SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCE LIST No. 3

ONLINE SAFETY

The resources, training and sources of support listed below are all produced by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use.
ALL TRAINING, RESOURCES AND SUPPORT ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this resource list or to discuss support for your school or college.

Susan

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GUIDANCE for SCHOOLS

Association for Adult and Child Online Safety Specialists (AACOSS)
Online safety advice video for schools

ChildNet
Information, guidance and resources about online safety for schools

Children's Commissioner for England
Coronavirus information pages

Department for Education
Safeguarding and remote education guidance during coronavirus (COVID-19)

Online education resources including wellbeing

Teaching online safety in schools

EDUCATION FOR A CONNECTED WORLD: 2020 update

Digital Resilience framework

Relationships, Sex & Health Education - new curriculum from September 2020 including compulsory online safety education

e-Safety Adviser
Information, advice, updates and training for schools

London Grid for Learning
A guide to safer remote learning for teachers

The Marie Collins Foundation
Online Harm - Guides for Professionals and Parents/Carers have been produced by the Marie Collins Foundation and

the NWG Network aimed at reducing online harm. The **Online Sexual Harm Reduction Guide** is aimed at professionals; **How Can I Help My Child?** is aimed at parents and carers.

National Online Safety

A guide to safer remote learning for teachers

Stonewall

LGBT inclusive guide to supporting young people to stay safe online

NSPCC

Guidance for undertaking remote teaching safely

eSafety guidance for schools

UK Council for Internet Safety (UKCIS)

Digital Resilience framework

Education for a Connected World - a framework to equip children and young people for digital life

UK Safer Internet Centre

Guidance for schools on appropriate online filtering and monitoring

Information and updates for schools

Improve your privacy online – advice for teachers and parents

Online Safety for NQTs - the ultimate starter pack

TEACHING RESOURCES

British Board of Film Classification

Let's Watch a Film! Making choices about what to watch – scheme of work and teaching resources for KS2 to equip students with the skills they need to make informed choices about what to watch

Making Choices: Sex, Relationships and BBFC Age Ratings – scheme of work and resources for KS3 to equip students with the skills needed to make considered and informed choices about the content they watch.

ChildNet

Teaching resources for schools

Video lessons about SMART online safety

Crossing the Line- teaching resources about sexting

The **STAR SEND Toolkit** is a new resource from ChildNet to equip, enable and empower educators with the relevant knowledge they need to support young people with Special Educational Needs and Disability (SEND) in Key Stages 3 and 4. The materials have been designed to be adaptable to the needs of different young people and their learning settings. Access the materials **HERE**

e-Safety Adviser

Online safety videos for primary and secondary pupils on subjects including cyber security, sharing images and being kind online

Media Smart

Teaching materials for primary schools about the advertising and body image, online and social media advertising and influencer marketing

Teaching materials for secondary schools about advertising and body image, online and social media advertising and influencer marketing

National Crime Agency

Exploring Cyber Crime - lesson plans

National Online Safety

A guide about the pressures children and young people feel from social media linked to appearance

A guide about the pressures children and young people feel from social media linked to social media influencers

A guide about the pressures children and young people feel from social media linked to friends and followers

A guide about the pressures children and young people feel from social media linked to likes

How not to become a screen zombie – a guide for young people to raise their awareness around screen addiction

The full range of parent guides available can be accessed HERE

Public Health England

Every Mind Matters PSHE teaching resources are curriculum-linked lesson plans and classroom materials on a variety of topics for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films.

Social media
Bullying and cyberbullying
Online stress and FOMO
Body image in a digital world

Think U Know

Online safety home activity worksheets

Send me a pic – 3 lesson plans for 12-14 year olds about the consensual and non-consensual sending of nude images

UK Safer Internet Centre

Primary zone - resources for primary aged children

Resources for 11-19 year olds

Online safety activities for home learning (ages 3-7, 7-11, 11-14, 14-18)

The **Digital Wellbeing Tool for KS3** pupils from the UK Safer Internet Centre is primarily designed to be used by young people themselves to help them understanding and manage their online choices and wellbeing. Guidance for parents and professionals is also included so they can support young people in using tool. Further information and the tool itself can be found **HERE**

