



Theme: **Staying Safe Online**

**FIRST TIME,  
EVERY TIME.**



# Staying Safe Online

**DON'T BE LATE,  
BE IN FOR 8:38!**

Wednesday, 24 February 2021

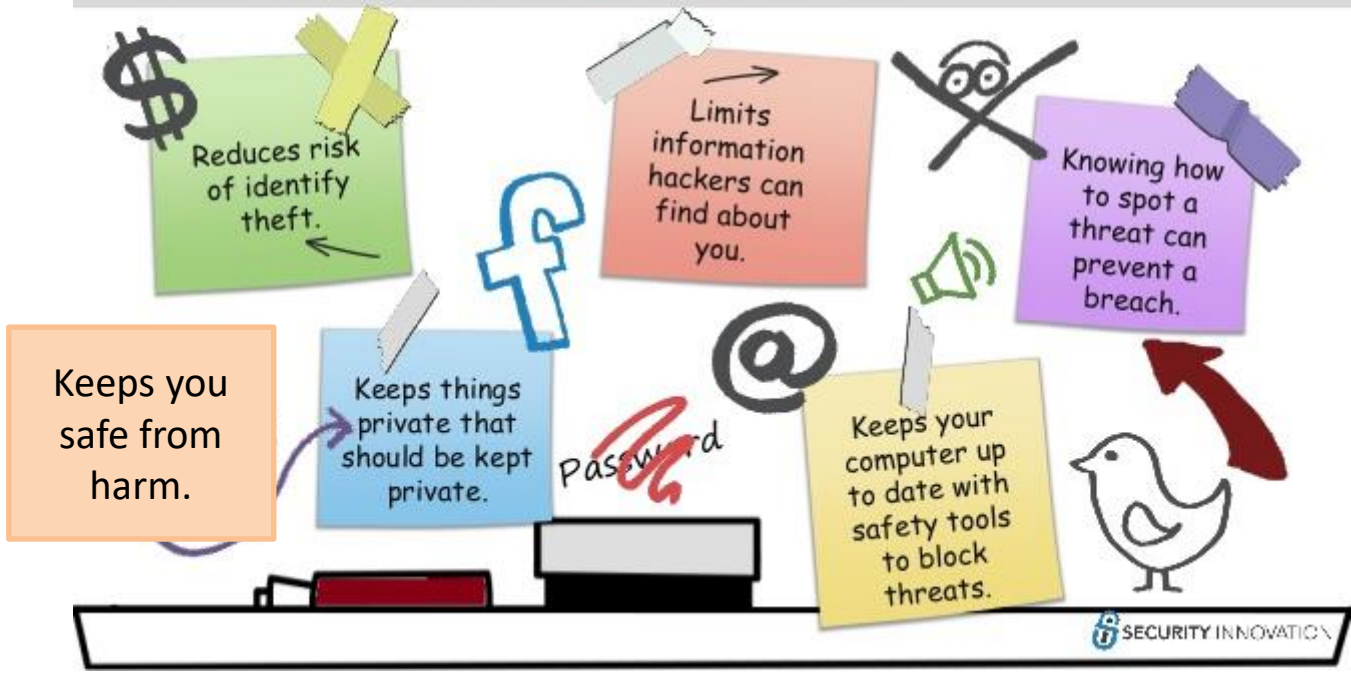


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# Introduction

## Why is Online Safety Important?



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The internet is an amazing place to be creative, chat with friends, play games and find interesting things to do. You may spend a lot of time online, so it's important to make the most of it and enjoy it whilst also being safe, sensible and respectful of others too.

Here's a guide to being smart about what you do online!

## Our eSafety Top Tips!

<p><b>1</b> People you don't know are strangers. They're not always who they say they are.</p> 	<p><b>2</b> Be nice to people like you would on the playground.</p> 
<p><b>3</b> Keep your personal information private.</p> 	<p><b>4</b> If you ever get that 'uh oh' feeling, tell a grown-up you trust.</p> 

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**Don't ever give out:**

- Your Name
- Your Phone Number
- Your Address
- Your Passwords
- Your schools name
- Your parents name
- Any other identifiable information
- If you are using social media check your privacy settings and make sure only friends can see your posts.

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If you're speaking with someone you have never met, be aware that they may not be who they say they are. You wouldn't speak to a stranger in the real world so don't do it online! Never agree to meet up with someone you have met online.

Always tell a trusted adult who you are speaking with and if something doesn't feel right – tell someone straight away!

