Welcome
Is it too late to say, “Happy New Year!”? Please feel free to share this newsletter with other members of staff from your school. We hope you find the newsletter useful and if you have any feedback about our service to schools or anything you would like to see in next term’s update, please do not hesitate to let me know by emailing vikki.bardon@entrust-ed.co.uk.

Relationships Education, Relationships and Sex Education (RSE) and Health Education
How are you preparing for the proposed changes? All schools will teach children about good physical and mental health, how to stay safe online and offline, and the importance of healthy relationships. Under the proposals, all pupils, from September 2020, will study compulsory health education as well as new reformed relationships education in primary school and relationships and sex education in secondary school. Materials will be ready and available from September 2019. In the next item you will find a useful resource to explore and embed into the curriculum.

NSPCC ‘Making Sense of Relationships’

The PSHE Association worked in partnership with the NSPCC to develop a new teaching resource which will support pupils aged 9 through to 16 to navigate safe and healthy relationships in an online world.

The free pack includes three lessons to support transition and changing friendships at key stage 2 and six lessons exploring healthy and unhealthy relationships at key stage 3. The three lessons at key stage 4 address issues such abusive behaviour in relationships and pornography.

Other topics covered, include:

- negotiating changing relationships during transition from primary to secondary school
- online relationships
- consent
- challenging gender stereotypes
- relationship values
- the risks of sharing sexual images

DfE proposes compulsory online safety lessons as part of SRE

The new curriculum has been designed to teach every pupil about how to recognise dangers online, including what healthy and unhealthy relationships look like.

Find out more: Facebook backs DfE online safety lessons for pupils
Wild West Web

Have you heard of the latest campaign, ‘Wild West Web’? The campaign calls on the Home Secretary, Sajid Javid and Digital Secretary, Jeremy Wright to stand up for children and introduce tough regulations for social networks.

Following the largest ever UK survey of children’s experiences online by the NSPCC and LGfL Digisafe of nearly 40,000 children aged 7 to 16, the findings reveal that an average of one child per primary school class surveyed, has been sent or shown a naked or semi-naked image online from an adult and 1 in 50 school children surveyed sent a nude or semi-nude image to an adult.

The Wild West Web campaign calls on the government to act now to stop another generation of children growing up with their lives changed forever by online sexual abuse.

IWF – concerns around live streaming

In the meantime, a study from the Internet Watch Foundation is reinforcing concerns around live streaming, with 98% of victims being under the age of 13. Find out more: Internet Watch Foundation research

For tips appropriate for primary and secondary schools, see:

- Childnet resources
- CEOP resources

Mental Health and Behaviour in Schools

In November 2018, the DfE updated the guidance on Mental Health and Behaviour in Schools. This advice aims to help schools to support pupils whose mental health problems manifest themselves in behaviour. Schools have an important role to play in supporting the mental health and wellbeing of children by developing whole school approaches tailored to their particular needs, as well as considering the needs of individual pupils.

Latest figures from a survey led by NHS Digital of Mental Health of Children and Young People in England shows that one in eight children and young people aged 5 to 19 years old have a mental health disorder. In many conversations, the finger has been pointed at social media, austerity and exam pressures to explain the cause for this rise in mental health disorders in England’s young but the survey results cannot directly attribute the cause of the rise.

The DfE guidance identifies key points and principles such as the central role schools play in enabling their pupils to be resilient, support and promote good mental health and wellbeing for
all pupils and providing education about relationships, sex and health. When dealing with these issues, it is important that schools adopt a consistent whole school approach to mental health and wellbeing.

**Horizons – Maintaining wellbeing in a digital world**

Link2ICT has developed a series of termly development meetings for school staff, in particular, designated safeguard leads and SEND leads that will include promoting positive mental health and wellbeing by developing resilience as part of an integrated, whole school approach tailored to meet the needs of pupils; understanding the link between mental health and behaviour and identifying factors that make some pupils more vulnerable than others and supporting work aimed at pupils with SEND. Link2ICT has invited experts from the field of child psychology and special educational needs to join them in hosting these sessions for schools. More information will be available soon but for now, here’s this term’s dates for the diary:

- **Stafford**
  - Friday 1 March 2019

- **Birmingham**
  - Thursday 21 March 2019

**The health impacts of screen time – a guide for clinicians and parents**

The Royal College of Paediatrics and Child Health (RCPCH) have produced a summary of existing research on the health effects of screen time on children and young people. Evidence is weak for a threshold to guide children and parents to the appropriate level of screen time, and they are unable to recommend a cut-off for children’s screen time overall – this has disappointed many parents and community groups. [Click here](#) for more information including the RCPCH screen time guide, screen time parent facts sheet and infographic with key thoughts on screen time from children and young people.

