



Dear Parent/Carer

Online Safety Advice and Resources

Thank you for your support with helping your children complete online activities set on Doodle (for pupils in Years 7 and 8) and GCSE Pod (for pupils in Years 9, 10 and 11). There should be work set for all pupils across all subjects, and if you have any questions regarding accessing these please contact the appropriate technical support or school.

With the increased amount of time that your children are spending online, it is more important than ever that they are confident in knowing how to keep themselves safe. I have therefore attached two Online Safety Information documents to help your children stay safe online over the coming weeks. The documents contain links and age-appropriate activities for pupils that help to reinforce these important skills.

I have also summarised other ways in which you can support your child with their online safety below:

- Explore together: Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
- Chat a little and often about online safety. If you are introducing them to new learning websites and apps while school is closed, take the opportunity to talk to them about how to stay safe online.
- Help your child to identify a trusted adult who can help them if they are worried. This includes you as their parent and other adults in the home.
- Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
- Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen where an adult is available.
- Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something.
- Use 'Safesearch': Most web search engines will have a 'safesearch' function or button, which will limit the content your child can access when online. Look in the 'settings' for the search engine.
- Use parental controls: These enable you to limit the content your child can search and view, apps they can download, and even control screen time and 'bedtime'. These are available through broadband providers, as well as Google and Apple.





Please take the time to go through the attached activities with your children, and the advice summarised above. Thank you once again for all of your support in what is a very difficult time for everybody.

Yours faithfully

A handwritten signature in black ink, appearing to read 'L Sloman'.

Mr L Sloman
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Activities for 11-13s

Number 1, 24/03/2020

Activity 1: Watch *First to a Million*

- Download the *First to a Million* Powerpoint file [here](#). It's a big file so it may take a few minutes.
- Open the Powerpoint and watch the film. *First to a Million* is an interactive drama where you choose what happens next.
- In the final scene of *First to a Million* Jamal looks to camera and says "You were there, what do you think we should do?". Write down and answer these questions:
 - **How has each character been affected by what has happened? (Jamal, Meg, Tariq, Aleeya, Lucas)**
 - **What do you think each character should do next?**

Activity 2: *First to A Million – What Happened Next?*

- Re-open the Powerpoint file and watch the 'Character Films', which show what Meg, Lucas, Tariq and Aleeya did next.
- While you watch, write down the name of all the support services for young people which get mentioned.
- After watching, write down and answer the following questions:
 1. Which services can remove a nude image or video of an under 18 year old?
 2. Where could Tariq get emotional support?
 3. How did CEOP help Lucas?
- Tell your parent/carer about what you have learned, either straight away or later on.
- **Optional extension task:** There is no 'Character Film' for Jamal. Write your own ending to Jamal's story, or create a film script or storyboard.

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for young people at www.thinkuknow.co.uk.

Parents and carers: Once a fortnight, on Tuesdays, we will produce an activity sheet to help you support your child while schools are partially closed. There's also plenty of advice for parents and carers on keeping your child safe online at www.thinkuknow.co.uk/parents.

Suggested answers

1. The person who posted it can report it to the service provider, such as Instagram, which should quickly remove it. Images can also be reported to the Internet Watch Foundation.

2. Tariq could speak to an adult he trusts, or contact a helpline. Under 18s can speak to **Childline** on 0800 1111. Under 25s can also speak to **The Mix**. It has an online chat service, a free phone helpline (0800 808 4994) and a text support service.

3. Young people can report to **CEOP** (www.ceop.police.uk) if they are worried about something online: e.g. someone making sexual comments, asking for images, or threatening to share nudes. They will get support from a Child Protection Advisor.



Activities for ages 14+

Number 1, 24/03/2020

Activity 1: Mind map - School's out... What could this mean for young people's lives online?

- Get a blank sheet of paper and a pen.
- Write the question "School's out... What could this mean for young people's lives online?" in the middle.
- Make a mind map based on the question. Think about how the current school closures could affect young people's lives online, and write down as many ideas as you can think of. Try to come up with both positive and negative possible impacts.
- Think of any questions this makes you want to get answers to, and write these on the paper too.
- Keep this sheet as paper as we will come back to it!

Activity 2: The Thinkuknow 14+ website

- Visit www.thinkuknow.co.uk/14_plus/
- Explore the website, paying particular attention to the advice articles under 'Need advice?'
- On a blank piece of paper, draw a line down the middle to make two sections for 'pros' and 'cons'. Write a list of what you like and don't like about the website.
- Get your mind map from Activity 1 and think about the current situation in the UK. Is there any advice you feel young people need at the moment that isn't currently covered on the website?
- We want to hear your ideas! Tell your parents about your work and encourage them to fill in the survey for parents at www.thinkuknow.co.uk/parents. They can use this to tell us what you have come up with

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