



Well Being & Internet Safety



Main Year 7 Issues

- Settling in
- Friendships
- Increased independence & how to handle it
- Mobile phones/social media
- FOMO – fear of missing out



Pastoral Support in School

- Form Tutor
- Head of Year
- Pupil Support Team
- Assistant Head Pastoral



External Agencies


- GP
- CAMHS
- Healthy Minds
- CASY
- EVOLVE
- Kooth online counselling

<https://kooth.com/>



How to help keep your child safe online

- Talking to your child is one of the best ways to keep them safe. You can also use parental controls on social networks, online games and browsers and on both hardware and software that can filter or monitor what your child can see.
- Preventing your children from using the internet or mobile phones won't keep them safe in the long run, so it's important to have conversations that help your child understand how to stay safe and what to do if they ever feel scared or uncomfortable.

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- Have the conversation often and early
 - Explore online together
 - Know who your child is talking to online
 - Set rules and agree boundaries
 - Make sure that content is age – appropriate
 - Use parental controls, filters etc
 - Check that they know how to use privacy settings and reporting controls



Further Advice

Vicki Shotbolt - Founder of the Parent Zone

Treat the online world in much the same way as you'd treat the offline world. You wouldn't let your child leave the house unless you knew where they were going, for example. You should apply the same thinking online. So ask your child:

- where they go online
- who they chat to
- who gets in touch with them
- what they do online.

Don't make it a 'special' conversation. Just ask as often as you would if you were talking about the offline world."

Further Advice

Useful Websites

- ThinkUKnow - <https://www.thinkuknow.co.uk>
- NSPCC - <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- UK Safer Internet Centre - <http://www.saferinternet.org.uk>
- <https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>
- CEOP - <https://www.ceop.police.uk>