

Bridgewater Primary School



Child friendly Online Safety Policy



PIC-COLLAGE

This policy was reviewed by the members of the School Council, November 2021

At Bridgewater Primary School, we understand how important it is to keep ourselves safe online. We think that it is important that every child understands the need to think critically whilst using any online device and knows who is there to help them, should they have any concerns or worries about their online safety. This policy aims to give you handy tips and advice about how to stay safe online and who to go to if you need help either in school or at home.

What is online safety?

Online safety is about keeping ourselves safe online whilst using any device which has access to the internet. It's about thinking critically and knowing that not everything we read or see online is the truth.

When we are online it's always important to...

- T** *Is it true?*
- H** *Is it helpful?*
- I** *Is it inspiring?*
- N** *Is it necessary?*
- K** *Is it kind?*

Netiquette

- 1** Make the right choices! (Image of a computer monitor)
- 2** Don't write all in capital letters. It will look like you're shouting and being rude. (Image of a crossed-out 'ALL CAPS' sign)
- 3** Do think before you send. Is your comment necessary? Would you say this to their face? Will it upset anyone? (Image of a thought bubble)
- 4** Show integrity in all you do. (Image of a tree made of colorful leaves)
- 5** Be polite. Be kind. Show empathy. (Image of a smiling face in a speech bubble)

My name is Netiquette - I'm here to help remind you to be polite and respectful online. (Image of a robot character)

Who to go to in school:



Alison Murray
Head Teacher



Frances Trapp
Designated Lead
Deputy HEAD Teacher/SENCo
Designated teacher for looked after children
CSE/Prevent



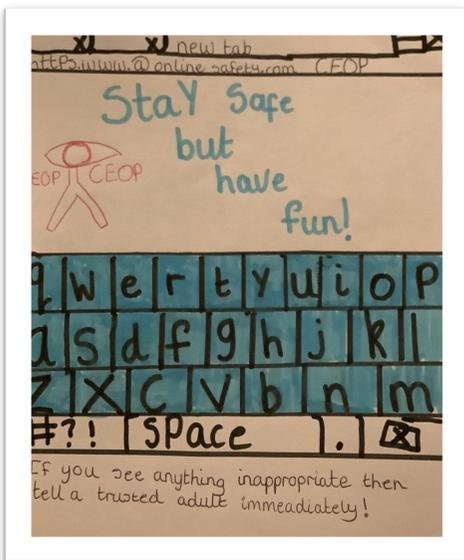
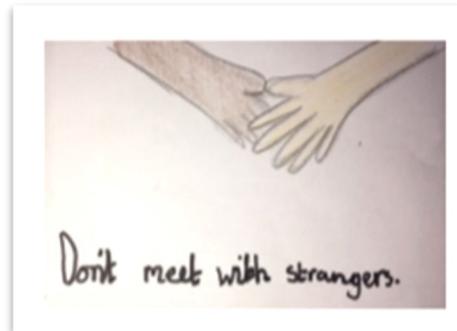
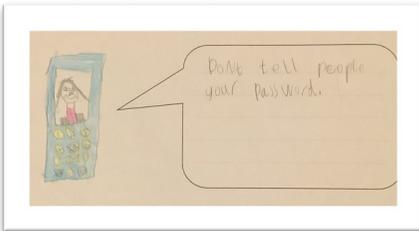
Vicki Ashby
Inclusion Team



Nicola Redden
Online Safety Lead
Inclusion Teacher Wednesday - Friday

Our online safety rules:

At the beginning of the year we all read and signed the acceptable use policy, agreeing that we will follow these rules when using the internet:



To be Sage online you could tell a adult if you don't like something or maybe you could shut down the screen that you have seen and report them or tell a teacher if your at school. I remember it as a rhyme, like this "Shut down the screen that you have seen or tell a adult in a trice. (which means very quickly!)"

BE SMART ONLINE

S

SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M

MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A

ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R

RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T

TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

♥

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

Cyberbullying

At Bridgewater Primary School we take cyberbullying very seriously. You should never feel that it is your fault or try to deal with cyberbullying on your own.

What is cyberbullying?

It is a form of bullying which happens behind a screen.



Cyberbullying often happens when playing games online. Remember to be respectful when you're gaming; especially when you lose! Act the same online as

Remember to think critically - is everything you read online the truth? Is everything you see real? Always question what you see and seek help from



Always follow the age limits and guidelines; if you don't you may see and hear content that is not appropriate for your age.



Remember that too much screen time isn't good for us; balance is the key!

Lots of us enjoy going online but too much screen time isn't healthy for our minds or our bodies! Here are some tips to help you limit your screen time:

Try not to use a device for more than 2 hours a day.

Switch off the screen an hour before bed, let your brain rest before sleep. Read a book instead or listen to some calming music.



Remember to get outside, even if the weather isn't great!

Use parental settings to limit your screen time.

Remember to connect face-face with the people around you.