Young Minds

Resilience for the Digital World - report and recommendations for teaching online safety

TRAINING OPPORTUNITIES for STAFF

e-Safety Adviser

Information, advice, updates and training for schools

Talk it Over

A research-led resource from Childnet International designed to support educators in facilitating empathetic, honest, and evidence-based conversations with secondary aged pupils about online hate and how to tackle it: **Talk it Over**

The Children's Society

Information for education staff from The Children's Society about the meaning of the dark web, how young people might use it and what to do if you have safety concerns:
INFORMATION WEBPAGES: What is the Dark Web?

INFORMATION, SUPPORT and SELF HELP

for CHILDREN & YOUNG PEOPLE

BBC

Own It - website and app to help young people manage their online lives

CEOP

Advice and reporting for anyone concerned about online abuse

Childline

Report & Remove – guidance for young people on how to report and remove a sexual image of themselves that has been shared online

Online and mobile safety tips for children and young people

ChildNet

GET HELP – Primary age   **GET HELP - Secondary age**

Children's Commissioner for England

A children's guide to staying safe online

Digital 5 A Day - tips for achieving a healthy, balanced online life

Instagram

How to use new anti-bullying features

National Online Safety

Guide to safer remote learning for pupils

BE KIND ONLINE: a guide to help pupils to understand how people's actions can affect others, how to be more responsible on social media and how displaying a kinder side can have such huge benefits

HOW NOT TO BECOME A SCREEN ZOMBIE: a guide for young people to raise their awareness around screen addiction

Rise Above

Website for young people offering information and advice on issues including online safety and wellbeing

INFORMATION and GUIDANCE
for PARENTS & CARERS

Association for Adult and Child Online Safety Specialists (AACOSS)

Online safety advice video for parents

CEOP – Parent Zone

Resources for families, to help them meet the challenges of the digital age.

ChildNet

Resources for parents and carers to help keep children safe online

Children's Commissioner for England

Digital safety kit for parents

Digital 5 A Day - tips for achieving a healthy, balanced online life

e-Safety Adviser

Online safety videos for primary and secondary pupils on subjects including cyber security, sharing images and being kind online

INEQE Safeguarding Group

Information and video about the new WhatsApp disappearing messages function and how to keep children safe

Guidance about young people and Dating Apps

Instagram

How to use new anti-bullying features

Internet Matters

Helping parents keep their children safe online

Gaming advice hub

The Marie Collins Foundation

Online Harm - Guides for Professionals and Parents/Carers have been produced by the Marie Collins Foundation and the NWG Network aimed at reducing online harm. The **Online Sexual Harm Reduction Guide** is aimed at professionals; **How Can I Help My Child?** is aimed at parents and carers.

National Online Safety

An extensive selection of guides for parents and carers on a range of topics including: safer remote learning, apps such as House Party and TikTok, social media and the pressures it can put children young people under, screen addiction, 'sexting', 'trolling', gaming and gaming platforms, plus many others. The guides can be accessed through the new FREE **National Online Safety app for parents** or via the National Online Safety website **HERE**

Royal College of Paediatrics and Child Health

Screen-time guide for parents

T.A.L.K. Campaign

The Internet Watch Foundation have launched a new self-generated child sexual abuse prevention campaign. Data shows a 77% rise in cases of self-generated imagery cases since 2019. The hard-hitting campaign aims to empower girls, and warn their parents and carers, about the risks posed by online predators targeting children. The goal of this campaign is to build resilience to the threat of self-generated sexual abuse of children, thereby reducing the number of incidences. As part of the campaign, parents are encouraged to use the **T.A.L.K.** checklist to talk to their children about online dangers: **T.A.L.K. Campaign**

Think U Know

Advice for parents & carers on supporting their children during the Coronavirus period and keeping them safe online

Think U Know parent's homepage

Online safety home activity worksheets

You Tube

A video guide for parents about You Tube and how to use parental controls and filters

UK Safer Internet Centre

Advice for keeping children happy and safe online while learning at home

Improve your privacy online – advice for teachers and parents