The CARE Federation

Primary Child-Friendly Online Safety Policy

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Group Responsible: DSL/Safeguarding Governor

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Feeling safe and happy at school

At The CARE Federation, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Internet safety is an important part of keeping you safe at our schools. We have lots of safety measures in place, both in and outside of school, to help protect children.

Computers and mobile phones help us all to share things and talk to friends or family, but they can also make it easier for bullies and other people to hurt you or to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites.

We can help you by:

- Teaching you what internet safety is.
- Teaching you what to do if you feel worried or scared.
- Making sure you know who you can speak to if you are worried.

If you don't understand something or have any questions about what you read, please ask your teacher for help.



1 What does online safety mean?

Online safety is about protecting children while they are online.

Online safety means learning how to use the internet, games, and technology safely and kindly.

It's about protecting you while you're online and helping you make good choices when you use apps, games, videos, or websites. We'll teach you how to tell when something online might not be true or real.

Online safety is an important part of our curriculum as it helps us to protect and educate you when you are using technology, as well as well as making sure we have tools in place to support you if things go wrong.



Computers and mobile phones help us all to share things and talk to friends or family, but they can also make it easier for bullies and other dangerous people to hurt you or to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites.

The school will help if you are sent unkind messages or if someone on the internet has asked you to do anything that has made you feel uncomfortable.

Our school follows the rules in a document called 'Keeping children safe in education' to help everyone stay safe online.

If you ever see, hear or read something online that upsets you or makes you feel uncomfortable, tell an adult at school or at home. We can help make it right and keep you safe.

Follow the **SMART** rules to keep safe online:

S - SAFE: Keep personal information private (like your full name, address or school).

M - MEETING: Never meet anyone you only know online.

A - ACCEPTING: Don't open messages or files from people you don't know.

R - RELIABLE: Not everything you read or see online is true.

T - TELL: Tell an adult you trust if something online worries you or makes you feel uncomfortable or worried online. Examples of trusted adults could be your parents, teacher or your headteacher.

2 Online dangers

The internet is great because you can chat to family, play games and learn new things, but there are some dangers you should be aware of while online. These include:



- Cyberbullying, which is when people send unkind or scary messages or images.
- Strangers pretending to be someone they're not.
- Websites or videos that show things that aren't suitable for children.
- 'Viruses' that can harm computers or steal information.
- People who try to get your personal details.
- False or unkind information designed to trick or upset you (this is sometimes called 'misinformation').
- People who try to get you to do or believe something mean or unsafe (this can be part of 'radicalisation').
- Online games, chats or livestreams where others behave in ways that are not kind or safe.

Using AI safely

Sometimes websites, games or apps use something called artificial intelligence (AI). AI can do things like chat, draw pictures or answer questions.

AI can be fun and helpful, but it can also make mistakes or show you things that aren't true. Always check with an adult if something an AI shows you feels strange, unkind or confusing.

Online behaviour and kindness

When you're online, be as kind as you would be face-to-face. Think before you post, share or comment.

Ask yourself: "Would I say this in real life?" If the answer's **no**, don't say it online either. Being kind online helps make the internet a safe and happy place for everyone.

3 Cyberbullying

Cyberbullying includes any kind of bullying which takes place online. Cyberbullies (online bullies) send unkind messages over the internet and sometimes share private information online to hurt someone's feelings.

Cyberbullying happens when someone uses technology to be unkind. It can include:

- Sending mean, scary or upsetting messages or pictures.
- Sharing private or embarrassing photos or videos.
- Pretending to be someone else online to cause trouble.
- Posting nasty comments or rumours.

Cyberbullying is never okay. If you see it happen, or it happens to you, tell an adult you trust. Our school will deal with it quickly and help keep everyone safe.

Cyberbullying is sometimes done by a group of people 'ganging up' on someone – if you ever see someone being cyberbullied, **never** join in and **always** tell a grown-up you trust.

