# Online Safety News

## Digital Relationships
## 'Look At Me, Teens sexting and risks'

This new research carried out by Adrienne Katz (Youthworks) and Aiman El Asam (Kingston University, London) helps professionals gain an understanding of what digital relationships are like for young people. The data has been drawn from a sample of young people in UK schools.
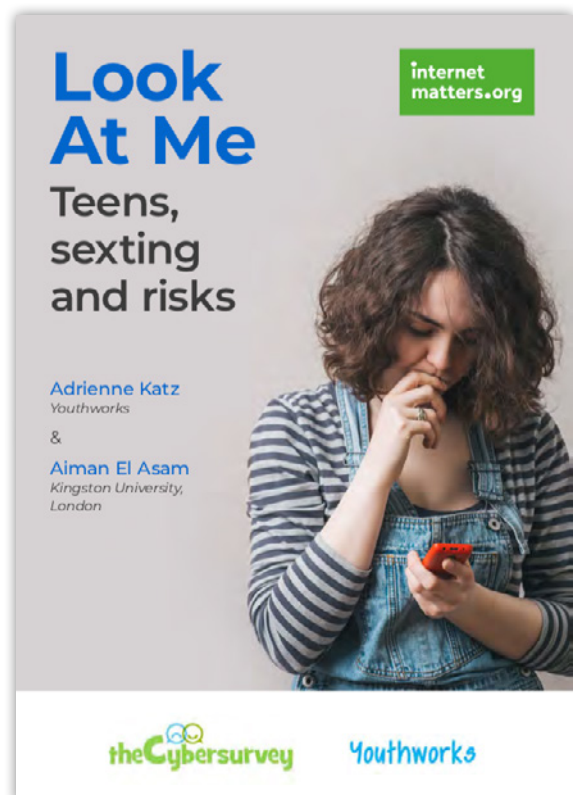
The research details who is more likely to share nudes and why. For many young people technology enables and facilitates relationships without any harm or risk and 70% of teens (in the research survey) felt that 'the internet has helped them make a good relationship with someone'. The report does highlight that for others this is not the case and examines the increased risks for vulnerable children and young people.

The authors stress that online safety should be:

'taught alongside healthy relationships and issues of consent. Emotional health needs drive some teens to overshare, posting images of all types as they seek to be liked, admired or to escape from loneliness. Others tend to take risks online. Sadly, for both, oversharing and signs of neediness are quickly exploited by others…..Effective online safety advice needs to be delivered alongside sensitive relationships education as a life skill.'

The full report and recommendations can be found here:
**internetmatters.org | Look At Me, Teens sexting and risks**

### Look At Me

internet matters.org

Teens, sexting and risks

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&

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theCybersurvey    Youthworks

## Herts for Learning

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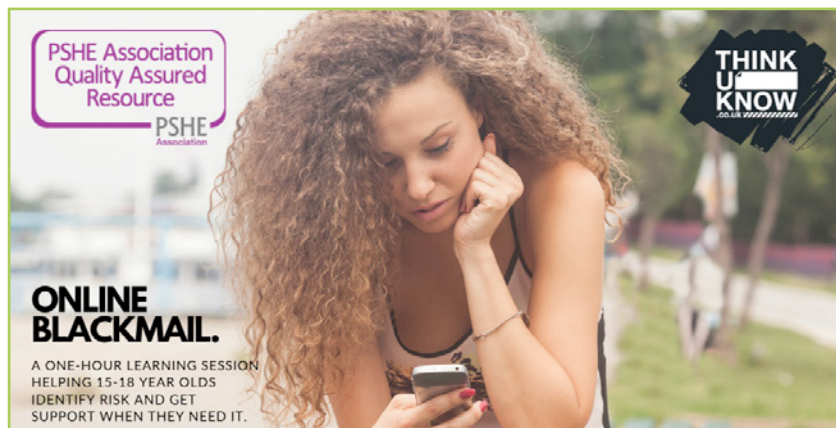# Online blackmail — a new resource for 15-18 year olds



'Online blackmail' is a new resource pack from NCA-CEOP designed to support 15-18 year olds to identify and discuss online blackmail in a safe classroom environment. 'Online blackmail' is free to access and aims to support young people to recognise key characteristics of how blackmail manifests online, including early signs of manipulative, pressurising and threatening behaviour. It also explores the potential impact of online blackmail and provides sources of further support for those who experience it. The pack includes a lesson plan, worksheets and slides to support delivery.

The resource has been awarded the PSHE Association Quality Mark, demonstrating that it supports safe and effective teaching practice and meets the PSHE Association's 'Ten principles of effective PSHE education'.