**Young children and screen time**

There has been much coverage in the news of late regarding screen time and the effect on children and young people. Recently the BBC featured an article regarding the new guidance from the Royal College of Paediatrics and Child Health (RCPCH) stopping short of recommending specific limits on screen time, saying there is little evidence that it is harmful. If your parents require further support and guidance on screen time, you may refer them to Childnet’s, “Young Children and screen time” - a guide for parents and carers.

[Click here](#) for more information including the RCPCH screen time guide, screen time parent facts sheet and infographic with key thoughts on screen time from children and young people.
Thinkuknow *new* resources for 4 yr olds

Coming soon… Jessie and friends - a three episode animated series supports children to develop the foundation skills they need when they first start using technology and the internet, helping to keep them safe from sexual abuse and exploitation online.

Inspecting safeguarding in early years, education & skills

In October 2018, Ofsted published a new update to “Inspecting safeguarding in early years, education and skills”. The guidance has been updated to include the changes to “Keeping children safe in education (2018)” and “Working together to safeguard children (2018)”. There are changes in emphasis too and schools will need to ensure that these aspects are considered in policies and in the curriculum.

The previous guidelines referred to children learning ‘how to keep themselves safe’. This phrase has been changed to, children know ‘how to recognise when they are at risk and how to get help when they need it’. A summary of the changes can be found here.

Social Media, Social Life: Teens reveal their experiences

Common Sense Media conducted a study amongst American teens to explore their social media use in the age of 24/7 connectivity. Teens share their views on everything from their most-used sites of 2018 to their awareness of digital manipulation and misinformation. It’s clear from this research that digital citizenship skills and social-emotional learning have never been more critical or relevant to students’ lives.

Also worth a read, ‘A teen’s thoughts on social media’, which gives an insight to why young people use social media.

Training course: Online safety for DSLs

The National Curriculum for Computing has online safety as an explicit strand of work at all key stages and in delivering this, Ofsted expect schools to provide:

“A progressive curriculum that is flexible, relevant and engages pupils’ interest; that is used to promote online safety through teaching pupils how to stay safe, how to protect themselves from harm and how to take
responsibility for their own and others’ safety.”

The staff member(s) responsible for designing such a curriculum must first understand the dangers and risks posed to pupils and understand how school policy and practice to help support the safeguarding of pupils online and educate pupils to support and develop resilience and manage behaviours appropriately online.

Come and join the schools already signed up to Link2ICT's ‘Online safety for DSLs’ course that examines the requirements of the online safety elements of the curriculum at Key Stages 1 and 2 and links this to a range of resources, allowing staff to plan an appropriate scheme of work for their school.

**Book your place now:**

**Birmingham**
12 March 2019 13:00 – 15:30 Fort Dunlop, Erdington, Birmingham, B24 9FD

26 March 2019 13:00 – 15:30 Fort Dunlop, Erdington, Birmingham, B24 9FD

**Stafford**
28 February 2019
The Riverway Centre, Stafford, ST16 3TH
Booking code: LTTL-0219-1006

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**British Board of Film Classification launches PSHE resources**

The British Board of Film Classification (BBFC) has released primary school PSHE education teaching resources in a bid to help equip pupils with the tools to make the best choices about what to watch, when and where. The lesson plans and accompanying teacher guidance focus on key PSHE skills such as decision making, understanding relationships, and looking for help and guidance in useful places. The lessons look at age ratings, why they exist, and allow key stage 2 pupils to consider issues such as:

- What age ratings are and how they work
- The suitability of content
- How they make their own decisions
- Why regulations and rules are in place
- Where they should go for more information when deciding what to watch
- How to steer clear of content that might be unsuitable

The resources can be downloaded for free from the [BBFC website](https://www.bbfc.co.uk/).
Breck Bednar murder: Film warning of online grooming launched

This short film will be rolled out in schools across Surrey, Essex, Leicestershire and Northamptonshire, explains how the teenager from Caterham, Surrey, played games online with friends on a server run by his eventual killer. The full version of “Breck’s Last Game” will not be available to the public until spring 2019 to allow pupils to see it in planned classes first. Please note, the film would have a cinema rating of 15 years due to the nature of the content. Secondary schools should keep checking our updates for further details on its release.

“What is online grooming? – information for young people” is a resource produced by Netsafe, a New Zealand based online safety company. Given the location of the company, all points of contact are located in New Zealand, so if you decide to use this great resource, you will need to use UK contacts such as ChildLine and CEOP UK.

