

# Online Safety News



Summer 2022 | STAFF



## Professionals Online Safety Helpline

The **Professionals Online Safety Helpline** is a **free** service for professionals and volunteers working with children and young people. It provides signposting, advice and mediation to resolve online safety issues staff face about themselves, such as protecting professional identity and online harassment, or problems affecting young people, for example cyber-bullying or sexting issues.

The helpline is available to anyone working with children and young people dealing with any online safety issues. [saferinternet.org.uk/professionals-online-safety-helpline](https://saferinternet.org.uk/professionals-online-safety-helpline)

## Harmful Sexual Behaviour Support Service



The Ofsted review of sexual abuse in schools and colleges concluded that the prevalence of child-on-child sexual harassment and abuse was so widespread that, for some, incidents are 'so commonplace that they see no point in reporting them' and 'consider them normal'.

The South West Grid For Learning (SWGfL), and the Marie Collins Foundation has created a support service for professionals working with children and young people in tackling harmful sexual behaviours, funded by the Home Office and in collaboration with the Department for Education.

### SWGfL | Harmful Sexual Behaviour Support Service

The support service is available for anyone in England working with children and young people, particularly, designated safeguarding leads within primary and secondary schools and alternative provision. Support is also available to early years provision, colleges and wider safeguarding professionals (including police, social workers and health care professionals).

If children within your care have been displaying or are affected by specific incidents of Harmful Sexual Behaviour, the support service can provide initial support and signpost to further resources and advice.

Practitioners are available Monday to Friday 8:00am – 8:00pm. To contact the service about any concerns relating to this issue, please phone: 0344 2250623 or email [hsbsupport@swgfl.org.uk](mailto:hsbsupport@swgfl.org.uk). Further information can be found on the [SWGfL website](#).

## Just a joke?

A toolkit has been developed by **Childnet** to help address sexualised online bullying. It has been designed for use with 9 - 12 year old pupils. The toolkit includes a teaching guide, three lesson plans and activities.

*'This toolkit explores problematic online sexual behaviour, with a focus on online sexual harassment e.g. bullying or harmful behaviour online based on gender or sexual orientation stereotypes, body-shaming, nudity and sexually explicit content.'*

*In resources that are used or seen by children, we use the term 'cyberbullying' and refer to the specific type – cyberbullying that uses gender stereotypes, body shaming or nude images. This is because we know the words 'sexual' and 'harassment' may not be understood, used or appropriate for 9 - 12 year olds.'*

**Childnet | Just a joke**



## Be Internet Legends - Confident Explorers

Be Internet Legends is a programme delivered by Google and Parent Zone to help 7 - 11 year olds be safer, more confident explorers of the online world.

The **Confident Explorers** programme has recently been added to the programme and is free to access.

*'The Confident Explorers teacher pack gives you everything you need to engage pupils, parents and carers around computer science and coding and helps develop children's computing confidence.'*

The pack includes:

- A lesson plan exploring how computers and coding are vital skills and the unexpected career choices they can lead to.
- Creative homework activity thinking about how computers and coding can help make the world a better place.
- Educator resource to support your teaching – including a coding glossary, free teaching tools and resources, posters and more.
- Parent letter supporting classroom activities, plus online and offline home coding activities, and more.

To download your copy, visit [parentzone.org.uk/ConfidentExplorersEducatorPack](https://parentzone.org.uk/ConfidentExplorersEducatorPack)

The **Be Internet Legends** curriculum has also been updated and contains 12 lesson plans and activities which explore the 5 'Legends pillars': Sharp, Alert, Secure, Kind and Brave.

Lessons include a new focus on the Brave pillar, helping children know how to talk about things that trouble them. A curriculum pack can be downloaded from [parentzone.org.uk/curriculum](https://parentzone.org.uk/curriculum)



## Dove's Selfie - Self Esteem campaign

Dove has released a video the 'Reverse Selfie' to help address the impact of editing apps on the self-esteem of young people.

**Dove | Reverse Selfie | Have #TheSelfieTalk (You Tube)**

The video was informed by their research project (Canadian Research) 2020 which found that :

- 80% of girls have downloaded a filter or used an app to change the way they look in photos by the age of 13
- 67% of girls try to change or hide at least one body part/feature before posting a photo of themselves
- 59% of girls with lower body esteem regularly distort their photos before posting them on social media
- 37% of girls say they don't look good enough without any photo editing

To help tackle the problem, the Dove Self-Esteem Project has created **The Confidence Kit** in partnership with the Centre for Appearance Research at the University of West England to provide tips, advice and resources on understanding social media and how to make it a healthier environment.