Download this resource from the Thinkuknow website:
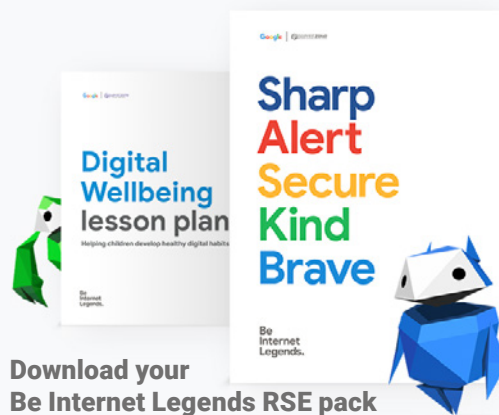
**Online blackmail education resource for 15-18 year olds**

# Be Internet Legends and the RSHE curriculum



Download your
Be Internet Legends RSE pack

This new, **FREE** pack from Google and Parent Zone is designed to help teachers meet requirements for RSHE curriculum, computing and safeguarding guidance using the **Be Internet Legends resources**.

Combining skills and behaviour-based learning, the Be Internet Legends code teaches children between the ages of seven and 11 how to be safe and confident online.

- **Be Internet Sharp** – Think Before You Share
- **Be Internet Alert** – Check It's For Real
- **Be Internet Secure** – Protect Your Stuff
- **Be Internet Kind** – Respect Each Other
- **Be Internet Brave** – When In Doubt, Discuss

Be Internet Legends is designed to be flexible. You can deliver the entire scheme of work over a term, choose a pillar to focus on each half term or term, or integrate specific activities into existing lessons.

# Online Resilience Tool

The **Online Resilience Tool**, developed by HeadStart, provides a practical way for professionals to assess young people's online behaviour and help them make decisions about whether that behaviour represents risk of harm. Behaviours are organised by age group and divided into 'Non Harmful', 'Potentially Harmful', and 'Harmful' and the tool offers information on how to respond.

The Online Resilience Tool has a useful section on the 'Role of Education' and will be invaluable in planning the delivery of the RSHE curriculum. There is a section on online behaviour and the law which will help teachers clarify any legal issues relating to online behaviour including:

- minors accessing pornography
- accessing social media
- sexting/sharing nudes
- upskirting
- online gambling

The **HeadStart | Online Resilience Tool** is available as a FREE download.

# Let's talk about Porn

## A teaching resource designed to educate young people about pornography

**SWGfL** Safe, Secure, Online

This teaching resource lesson plan, created by **Carmel Glassbrook** (lead practitioner for the **SWGfL Professionals Online Safety Helpline**), is designed to help teachers educate young people about pornography, specifically online.

The resource was developed 'in response to the need from schools and teachers to have something that can help with the growing issue of pornography consumption in teenagers…. The aim is to start a conversation on an often awkward subject, challenge some ideas/ideals that porn portrays and encourage young people to think more critically about the content they consume.' (SWGfL)

The lesson is broken down into three main sections, which can be taught together or separately:

- the history of porn
- the legalities
- myth busters

Download this resource :
**SWGfL | Let's Talk About Porn**

# Online safety policy update

The Herts for Learning (HfL) model online safety policy has recently been updated. Schools and settings may wish to adopt all or parts of this policy, personalising it where appropriate to meet the needs of the school.

Schools are advised to carry out a risk assessment when making changes to their online safety policy.
The updated policy can be accessed here

**HfL Model Policy for Schools/Settings : Online safety (26/06/2020)**

# Safeguarding and remote education

Below is a selection of resources to help schools manage and risk assess remote teaching and learning. Please note this is not an exhaustive list.

• **GOV.UK | Guidance: Safeguarding and remote education during coronavirus (COVID-19)**

• **The Key for School Leaders | Remote learning: safeguarding pupils and staff**

• **NSPCC | Undertaking remote teaching safely**

• **London Grid for Learning (LGfL) | Twenty safeguarding considerations for lesson livestreaming** (pdf download)

• **SWGfL | Remote working a guide for professionals** (pdf download)

• **National Cyber Security Centre | Video conferencing: Using services securely** (infographic pdf download)

For more information, advice and training about online safety across the curriculum and embedding this within a wider whole school approach to include mental health, positive relationships and safeguarding, please contact the Herts for Learning Wellbeing team at **wellbeing@hertsforlearning.co.uk** or **hertsforlearning.co.uk/wellbeing**

The information in the newsletter is provided to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements on our recommendations and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the Herts for Learning Wellbeing team as part of their online safety support for schools and settings in Hertfordshire.

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