

## Guide to Staying Safe Online

Our children are experiencing the digital world every day. We have created a simple guide for you as parents, and young people, which signposts you to some great resources and support to access about staying safe online.

### Guide for Parents & Guardians

Online activities have become a huge part of young people's daily lives. For example, talking to friends and family, playing online games, and completing most of their schoolwork. This online community encourages online collaboration and discussions on topics relevant to the programme and independent challenges the young people are taking part in. We want to ensure that whilst young people are part of the programme, they have a safe online platform in which they can communicate with each other.

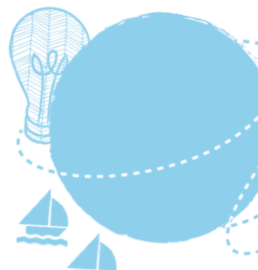
This document is for both you as parents/guardians and for young people and includes guidance on how to stay safe online and includes tips and tricks, as well a useful links for further online safety resources.

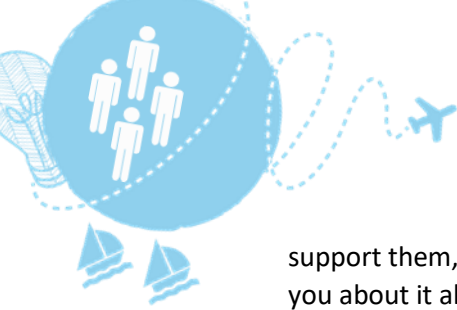
### What is online Safety:

The online world is growing and changing every day and includes the use of social media, video calls and online gaming. The use of online activities for social networking and learning has fast become a new way of life, it can be a very positive and powerful way for education, interaction, and motivation to take place. Unfortunately, there are dangers out there when interacting online, this guidance has been written to inform you and to for you to be able to support your child when navigating the online world.

### Tips for online safety for you and your child:

1. Talk to your child regularly about what they are doing online and how they can keep themselves safe. Let them know they can come to you.
2. Explore the activities, sites, apps and games your child is using but do it together. Allow them to introduce you to what their online world looks like.
3. Talk to your child about how they know if content is misleading and discuss how they know is reliable and trustworthy.
4. Talk to your child about how they manage friend requests, and discuss how they know who the person is, and can be trusted. Agree your own rules as a family, the time they spend online, sites they can and cannot use and why these rules are important.
5. Manage the technology you have in your home, use settings available to keep your child safe.
6. Talk to them about who they are talking to online and the apps, platforms, programmes etc they are using to do this. Remind them the importance of not sharing personal information such as names, locations and links. Let them know that if this happens you are there to





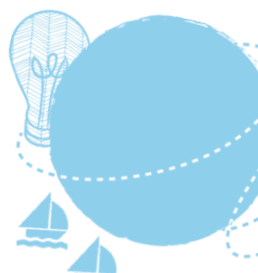
support them, show them how to block people using the same platform and that talking to you about it allows them to stay safe.

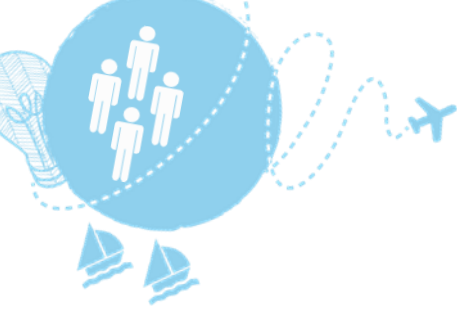
7. If you are not already up to date with online video chatting and live streams, try and familiarise yourself. <https://www.net-aware.org.uk/news/video-livestreaming/>
8. Get to know gaming if you have not already. <https://www.net-aware.org.uk/news/gaming-keeping-kids-safe/>

## Useful Links for further online safety guidance:

This list is to help you as a parent / guardian to understand the online world. There are lots of organisations out there with advice and support for you and also for your child. We have selected some key ones from the UK.

- **Misleading information:** A report on how young people managing reliability and misleading content online [An Internet Young People Can Trust](#)
- **Spotting Fake News Online:** <https://www.net-aware.org.uk/news/how-can-we-teach-kids-to-spot-fake-news-online/>
- **General tips for young people on staying safe online:** <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>
- **Online Grooming:** Grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual. What you need to know to keep safe from online grooming. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>
- **Feeling Good on Social Media:** Social media can make young people feel anxious, sad or overwhelmed sometimes. Advice to help them stay in control. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/>
- **Using video conferencing apps safely:** <https://www.net-aware.org.uk/news/keeping-kids-safe-on-conferencing-apps/>
- **Supporting your child's wellbeing online:** <https://www.net-aware.org.uk/news/supporting-your-childs-wellbeing-online/>
- **Understanding parental controls and setting them up:** <https://www.internetmatters.org/parental-controls/>
- **Parent Guide to a variety of issues; recognising apps, understanding gaming and social media:** <https://www.internetmatters.org/resources/>