A **cyberbully** could be anyone, like one of your friends, a brother or sister, or even an adult. It's really important that you tell someone if you think you or someone is being a cyberbully.



Sharing pictures and messages Sexting

Sexting is sending **inappropriate pictures, videos or messages** – they can sometimes be called 'nudes', 'nude pics' or 'rude pics', but can also be rude messages. Sometimes people online might ask you to send or look at pictures or messages that show private parts of your or somebody else's body. **This is never okay**.

It's against the law to share these kinds of pictures, even if you take them yourself.

If anyone asks you to do these things, **don't do it**. Tell an adult you trust straight away. You will never be in trouble for telling the truth or asking for help.

Pressuring someone into sending these pictures, videos and messages is **abuse**.



It is important to know that sharing nude images or videos is **illegal** even if **consent** is given.

Consent means that someone has given another person permission to do something.

If consent has not been given for someone to share nude images or videos to another person, it is **abusive.**

It's **against the law** to have naked pictures or videos (sometimes called 'nudes') of someone who's under the age of 18, even if you're not the person sending them, and even if you took the photos or videos of yourself.



Who to talk to

If you are worried about something, you can talk to an adult in school. This could be your teacher or any other staff member. We will provide a safe environment for you to learn in as we want to make sure you remain safe, at home as well as in school. **If you need to talk, we will listen.**



We think it is important for you to know where to get help if you are worried or unhappy about something, and we will do our best to spot if there is a problem.

At home

You can talk to your parents or carers about how to stay safe online. They can help you with privacy settings, check your games, and help if you see something upsetting.

Remember, you can always walk away or close the game, app or computer programme if something online makes you feel worried, upset or confused.

Tell someone you trust if something makes you feel like this. You won't be in trouble for asking for their help.

At school

Staff at school have training to protect children.

It's really important to get help if you're worried or unhappy about something online, and we'll do our best to spot if there's a problem.

It's important that you tell someone you trust if someone is:

- Cyberbullying you.
- Saying things to you online that make you feel upset or uncomfortable.
- Sending unkind or false messages on the internet or to your phone.
- Asking you to do things that you're uncomfortable with.

Important members of staff

DSL stands for **Designated Safeguarding Lead**. In every school there's always somebody who has special training to keep you safe. That's their job, so it's really important they know all the facts. All teachers and other staff members have to tell the DSL if they're worried about you.

The DSL may have other job titles, like **safeguarding officer** or **safeguarding manager**.

Teachers and other staff members also have training on how to keep you safe. It's the most important part of their job.

Here's a list of the people at school you can speak to if you're worried or need help:

- **Ms Jordan** Executive Headteacher/DSL
- **Mrs Payne** Head of School Woodland View/DSL
- **Miss Owen** Head of School Spixworth Infants/DSL
- **Mrs Munday** Head of School Sparhawk Infant/DSL
- **Mrs Jackson** Head of School Sparhawk Infant/DSL
- **Mrs Smith** School Business Manager/DSL
- **Mrs Aston** Teacher Spixworth Infants/DSL
- **Miss Franklin** Teacher Sparhawk Infant/DSL
- **Mrs Kidd** Family Support Advisor, Spixworth and Woodland View/DSL

If you ever need extra help, you can also speak to:

- Childline on 0800 11 11 or visit www.childline.org.uk
- NSPCC on 0800 800 5000 or visit www.nspcc.org.uk
- Kidscape on 020 7730 3300 or visit www.kidscape.org.uk
- Youth Access on 020 8772 9900 or visit www.youthaccess.org.uk

We will always make time to listen and talk if you need us, please remember:

- You are important to us.
- It's never your fault if someone is upsetting you.
- There is always someone that can help you and you will not be in trouble.
- Every child should enjoy the right to a happy and safe childhood, so do not be scared to tell someone if there is anything worrying you.

Let's make The CARE Federation a happy, safe place!