### The Confidence Kit (pdf download)

There is also a set of school-based resources aimed at 11 - 14 year olds to promote adolescent body confidence. The resources are designed to support body confidence workshops.

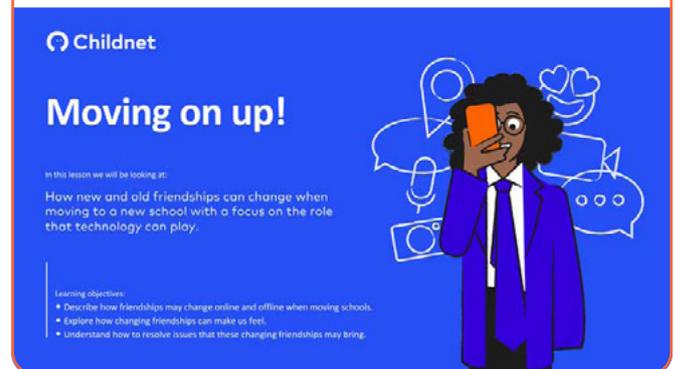
*'The workshops explore how society, professional and social media promote an unrealistic 'ideal' body, and learn strategies to protect and build self-confidence in themselves and others.'* Dove

To access the resources and workshops, visit: [dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me](https://dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me)

## Moving on up!

**Childnet** has created videos and accompanying teaching resources to help with the online aspects of moving to secondary school. Videos cover issues like wanting a first phone, group chats, and handling friend and follower requests.

A primary and secondary lesson plan with accompanying lesson slides can be downloaded from [childnet.com/resources/moving-on-up](https://childnet.com/resources/moving-on-up).



**Childnet**

### Moving on up!

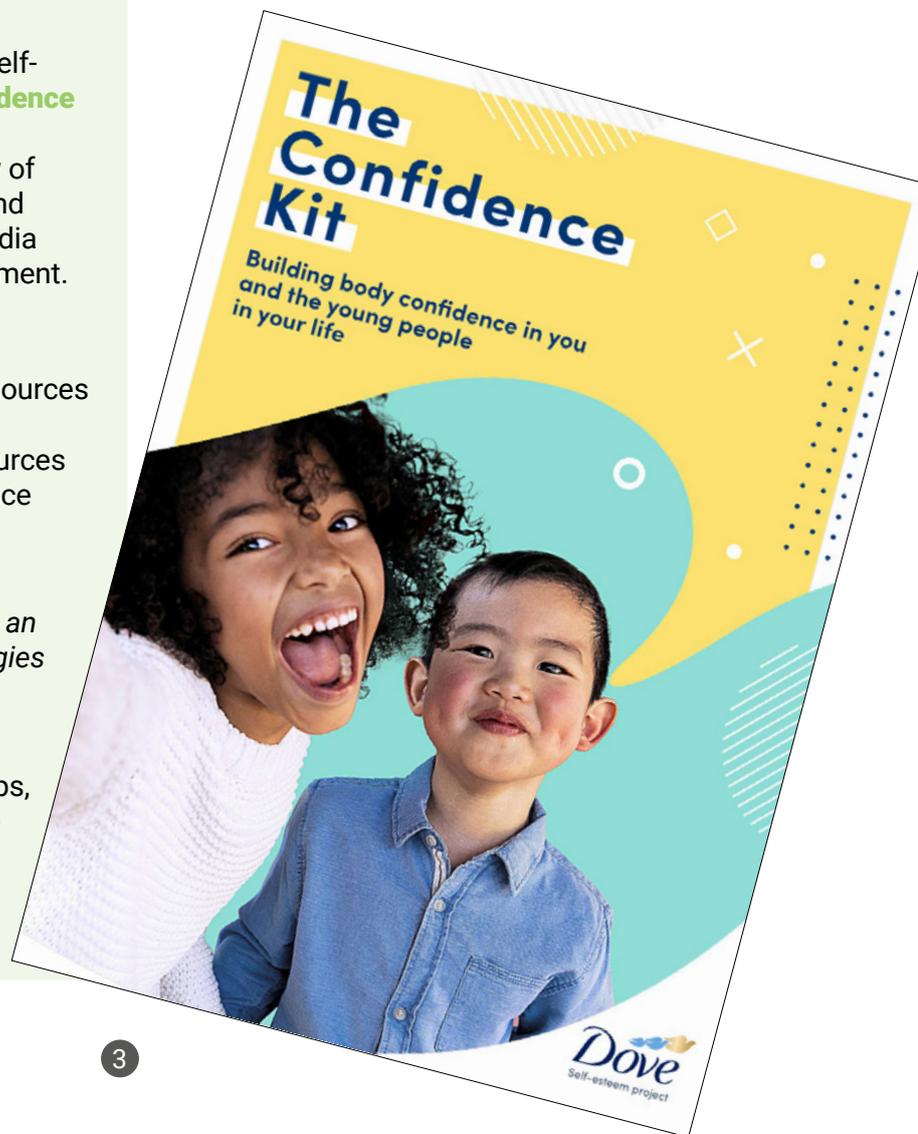
In this lesson we will be looking at:

