

# Online Safety Update



A quick-fire guide on what you need to know

*Engage • Endeavour • Excel*



National  
Online  
Safety®



learn about it / talk about it / deal with it

# What's in this video?

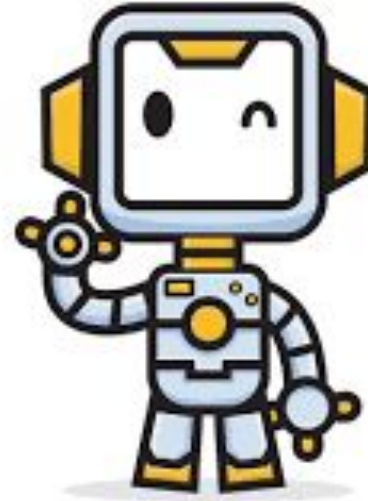
National Online Safety website

- Smartphone safety
- Screen time
- January News Update

Online Safety Act

INEQE Safeguarding Newsletter

Safer Internet Week!



[Improvement & Inspections](#)[Governance](#)[Teaching & Learning](#)[Exams & Assessments](#)[Secondary Curriculum](#)[Safeguarding](#)[Online Safety](#)[Mental Health](#)[Climate Education](#)[SEND](#)[Admin & Finance](#)[Staff & Recruitment](#)[Health & Safety](#)[Home](#) / [Library](#)

# Library

Show FiltersSort By Most Viewed

Browse and filter through thousands of titles to drill down and find the professional development you need, for the right role, in the right area.

Secondary Schools & Academies

**Online Safety**

### 12 Smartphone Online Safety Tips

★★★★★ 1 review

**Online Safety**

### How to Set up Parental Controls for iPhone Apps

**Online Safety**

### Smartphone Safety Tips for Young People

🚩 Just Launched

**Online Safety**

### Top Tips for Managing Screen Time

★★★★★ 1 review

**Online Safety**

### 10 Top Tips for Respect Online: Inspiring Children to Build a Better Digital World

**Online Safety**

### How to Set up Parental Controls for Android Apps

**Online Safety**

### Top Tips for Setting up Parental Controls on New Devices

**Online Safety**

### Screen Addiction

★★★★★ 12 reviews

Welcome happy to



# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a noisy round if a friend wants to use your phone, let them know and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel you're mature and responsible enough to use it safely. They might set limits and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right: it's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's minding you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around. Focus on the people in their head down on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends wherever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not scrolling at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your chat, and if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos. This means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Rutherford is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written numerous reports and conducted full research for the Australian government comparing internet use and online behaviour of young people in the UK, Ireland and Australia.



# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do the trick. Getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the screen goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop them of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'DARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TV or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Manda Ahmad designs and delivers the UK's only peer-to-peer postgraduate research skills curriculum. They also provide training and support to education organisations and local authorities – a pioneering school-leaders' network that has helped to improve the wellbeing and digital skills of young communities where the mental health of pupils and personal is prioritised.



[Home](#) / [Webinars](#) / Online Safety News Roundup | January 2024

Online Safety

# Online Safety News Roundup | January 2024



**Chris Skinner**  
Senior online safety consultant

Digital Leadership

Monthly Updates

Webinar | 20min

Monthly roundup of online safety news and updates. Keeping all staff compliant with the latest statutory guidance.

START LEARNING ▶

➕ TO WATCHLIST



DESCRIPTION

EXPERT

REVIEWS

DfE guidance 'Keeping children safe in education' recommends that all staff stay up-to-date with recent developments and emerging risks in the digital world to ensure compliance with statutory government guidance on online safety in schools.

We  
hap



# Online Safety Act

- It has passed through the Commons, Lords and the Final Stages to become Law.
- This doesn't mean much yet - it could be 2025 before we see any big changes.
- Social Media and search engines are the main targets for the new requirements
- 3 main aims:
  - Creation of age-appropriate environments
  - Establish systems which will eliminate or minimise risks to children
  - Limit children's access to inappropriate content

## Good news from social media land

You may have heard that on Tuesday 9th January, Instagram and Facebook announced that they'll block under 18s from seeing harmful eating disorder, suicide and self-harm content, and instead share helpful content from mental health charities like us to offer support and guidance to those struggling. What a win. 🙌🙌

# INEQE Safeguarding Group



- Excellent newsletter that brings you safety tips and advice
- Similar to other providers but it covers a lot in one quick email
- Podcasts, soundbites and live webinars available



# Safer Internet Week

Safer Internet Week 2024

Together for a  
better internet



 UK Safer Internet Centre

- Celebrating online safety
- Each year has a theme and this year it is all about 'Change'
- Students will have an assembly for each year group, form time activities and regular posts on their Google Classroom

# Thank you for listening



*Engage • Endeavour • Excel*