

# Safeguarding / E- safety Newsletter 2021

## Number 3- 28/01/21

Dear Parents/ Carers,

Welcome to the third Safeguarding / E-safety newsletter. This week I am covering what children need to know about the internet and digital resilience.

The definition of Resilience is:

1. the capacity to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity

When I am talking to children about their resilience, I often describe it to them as “their bounce back ability” – We all want our children to be able to deal with and recover from things that worry or distress them and this is just as important online as it is in ‘real life’. A child who has developed resilience more often deals with issues in a calmer pragmatic way rather than panicking and doing the first thing that comes into their head.

### What should kids know about internet safety?



With us back in lockdown, children are likely to be using the internet more than they usually would.

That’s no bad thing, because the online world offers many opportunities for learning, socialising and play. But there are also, of course, some risks.

So how can parents back up the usual information and guidance? And how can you talk to your children about internet safety in a way that doesn’t make them switch off?

## What do you need to know?

There are different types of risks online. Some harms are **financial** (such as scams), some **physical** (such as grooming for sexual abuse) and some **emotional and social** (such as bullying and shaming). They also vary in severity. Some of these things are scary – but the key thing is that if children know they won't be judged and they will be helped, the risks don't have to turn into harms. Children will know how to respond in the early stages.

## Digital resilience

The most important thing overall is to help your child develop digital resilience. This means:

- They understand that there are some risks online
- They know how to get help if they need it – and that help will always be there
- They can learn from experience
- They can recover

## How to go about it

A good starting point is to talk to your child about what they like doing online and how their online life could be better. What do they do online? What are they currently spending most time on, what would they like to be doing more of, what makes them feel good and not so good?

## Sharing

The internet is a tool for sharing – but no one wants to share everything. Talk to your child about when sharing might create problems. Many children understand about strong passwords, logging out of sites, and not giving out their address online. It's not only their own stuff they have to be careful of sharing – they need to think about passing on content relating to other people.

## Fake news

More than ever, we need to be on guard against online scams. These may be financial, or they may be information that's designed to mislead – for example about treatments or vaccines. Talk to your child about [how you can spot malicious material online](#).

A few clues are:

- Unexpected pop ups, in games, for example – especially if they demand you act quickly
- Downloads you're not expecting
- Spelling and grammar mistakes
- Strange-looking web addresses (URLs)

On unfamiliar websites, it's important to check where the links take you. Something that looks serious might take you off to fringe groups. Talk to your child about the tricky balance between being open to exciting new things online and being wary and wise.

## Concern for others

Something that might be said and forgotten at school can feel different when written down and shared. Talk to your child about whether you sometimes need to think about behaving differently online.

Good questions for everyone to keep in mind are:

- How would you feel if someone said this to you/this happened to you?
- Would you say it out loud to someone's face?

## Block/report/tell an adult

Make sure your child understands that anything that happens online can be stopped. At any point, they can block someone. They can report specific harms, as outlined below.

Make sure your child understands that you won't judge them if they come to you for help. And if they want to talk to another adult, that's fine too. You may be able to identify the sort of person they could talk to. (Children often turn to their teachers in normal times.)

And make sure they know that there are bodies set up to deal with all sorts of harms and that, if they report, the authorities will do their best to sort out the problem.

- [Parent Zone's parent guides](#) cover reporting to different apps and platforms
- Contact [NCA-CEOP](#) if you are worried about child sexual abuse
- You can talk to [Childline](#) anonymously on 0800 1111
- If you see sexual images or videos of someone under 18 online, you can report to the [Internet Watch Foundation \(IWF\)](#)
- If you're worried about radicalising content, you can get help on the [Educate Against Hate](#) website
- You can report material promoting extremism and terrorism through the [government's online reporting tool](#)
- Shout's crisis messenger text service provides advice 24/7. Text PARENTZONE to 85258. More information on the [Shout page on Parent Zone](#)

## 8 Ideas for Building Resilience in Children

Here are 8 ways to help build your child's resilience: -

1. Encourage healthy risk taking.
2. Show acceptance of mistakes and losses.
3. Ask questions to encourage independent thinking.
4. Praise accomplishments in the right way.
5. Define and discuss emotions.
6. Promote optimism and positive thinking.

7. Encourage interaction with others.

8. Show that it's okay to ask for help.

### Finally,

If you have any questions or would like to know anything further about developing your child's resilience in order to help them safeguard themselves then please email me at the email address below.

Don't forget to let me know if there is any subject you would like covering in future newsletters.

If you have any concerns at all as well as reporting them online, please alert us to them as well so we can look into them / investigate any site issues, this will help us safeguard other children and possibly alert other parents to potential issues. Please email us at [admin@dalmain.lewisham.sch.uk](mailto:admin@dalmain.lewisham.sch.uk)

Yours sincerely,  
Mrs Woodhall  
Safeguarding & Behaviour Lead

## WHAT IS DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:



**Understand when they are at risk online**

**Know what to do to seek help**



**Learn from experience**

**Recover when things go wrong**



### **This involves:**

- **Recognising potentially risky scenarios.**
- **Understanding how to deal with them.**
- **Using these experiences to adapt what they do online in the future.**

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