## Resources you can use with your child.

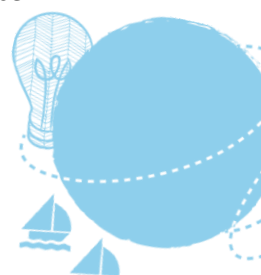
- **UK Safer Internet Centre:** free resources to talk to your child about online safety. This includes activities, conversation starters and information to help parents and guardians talk to their children about how to navigate the issue of reliability of information online in a safe, responsible and engaging way.
  - <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-parent-or-carer>
  - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- **NSPCC:** Support and advice on specific issues, as well as how to talk to your child about their safety. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
  - Under 13s Quiz: [https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-under-13s\\_final.pdf](https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-under-13s_final.pdf)
  - Over 13s Quiz: [https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-13\\_final.pdf](https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-13_final.pdf)
- **Internet Matter.org:** These plays use theatre to explore three important topics relevant to young people today – cyberbullying, online grooming and online reputation.
  - <https://www.internetmatters.org/resources/plusnet-plays-on-the-internet/>

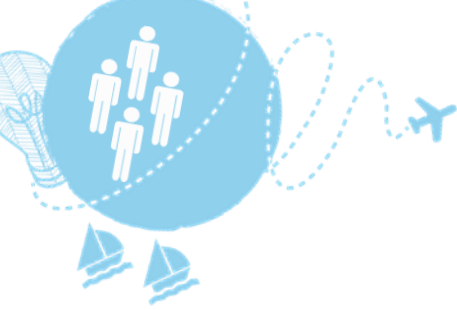
## Guide for Young People

Online activities have become a huge part of your everyday life, for most of you this is through education, gaming, and social media platforms. Whilst on this programme you will have access to an online community page on the Tribe platform, this will allow you to discuss topics relevant to the programme and for your independent challenges as well as to potentially make some new friends. We want to ensure that you have a safe online platform to use, this means also sharing some online safety guidance with you. This document will include tips and tricks to staying safe, as well as useful links for further online safety resources.

## What is online Safety:

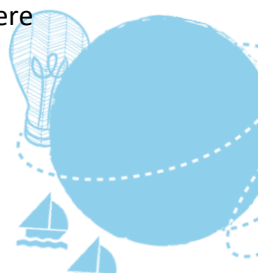
The online world is growing and changing every day and includes the use of social media, video calls and online gaming. The use of online activities for social networking and learning has fast become a new way of life, it can be a very positive and powerful way for education, interaction, and motivation. Unfortunately, there can be dangers out there when interacting online, this guidance has been written to support you to stay safe when navigating the online world.

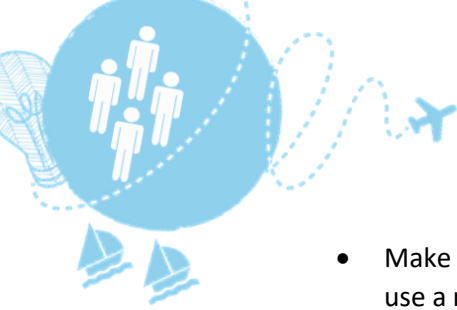




## Tips for online safety as a young person

1. Only use online platforms that are age appropriate for you. Have a chat with your parents/guardian about the sites you use, and how you use them so they can also help you stay safe.
2. Online bullying or cyberbullying can come in many shapes and sizes, there are several things you can do if you feel you are being bullied. You can report and block the people/person you are being bullied by and keep a record of the bullying and share it with an adult you trust. It may be hard to tell someone if you are being bullied online but it will more than likely help you.
3. To stay safe online you should never share any personal information about yourself, this includes your full name, where you live, which school you go to, phone number, date of birth and any passwords where this information can be found. Think about who you're talking to: there are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them.
4. If you are using platforms for a short space of time, like Tribe for instance it is safer to use a cartoon picture as your profile picture rather than a photo. Remember that people can use small clues like a school logo in a photo to find out a lot about you.
5. Check what people can see in your privacy settings.
6. You should never arrange a face-to-face meeting with someone you meet online unless you have discussed this with your parents, and you are accompanied by a trusted adult.
7. There are lots of websites that will try to trick you or pretend to be something else. And they may try to get hold of your personal details. Make sure any website you're using has "https" at the start of the address so that you know it's secure. Only enter your log in details when you're absolutely sure it's the right website, that the address is correct and it's using https (at the front of the link in your browser bar).
8. You should always think before you post or comment online. Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.
9. In some circumstances young people who connect with others online can sometimes be asked to send nude or semi-nude photos of themselves. This is never ok and even though you may have become friends with this person do not send them anything. Block that person and if you feel comfortable speak to a trusted adult about it.
10. Think about how you access the internet - Avoid public WiFi connections, always use WiFi that is password protected. Make sure that if you use a public device, like a computer, that you don't just close web pages, always log off. Lots of websites will keep you logged in, even after you close them. If someone else has access to the phone or device you're using then they might be able to log into your account too.
11. Keep your devices and app updated as these include important security fixes. Each device is different, but you can usually find out how to enable updates in the settings. It's good to make sure you regularly download updates and it's also important to use anti-virus software. You can get anti-virus software for mobiles as well as tablets, laptops and PCs. Make sure that you keep it updated or ask an adult to help you.
12. Do not reuse passwords for multiple sites, change them and write them down somewhere safe.





