 years olds use social media. Some key conclusions:

- Year 6 and 7 are crucial ages at which to prioritise online safety sessions around digital resilience and digital literacy.
- Children are adapting their online behaviour in order to gain social approval.
- Children should be educated around critical thinking as they are developing a warped view of reality and fantasy via social media. Friends, celebrities and brands.
- Children need to understand the power of peer pressure.

The report highlights that to challenge the way young people behave online we need to tackle behaviour not technology. I am very concerned schools are still lecturing young people and parents around privacy settings and what are the best filters to use within the home. I would highly recommend all schools read the [report](#).

## Keeping safe whilst live streaming

- Make positive choices – its live so you can't edit
- Who are you sharing with?
- Protect personal information
- Think carefully before you watch a live stream. The content could be inappropriate.