Azar

Heard of Azar yet? Azar allows users to meet new people through video with the tagline “Video, Chat, Discover”. According to the app, “You can meet someone new at the turn of each swipe and easily explore new cultures and people from all over the world. With people from over 190 countries, over 100 million downloads worldwide and more than 20 billion matches!”

Yubo formerly known as Yellow

The app Yellow, aka ‘Tinder for teens’ has been replaced by Yubo – it still remains as a social media app encouraging teens to find new friends by allowing them to swipe left or right to connect and live stream. Advice for parents on what they need to know about Yubo can be found at the Parentinfo and NetAware websites.

Anti-fraud education lesson plans for KS 3 and 4 (Cifas)

This resource came to our attention via Andrew Hall’s Safeguarding Briefings. Cifas is the UK’s leading fraud prevention service. Their research has identified an increasing number of young people affected by fraud, either being targeted by online fraudsters or unwittingly engaging in fraudulent acts themselves. ‘Anti-Fraud Education by Cifas’ is a set of four free lesson plans for secondary schools that focus on awareness of fraud, common scams, identity theft and money mules. The resources have been developed in conjunction with the PSHE Association and can be downloaded from their website.
Fortnite Scams

Over a one month period from early September to early October 2018, the ZeroFOX team has generated over 53,000 alerts related to Fortnite scams. Of those alerts, an overwhelming majority (86%) were generated from social media, with 11% coming from web domains and a little over 2% coming from Youtube.

You can only purchase V-Bucks within the Fortnite game itself, through direct purchase or gameplay. There is no magic coupon site or online treasure trove of free V-Bucks. This hasn’t stopped bad actors from creating fake coupon sites and “V-Buck generators” to lure innocent players into sharing personal information, ranging from their Fortnite usernames and passwords, to their credit card information and home addresses. V-Buck Generators also often encourage sharing with friends, further spreading the reach of this scam. ZeroFOX’s research has identified over 4,770 live domains related to these kinds of scams – and the number continues to grow.

YouTube V-Bucks scam: Videos demonstrating ways “to get free V-Bucks.” The link shown in the YouTube videos are malicious, leading to a form requiring the player to input their Fortnite username. After “loading” their information, the site prompts the player to complete a “quick and easy offer” to prove they are a human and not a web scraper bot. These “offers” include activities like watching a video through its entirety, or entering for a chance to win an iPhone X. At the end of each “offer,” a link is provided to access the free V-bucks.

Remember: You can only purchase V-Bucks within the Fortnite game itself, through direct purchase or gameplay. Did you also know that Android DOES NOT YET have an app to play the game? While Fortnite has created a mobile app for the Apple Store, they have yet to do the same for the Google Play store. Instead, Fortnite provides a downloadable version of the popular game through their website, fortnite.com/android. This website is the safest way for Android players to download the game. Many scammers have created ‘Fortnite’ apps on the Google Play store for download, so watch out!

Strip Fortnite

A new online trend known as ‘Strip Fortnite’ is gaining popularity on YouTube, based around stripping off while playing the popular online game. The camera records a male gamer playing Fortnite, while a female companion watches on. For every kill the player makes in the game, the female companion has to remove one item of clothing. One of the misconceptions about ‘Strip Fortnite’ is that people get naked. On YouTube, they don’t. ‘Strip Fortnite’ videos don’t actually show nudity, and sometimes don’t even show stripping. Suggestive thumbnail images and titles suggest viewers will see nudity. In reality, it is usually someone stripping to their underwear, at worst. Sometimes the
videos actually only feature gameplay footage and no stripping at all. Some videos feature girls in excessive amounts of clothing. Others are ‘accidentally’ interrupted by someone walking into the room.

Parent Zone have provided a guide called ‘What is Strip Fortnite - and is it a risk for kids?’ The guide considers whether children are able to access these videos and what other risks to look out for?

Europol warns of 15 ways you could become a cybercrime victim

‘Stop criminals from making you a victim’ is Europol’s goal as cybercrime cases become increasingly complex and sophisticated. In its fifth annual Internet Organised Crime Threat Assessment (IOCTA) report, they discuss 15 ways of becoming a victim.

Many schools have been and continue to be the victim of cybercrime attacks – sometimes due to network infrastructure and security but many more times because of human error. Have you booked your Cybercrime training session with us yet? In the schools where we have delivered our ‘Cybercrime threats and scams – how safe is your data?’ course, there has been overwhelming positive feedback on the information provided.

PANTS (NSPCC) video in BSL

The NSPCC has created a video in British Sign Language with subtitles and aims to teach deaf children about the Underwear Rule and encourages them to share secrets that upset them with a trusted adult.

Watch the video.

Online safety events 2019

At the end of January, we concluded the series of Online Safety events that we organised for schools in Birmingham and Stafford in preparation for #saferinternetday2019.

