Internet Safety workshop

Wed 6th February 2019

Aims

- To update parents on our E Safety Policy (DLs)
- Share Our Acceptable Use Policies for school.
- To update parents on Social Media guidelines and our role.
- How the school teaches E Safety
- To discuss screen time concerns
- To share reference materials for further information

E Safety Policy

Learners:

- are responsible for using the school digital technology systems as per learner acceptable use agreement
- have a good understanding of research skills and the need to avoid copying without reference and uphold copyright regulations
- need to understand the importance of reporting things that go wrong and know how to do so
- will be expected to know and understand policies on the use of mobile devices and digital cameras. They should also know and understand policies on the taking/use of images and on cyber-bullying.
- should understand the importance of adopting good online safety practice when using digital technologies out of school and realise that the school's E Safety Policy covers their actions out of school, if related to their membership of the school

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Acceptable Use

- FP

Learner acceptable use agreement template – for younger learners

This is how we stay safe when we use computers:

I will ask a teacher or another adult from the school if I want to use the computers

I will only use activities that a teacher or another adult from the school has told or allowed me to use.

I will take care of the computer and other equipment

I will ask for help from a teacher or another adult from the school if I am not sure what to do or if I think I have done something wrong.

I will tell a teacher or another adult from the school if I see something that upsets me on the screen.

I know that if I break the rules I might not be allowed to use a computer/tablet.

KS2- extract from AU Policy – attention drawn in assembly.

I understand that everyone has equal rights to use technology as a resource and:

- I understand that the school systems and devices are primarily intended for educational use and that I will only use them for personal or recreational use if I have permission
- I will only make large downloads or uploads that might take up internet capacity and prevent other users from being able to carry out their work, if I have permission

Type to enter a caption.

KS2- extract from AU Policy – attention drawn in assembly.

I will act as I expect others to act toward me:

- I will respect others' work and property and will only access, copy, remove or alter any other user's files, with the owner's knowledge and permission
- I will be polite and responsible when I communicate with others, I will not use strong, aggressive or inappropriate language and I appreciate that others may have different opinions
- I will only take or distribute images of others with their permission.

I recognise that the school has a responsibility to maintain the security and integrity of the technology it offers me and to ensure the smooth running of the school:

- I understand the risks and will not try to upload, download or access any materials which are illegal or inappropriate or may cause harm or distress to others, nor will I try to use any programmes or software that might allow me to bypass the filtering/security systems in place to prevent access to such materials
- I will immediately report any damage or faults involving equipment or software, however this may have happened

Social Media

- A group of Digital Leaders will lead you through the main age restrictions on common social media platforms as well as guidance for privacy controls and avoiding poor choices.

School’s position

- Beyond our remit e.g WhatsApp when it is 16+
- Takes considerable time to deal with
- Issues around group ownership, fake identity and poor choices

- Whilst we are duty bound to pass on any offensive material that is shared with us, our role is not to police the use of Social Media amongst pupils outside school.

- The school asserts the following guidance:

  WhatsApp's age has recently been upgraded to 16.

  Pupils should NOT be adding contacts and creating groups for the purposes of sharing offensive posts with pupils.

  Passing on offensive material is considered legally to be on a par with initiating it.

Making multiple groups/ multiple Admins is inadvisable at best.

Should parents feel that their child is emotionally responsible enough to use apps such as WhatsApp despite being considerably underage, we advise that you discuss this with your child and agree boundaries.

Please be assured that your child's emotional well being is important to us and we are keen to work in partnership with parents on a range of E Safety concerns. With this in mind please follow this link for further guidance.

https://parentzone.org.uk/article/whatsapp”

School E Safety

- Our DCF programme of teaching E Safety and Digital Citizenship.

Screen Time

- https://www.theguardian.com/society/2019/jan/28/study-links-high-levels-of-screen-time-to-slower-child-development

- https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents

- https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_parent_fact_sheet_-_final.pdf

Evidence is weak for a threshold to guide children and parents to the appropriate level of screen time, and we are unable to recommend a cut-off for children's screen time overall.

Many of the apparent connections between screen time and adverse effects may be mediated by lost opportunities for positive activities (socialising, exercise, sleep) that are displaced by screen time.

Recommendations

Our primary recommendation is that families should negotiate screen time limits with their children based upon the needs of an individual child, the ways in which screens are used and the degree to which use of screens appears to displace (or not) physical and social activities and sleep. We would also adopt the expert recommendation that screens are avoided for an hour before the planned bedtime.

1. Is screen time in your household controlled?
2. Does screen use interfere with what your family want to do?
3. Does screen use interfere with sleep?
4. Are you able to control snacking during screen time?

If a family can ask themselves (or be asked by others) these questions, and are satisfied with the answers, then they can be reassured that they are likely to be doing as well as they can with this tricky issue.

Children and young people's views on screen time use...

88% said screen time had a negative impact on their sleep

1.5 hours was the average time spent on screens before falling asleep

41% said screen time had affected their play / fun

35% said screen time had a negative impact on their mood / mental health

18% said screen time had a negative impact on their family time and schoolwork

109 children and young people aged 11-24 years took part in this engagement exercise.

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Children and young people told us that, in a typical day they spend an average of...

2.5 hours on a computer / laptop / tablet

3 hours on their phone

2 hours watching TV

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Other resources

- https://www.thinkuknow.co.uk/parents/articles/Parental-controls/ guidance on placing Network controls at home.
- https://www.thinkuknow.co.uk/parents/articles/band-runner/ . E Safety Game for KS2
- https://www.saferinternet.org.uk/advice-centre/parents-and-carers .

Questions?

Thanks for coming and well done Digital Leaders for all your hard work.