

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.

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](#)

INFORMATION, CPD & TRAINING OPPORTUNITIES

for STAFF

e-Safety Adviser

[Information, advice, updates and training for schools](#)

INEQ Safeguarding Group

What's Up with WhatsApp?: information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features. Access the guidance here: [What's Up with WhatsApp](#)

National Online Safety app for parents, carers and educators

A **free online safety app** packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect children and young people when they're online:

[National Online Safety App](#)

What Parents and Carers Need to Know about Tinder: a free guide from National Online Safety for parents, carers and professionals working with children and young people about the Tinder dating app.

Download the guide here: [WHAT PARENTS AND CARERS NEED TO KNOW ABOUT TINDER](#)

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](#)

INEQ Safeguarding Group

What's Up with WhatsApp? Information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features.

Access the guidance here: [What's Up with WhatsApp](#)

[Information and video about the new WhatsApp disappearing messages function and how to keep children safe](#)

Young People and Dating Apps: a guide to the risks, concerns and behaviours associated with young people and dating apps: [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](#)

Parents Protect

An online child sexual abuse and exploitation awareness learning programme for parents, carers and professionals to help them understand potential risks, recognise the signs of possible abuse in children, be aware of inappropriate behaviour in adults and know where to go for help if you have concerns and would like to talk about them. Access the programme here: [Parents Protect](#) The programme will also show how to create a [family safety plan](#)

The Marie Collins Foundation

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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](#)

What Parents and Carers Need to Know about Tinder: a free guide from National Online Safety for parents, carers and professionals working with children and young people about the Tinder dating app.

Download the guide here: [WHAT PARENTS AND CARERS NEED TO KNOW ABOUT TINDER](#)

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

[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](#)