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# Social Media Safety

🏠  Log Out

-  Enable 2FA on all supporting accounts!
-  Set your profiles to private!
-  Avoid posting location and other sensitive information!
-  Make sure your photos don't include personal information!
-  Remember to log out after using your account!

## Social Media Sites Supporting 2FA

-  Facebook
-  Google+
-  LinkedIn
-  Twitter
-  Snapchat
-  Tumblr



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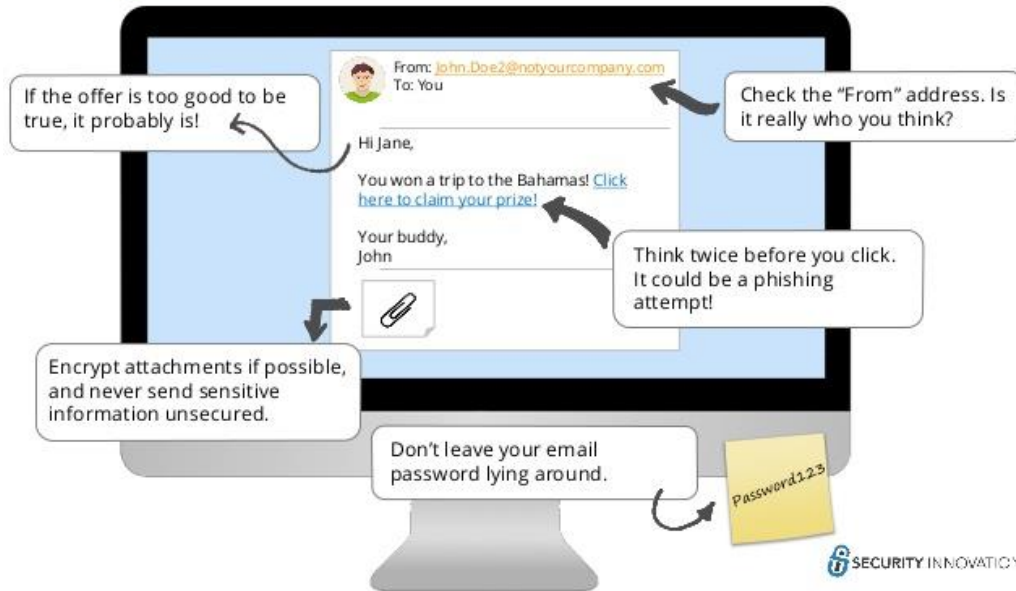
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## Email Safety



Viruses: People can send viruses through emails which may either steal your personal information or infect your computer with viruses. Don't open any emails you don't recognise or click on any links!

Spam: Companies can find your email address and send you emails trying to sell you something. Try to avoid opening and clicking on any links in spam emails!

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## Password Security

**P A S S W O R D |**

### Error:

- Must contain at least 16 characters
- Use uppercase and lowercase letters, numbers, symbols
- Should not contain personal information, like a pet's name
- Should not be reused across multiple accounts
- Keep your password in a password manager
- Enable 2FA whenever possible



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## Be respectful

Be respectful of your friends on online and on social media.  
Don't say or do anything to others which they may find hurtful or upsetting.  
Don't post things which others may find embarrassing such as photos or private information.