How new and old friendships can change when moving to a new school with a focus on the role that technology can play.

Learning objectives:

- Describe how friendships may change online and offline when moving schools.
- Explore how changing friendships can make us feel.
- Understand how to resolve issues that these changing friendships may bring.

The slide features a cartoon illustration of a young person with curly hair wearing a blue suit and tie, holding a smartphone. The background is blue with white icons representing social media and communication.

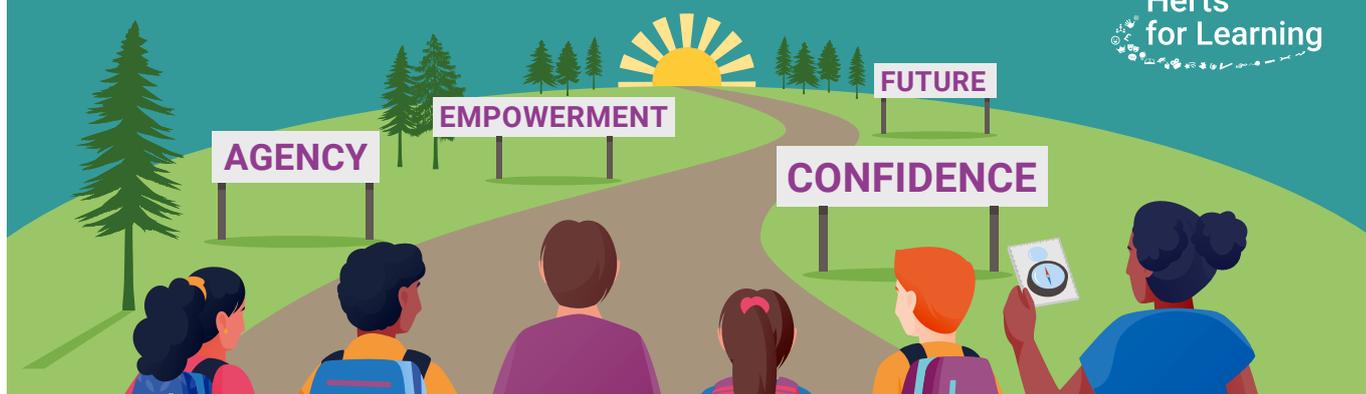


## Save the date

# The Herts for Learning 2022 Wellbeing Conference

## Building Futures: Growing pupil empowerment and agency

The Herts for Learning 2022 Wellbeing Conference



Wednesday 15<sup>th</sup> June 2022

[hertsforlearning.co.uk/events](https://hertsforlearning.co.uk/events)

This cross-phase one-day online conference will consider how schools can transform to increase the extent that children and young people can direct their own learning, chart their own course, identify and consider options, reroute along the way, recognise their skill development and grow in confidence.

The day will look at what this means for relationships, expectations of autonomy (with appropriate support), culturally responsive and inclusive practice and how to grow a sense of possibilities. The programme includes presentations from:

- **Marie Gentles OBE**, Co-Founder and Director of Magic Behaviour Management with “**Gentle Guidance – A relational approach to behaviour support**”
- **Eugene Ellis**, Psychotherapist and Author of The Race Conversation: An essential guide to creating life-changing dialogue: “**Meeting the challenge of the race conversation**”
- **Jean Gross**, best-selling author and popular speaker on children’s issues: “**The seven secrets of self-efficacy: how to build powerful learners**”
- **Ofsted**

Plus a number of school case studies and presentations from the HfL Wellbeing team.

Book online via the HfL CPD Hub, course code: [WEL/22/208/A](#)



**The information in the newsletter is given 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 when sharing our recommendations with parents and carers 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. Contact the team at [wellbeing@hertsforlearning.co.uk](mailto:wellbeing@hertsforlearning.co.uk) or call **01438 544464**.

**Herts for Learning (HfL)** is a provider of products and services to schools and educational settings. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances.