Online safety and harms (The 4 C's)

Online safety aims to educate young people about a range of potential harms in the digital world. Online harms can be grouped into 4 categories, known as the 4 C's.

Conduct: young people may be at risk because of their own behaviour- young people need to be aware of the impact that their online activity can have on themselves and others, and the digital footprint that they create. It's important that young people are aware of who is able to view, and potentially share, the information that they may have posted or shared such as images and videos. Young people should be safe and responsible internet users. When using the internet, it's important to keep personal information safe and not share it with others. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours.

Content: young people may be at risk of viewing age-inappropriate or unreliable content - Some online content is not suitable for young people and may be hurtful or harmful. This is true for content accessed and viewed via social media, online games, blogs, websites and messages. It's important for young people to consider the reliability of online material and be aware that it might not be true. Young people may need your help as they begin to assess content in this way.

Contact: young people may be at risk of being contacted by bullies or people who groom or seek to abuse them- It is important for young people to realise that friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

Commerce: young people may be at risk of hidden costs and advertising in apps, games and websites- young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online. Encourage your children to keep their personal information private, learn how to block both pop ups and spam emails.

Child Protection at The Rowans - Important contacts

Designated Safeguarding Leads

Mrs Fiona May: Principal
fiona.may@therowansap.co.uk

Mrs Katie Martin: Vice Principal
katie.Martin@therowansap.co.uk

Miss Gwen Webb: SENCO
gwen.webb@therowansap.co.uk

Deputy Designated Safeguarding Leads

Miss Rebecca Jones: Welfare and Attendance Lead
rebecca.jones@therowansap.co.uk

Mrs Jo Skinner: Inclusions, Interventions & Mental Health Lead
joanne.skinner@therowansap.co.uk

Mrs Tracey Bowley: Lead Teacher Primary SEN tracey.bowley@therowansap.co.uk

Mr Ian May: 2nd In Charge Primary SEN
ian.may@therowansap.co.uk

Miss Paige Gough: Primary family support and administration officer
paige.gough@therowansap.co.uk

Trustee for Safeguarding

Mrs Karen Price
Karen.price@therowansap.co.uk

The school's safeguarding and child protection policy is available on our website:
https://www.therowans-that.org.uk/policies

The Rowans AP Academy

Online safety and harms
Stay safe online

Please take a leaflet and seek support from us

Silverbank, Churchill Avenue
Chatham, Kent ME5 0LB
01634 33 8803
Email – office@therowansap.co.uk

www.therowans-that.org.uk

The Rowans AP Academy

THE HOWARD
Academy Trust

What is online safety?

The internet is an amazing resource which enables people to connect, communicate and be creative in a number of different ways, on a range of different devices. Many young people now have access to the digital world. **Online Safety aims to protect young people from harm.** Online Safety is being aware of the nature of the potential threats that you could encounter whilst engaging in online activity, **such as protecting your personal data and online reputation** and learning how to minimize risks as well as understanding how to report online harms correctly in order to stay safe online.

Are there different types of online harms?

The internet is always changing, and being able to keep up to date with technology can be a challenge. **Online issues will vary depending on age and online activities.** Some common harms associated with online safety include, **cyberbullying and sharing inappropriate content.**

Some facts about Online safety and harms

1. 🔒 **Protect personal info** – Never share passwords, addresses, or phone numbers.
2. 👥 **Be careful with strangers** – People online may not be who they say they are.
3. 🖼️ **Think before posting** – Photos and words can be copied and spread.
4. ⚠️ **Spot cyberbullying** – Tell a trusted adult if someone is mean or threatening.
5. 🦠 **Avoid scams & viruses** – Don't click on strange links or open unknown files.
6. 🌐 **Balance screen time** – Take breaks and don't stay online too long.
7. 🛡️ **Use privacy & report tools** – Keep accounts private and report harmful content.

You Are Not Alone….

All staff at The Rowans receive regular training in safeguarding and child protection and all have a duty of care towards the pupils.

In this digital age Online harms can affect many young people, from cyberbullying to sharing inappropriate content.

Mrs Katie Martin (DSL) is our Online safety and harms Champion. He can offer help and advice and can signpost to relevant specialist support services.

How we can help

If you are a victim of online abuse, we can help. We will:

   Listen to you in a non-judgmental way, prioritising your safety.
   Give you practical advice to help increase your online.
   Help explore your options and encourage you to make your own choices.
   Help you to report any online harms in the appropriate manner.
   Offer continuous support.

Online services

Childline:

If you are being bullied, have any online concerns or you are not ready to make a report to CEOP, you can talk to Childline anonymously online or on the phone, **0800 1111/ childline.org.uk**

Online safety advice and guides

SWGFL has produced a range of guides to ensure young people are safe online. These include guides on social media and sharing inappropriate content, plus many more topics. To access these guides please visit:

https://swgfl.org.uk/audience/parents/

CEOP

The Child Exploitation and Online Protection Command (CEOP) is a law enforcement agency and is tasked to help keep children and young people safe from sexual abuse and grooming online.

CEOP can help and give you advice, and you can make a report directly to CEOP if something has happened online which has made you feel unsafe, scared or worried. This might be from someone you know in real life, or someone you have only ever met online.

If you make a report to CEOP about sexual abuse or grooming online it will be read by one their Child Protection Advisors who will then get in contact with you to make sure that you are safe. They will also discuss with you what will happen next.

To make a CEOP referral to report sexual abuse or grooming online please visit:

https://www.ceop.police.uk/Safety-Centre/

If you are in a dangerous situation and you fear for your immediate safety, you should phone the police on **999**. In a non-emergency phone **101**.