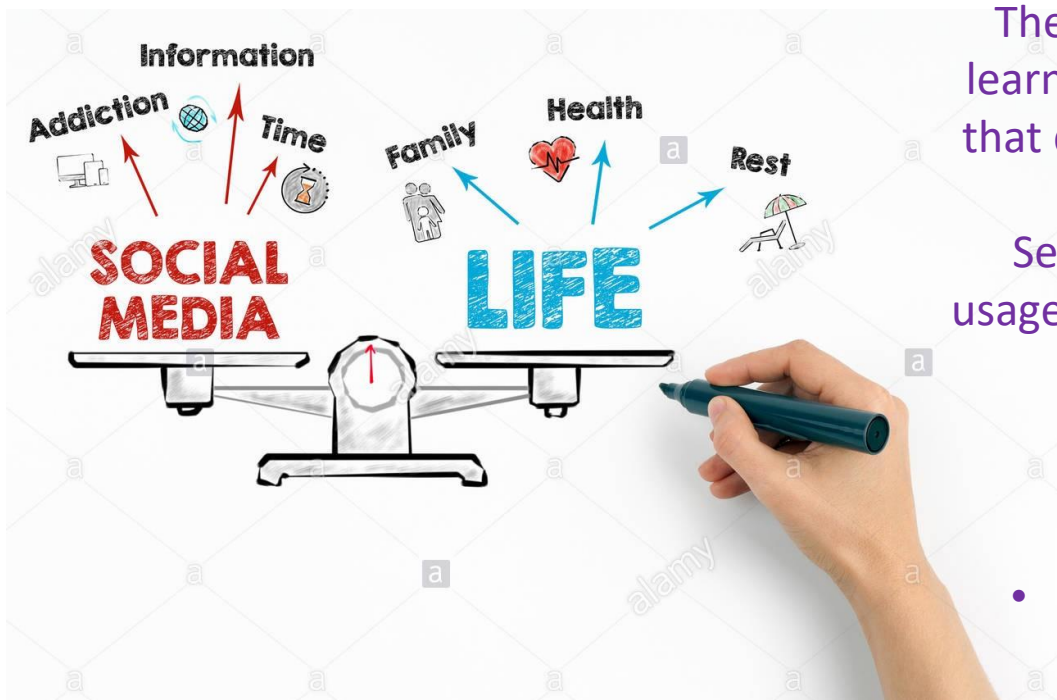


Try to be mindful of how your posts will make other people feel before you put them up. If anyone does anything to upset you online – speak to a trusted adult straight away.



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The Internet is a powerful tool that helps us all learn and grow. It's a big part of everyday life, but that doesn't mean there shouldn't be restrictions.

Setting time and place limitations on Internet usage is a great way to help keep you active, social, and safe!

### Why not try?

- Limiting your technology use
- Removing technology from your bedroom
  - Learning a new hobby/skill
  - Doing some exercise

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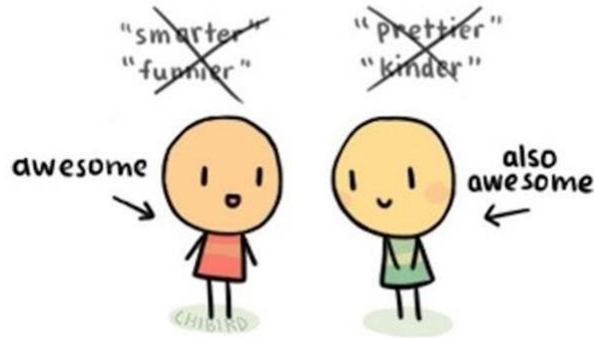
**And remember! It's not always real life!**

Always bear in mind that photos and posts can exaggerate real life. Think about it - we usually select the nicest, happiest pictures to post.

Images of other people's (carefully chosen) images may leave you feeling low, but they don't tell the whole story, so try not to compare yourself.

If you do find yourself feeling low or unhappy for a prolonged period of time, speak to someone you trust or get support from the following organisations.

stop comparing yourself to others



**YOUNG MINDS** **kooth**

**THE MIX**

**mind**

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## Safeguarding, Support and Wellbeing

### Safeguarding

#### Latest Resources

[Online Safety at Home](#)

[Online Safety Newsletter May 2020](#)

[What is Houseparty and how to stay safe?](#)

[Online Safety Newsletter\\_Houseparty](#)

[Child Criminal and Sexual Exploitation Support](#) [www.thinkknowsley.co.uk/Child-Exploitation](http://www.thinkknowsley.co.uk/Child-Exploitation)

[Children's Social Care](#) T: 0151 433 2600

[ThinkuKnow](#) <https://www.thinkuknow.co.uk/>

[Saferinternetcentre](#) <https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>

[Netaware](#) <https://www.net-aware.org.uk/>

[Childline](#) <https://www.childline.org.uk/> T: 0800 1111

[NSPCC](#) <https://www.nspcc.org.uk>

[Online Safety Newsletter April 2020\\_Knowsley Virtual \(secondary\)](#)

[Online Safety Newsletter March 2020\\_Knowsley Virtual \(secondary\)](#)

#### Useful websites and resources to help you and your children stay safe online:

[MOMO Online Safety Guide for Parents](#): <http://kirkbyhighschool.net/momo-online-safety-guide-for-parents/>

[Action Fraud](#): [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

[BBC WebWise](#): [www.bbc.co.uk/webwise](http://www.bbc.co.uk/webwise)

### Coronavirus

Please click the link below for the latest news from our school:

## Coronavirus Update

### Ofsted News

- » [Kirkby High School Ofsted Report December 2018](#)
- » [Christmas – Ofsted letter](#)

### Contact Us

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**Phone:** 0151 4778710

### Latest News

- » [KHS Newsletter – December 2020](#)
- » [Extra-Curricular Sessions for Year](#)

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