- Make it long and difficult to guess: Make your password more than 8 characters and use a mix of lower case letters, upper case letters, numbers and special characters (like %, #, ! and £).
  - Don't use personal details: People might be able to guess your favourite animal, your birthday or your best friend's name. Try using 3-4 random words that you can remember instead.
  - Use different passwords: Change your password regularly and use completely different passwords for different websites and apps.
13. Be careful with where you read and find out information. The news you see online or on social media isn't always going to be accurate. And it can be hard to tell what's real and what's fake. Some websites will report fake news or things that aren't completely true. They might do it because they want to scare you or make you do something. Or because they make money from people going to their site. If you are unsure talk to a trusted adult about what you have read, and discuss it with them.
14. If something goes wrong or doesn't feel safe speak to a trusted adult - a parent/guardian or the moderators within the platform you are using.

**It is very important that you and your friends speak to a trusted adult if you experience any of the following:**

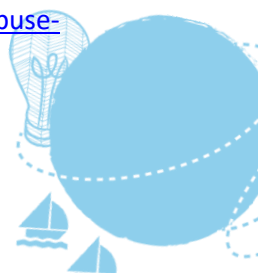
1. Cyberbullying in any form
2. Receiving or being asked to send nude or semi-nude photo to anybody.
3. You feel like your privacy has been invaded.
4. The presence of complete strangers who may try and message you privately.
5. You see or hear of someone else using the platform for the wrong reasons.
6. You ever feel unsafe online.

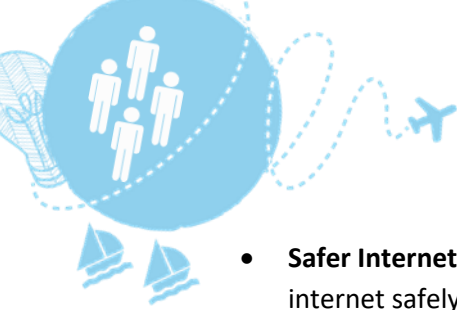
**5 ways to get support if things go wrong**

1. Talk to someone you trust like an adult
2. Report bullying and abuse directly to the website or app
3. Delete things you've shared that you're worried about, or find ways to hide them
4. Tell the police by making a report if someone is threatening or blackmailing you
5. Plan for the future and change your privacy settings so it doesn't happen again

**Useful links for further online safety:**

- **Childline UK:** There is a lot of advice and discussion boards aimed at young people, including how to stay safe online. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>





- **Safer Internet.Org:** You can find films, games, quizzes and advice to help you to use the internet safely, responsibly and positively <https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>
- **Childnet International:** Has information on lots of topics such as spotting fake news, wellbeing online and privacy setting. <https://www.childnet.com/young-people/secondary>
- **NSPCC:** They have some quizzes you can do, maybe even do them with your parents!
  - Under 13s Quiz: [https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-under-13s\\_final.pdf](https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-under-13s_final.pdf)
  - Over 13s Quiz: [https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-13\\_final.pdf](https://www.net-aware.org.uk/siteassets/content/resources/quizzes/o2-nspcc-online-safety-quiz-13_final.pdf)

## How to contact the GSL Team during the programme

You can contact the GSL team for general questions by emailing [social.leaders@future-foundations.co.uk](mailto:social.leaders@future-foundations.co.uk) or through our Online Chat on the GSL website.

**Emails and Online chat are answered Monday to Friday between 09:00 – 17:00 UK time.**

If you have a **Safeguarding concern or need to report an issue you can do this online**, and it will be reviewed by the Safeguarding team within our usual office hours. **If your concern is urgent** – please call the number given below.

This might be a concern about someone else you are worried about as well. Remember that if you share concerns with us, we may have to pass this information on and cannot keep it secret.

**To report an incident, you can also use our safe and secure online Safeguarding reporting form by [CLICKING HERE](#)**

**Our emergency contact for the Safeguarding Team is: 0044 208 3432 3458**

**After the programme has ended**, we are still here to support but would encourage you to speak to a trusted adult you know. This might be a parent/guardian or a teacher for example.

There may be specific ways to raise safeguarding concerns in your country., which we would advise you to follow once the GSL programme is over.

