E-Safety Spotlight - Safer Internet Day

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2024 is on 6th February.

In the UK, Safer Internet Day is organised by the UK Safer Internet Centre (UKSIC), a partnership of three charities – Childnet International, the Internet Watch Foundation (IWF) and SWGfL.

This year the campaign will be focusing on change online, this includes covering:
• Young people's perspective on new and emerging technology
• Using the internet to make change for the better
• The changes young people want to see online
• The things that can influence and change the way young people think, feel and act online and offline.

For more information regarding UK Safer Internet Day please visit - https://saferinternet.org.uk/

Empowering Parents for Online Safety: A Guide to Navigating the Digital World with Your 11-16 Year Olds

In this digital age, it's crucial for parents to stay informed and engaged in their children's online lives. We understand the challenges of raising children in a world filled with screens and social media, which is why we're excited to share tips and resources to help you navigate the digital landscape safely.

1. Open Communication:
Maintaining an open line of communication with your child is key. Regularly discuss their online activities, friends, and experiences. Encourage them to share any concerns or encounters that make them uncomfortable. Create an environment where they feel safe discussing their digital lives with you.

2. Set Boundaries:
Establish clear guidelines for screen time, social media use, and online gaming. Work together to create a schedule that allows for a healthy balance between online and offline activities. Setting limits can help prevent excessive screen time and promote other essential aspects of their development.

3. Privacy Settings and Security:
Take time to review and update privacy settings on social media platforms and online accounts. Teach your child about the importance of strong, unique passwords and the potential risks of sharing personal information online. Emphasise the significance of keeping their online profiles private.

4. Online Etiquette:
Teach your child about respectful and responsible online behaviour. Discuss the implications of cyberbullying and encourage them to treat others online as they would in person. Reinforce the idea that kindness and empathy are essential elements of their digital interactions.

5. Stay Informed:
Stay up-to-date on the latest apps, games, and social media platforms popular among teenagers. Understanding the digital spaces your child frequents allows you to better guide and support them. Familiarise yourself with the risks associated with different online platforms.

6. Encourage Critical Thinking:
Empower your child to think critically about the content they encounter online. Help them develop the skills to distinguish between reliable and unreliable sources of information. Foster a healthy scepticism and curiosity about the digital world.

7. Be a Positive Digital Role Model:
Model the behaviour you want to see in your child.

Demonstrate responsible screen time habits, show respect in your online interactions, and let your child witness the importance of balancing the digital and real-world aspects of life.

8. Cybersecurity Awareness:

Teach your child about the basics of cybersecurity, such as recognizing phishing attempts and the importance of regular software updates. Instilling good cybersecurity practices early on can protect them from potential online threats.

By staying informed and engaged, you can help create a safe and positive online environment for your child.

E-Safety Keywords

Understanding these e-safety keywords is essential for promoting a safe and informed digital environment for both parents and children.

Cybersecurity: The practice of protecting computer systems, networks, and online data from theft, damage, or unauthorised access.

Digital Literacy: The ability to use, understand, and critically evaluate information and communication technologies, including navigating the internet, using digital tools, and assessing online information.

Parental Controls: Meaning: Software tools and settings that parents use to restrict or monitor their children's access to online content, applications, and devices.

Social Media Etiquette: Meaning: Guidelines and norms for respectful and responsible behaviour on social media platforms, including appropriate communication, sharing, and interaction with others.

Phishing: A type of online scam where attackers attempt to trick individuals into providing sensitive information, such as passwords or financial details, by posing as

trustworthy entities.

Online Bullying/Cyberbullying: Harassment, threats, or other aggressive behaviour that occurs online, typically repeated over time, and can cause harm to the victim's well-being.

Privacy Settings: Configuration options within online platforms and applications that allow users to control who can access their personal information and what can be seen by others.

Digital Footprint: The collection of digital records and traces left by an individual's online activities, including social media posts, comments, and online interactions.

Two-Factor Authentication (2FA): A security process that requires users to provide two different authentication factors (e.g., password and a verification code) to access an account, enhancing security.

Online Safety Education: Programs and initiatives aimed at educating individuals, especially children and parents, about the potential risks and safe practices for using the internet and digital technologies.

Screen Time: The amount of time an individual spends using digital devices, such as smartphones, computers, or tablets, and its impact on overall well-being.

Digital Citizenship: The responsible and ethical use of technology, encompassing behaviours, attitudes, and skills for navigating the digital world in a positive and constructive manner.

Internet Terms and Slang

Children often use a variety of internet slang, acronyms, and abbreviations that might be unfamiliar to parents. Here are some examples:

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FTW - Meaning: For The Win

ICYMI - Meaning: In Case You Missed It

FOMO - Meaning: Fear Of Missing Out:

BRB - Meaning: Be Right Back

TL;DR - Meaning: Too Long; Didn't Read

DM - Meaning: Direct Message

OTP - Meaning: One True Pairing -"They are my OTP; they look so cute together."

Squad - Meaning: A close-knit group of friends

Ship - Meaning: To support a romantic relationship between two people

Bae - Meaning: Before Anyone Else (used to refer to a significant other)

GOAT - Meaning: Greatest Of All Time

Thirsty - Meaning: Desperate for attention or validation

Lit - Meaning: Exciting or amazing

Flex - Meaning: To show off or boast about something

YOLO - Meaning: You Only Live Once

Glow Up - Meaning: A positive transformation or improvement in appearance

OG - Meaning: Original Gangster, used to refer to someone who is experienced or original

Savage - Meaning: Fearless, ruthless, or brutally honest

Ghosting - Meaning: Suddenly cutting off all communication with someone, usually in a relationship

TBT - Meaning: Throwback Thursday, used when sharing nostalgic content on Thursdays

Thicc - Meaning: Describing someone with a curvy and well-proportioned body

Woke - Meaning: Socially aware or conscious

Hundo P - Meaning: Hundred Percent, expressing complete agreement

Slay - Meaning: To excel or do something exceptionally well

Noob - Meaning: A person who is inexperienced or new to a particular activity

Spill the Tea - Meaning: Share the latest gossip or information

AFK - Meaning: Away From Keyboard

Keeping up with these terms can help parents better understand their children's online language and foster open communication about internet usage. If you ever come across a term you're unsure about, don't hesitate to ask your child for clarification!

Remember, we're here to support you in navigating the digital journey with your 11-16 year olds. If you have any concerns or questions, please speak to Mr Clegg (Head of Computer Science) or your child's Learning Manager.