We had an excellent turn out to all events where we highlighted the positive uses of technology in schools and explored how we can all help to create better and safer online communities.

Special thanks to Bells Farm Primary School, Pirehill First School, Charlotte Aynsley, Ann Marie Christian, Sarah Huggins, Bianka Kuhn and of course, the Link2ICT Professional Services Team for helping us to provide a dynamic, empowering and resource-filled programme for schools.
Online safety in schools and the importance of parental engagement

We also created two new videos which were premiered at the online safety events which look at two great examples of schools successfully demonstrating and implementing an online safety strategy to ensure the highest standard of safeguarding for their community. Key to their success was ensuring parents were engaged in the online safety process.

Watch the videos:
- Bells Farm Primary School, Birmingham
- St Michael’s Primary School, Lichfield

Online safety calendar

Online safety is not an annual one-off event and should be covered throughout the year aside from Safer Internet Day. To help with this, the UK Safer Internet Centre and Childnet International have published an online safety calendar highlighting some of the issues that can be addressed during the rest of the year.

Safer Internet Day (SID) 2019

Taking place on Tuesday 5 February 2019, with the global theme of ‘Together for a better internet’, there are some great resources available.

Download the toolkit.

Also, don’t forget about Safer Internet Day TV 2019 films to complement the Safer Internet Day Education Packs. The films act as an extension of the packs and aim to be conversation starters around the topic of consent in a digital world.

Watch the videos

YoungMinds Crisis Messenger Service

Young people experiencing a mental health crisis and in need of support, can text YM to 85258. This is a free, 24/7 crisis support service across the UK.

Find out more: YoungMinds Crisis Messenger
MyConcern training for DSLs

Understand how MyConcern can support safeguarding and the benefits it will bring to your establishment; have a clear understanding of the DSL’s role to use MyConcern to manage safeguarding effectively; be aware of the safeguarding procedures and recording methods and work more efficiently by minimising the administrative time spent recording safeguarding concerns and be confident to run reports.

Birmingham
12 February 2019 13:00 – 15:30 Fort Dunlop, Erdington, Birmingham, B24 9FD
26 March 2019 13:00 – 15:30 Fort Dunlop, Erdington, Birmingham, B24 9FD
9 April 2019 13:00 – 15:30 Fort Dunlop, Erdington, Birmingham, B24 9FD

Stafford
13 February 2019 13:00 – 16:00 The Riverway Centre, Riverway, Stafford, ST16 3TH. Booking code: LTTL-0219-T005
14 March 2019 09:30 – 12:30 The Riverway Centre, Riverway, Stafford, ST16 3TH. Booking code: LTTL-0319-T009
10 April 2019 13:00 – 16:00 The Riverway Centre, Riverway, Stafford, ST16 3TH Booking code: LTTL-0419-T003

Safeguarding Monitoring User Training - Smoothwall RADAR (previously known as Futures Cloud)

Schools can work on their system to review and update their settings during the session. Through attending you will also benefit from configuring Smoothwall RADAR appropriately for your school; be trained to set up automated reports and work more efficiently by minimising the time required to monitor logs and reports.

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WWW.LINK2ICT.ORG/OSN
Fast Track EPICT Online Safety courses

26 February 2019
13:00 – 16:00
The Riverway Centre, Stafford, ST16 3TH
Booking code: LTTL-0219-T001

2 April 2019
13:00 – 16:00
The Riverway Centre, Stafford, ST16 3TH
Booking code: LTTL-0419-T004

Please book a place on any of the above courses as follows:

Stafford
Call: 0333 300 1900
Email: lt@entrust-ed.co.uk
Web: www.entrust.education/training

Birmingham
Call: 0121 303 5100
Email: info@link2ict.org
Web: www.link2ict.org/training

Finally…
Congratulations to another teacher in Staffordshire who has successfully gained the personal accreditation for EPICT Online Safety through attending the EPICT Fast Track course and completing the assessment.

Beccy Cashmore
Princefield First School, Penkridge

If you are one of the other teachers who attended the Fast Track EPICT Online Safety courses who have not yet handed in the assignment, then please don’t delay!

If you would like more information about the Fast Track EPICT Online Safety course, email vikki.bardon@entrust-ed.co.uk.

We are here to help!
If you require any in-school support, please do get in touch, we will do all that we can to help.

Stafford
Email: lt@entrust-ed.co.uk
Call: 0333 300 1900

Birmingham
Email: info@link2ict.org
Call: 0121 303 5100
Online Safety

Birmingham Office
5th Floor, Fort Dunlop
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Email: servicedesk@link2ict.org

Stafford Office
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Email: lt@entrust-ed.co.uk

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