

13/11/2020

## Protecting our children online

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

### What parents need to know about INSTAGRAM

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive stories, exchange private messages or watch, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online content. If their account is not private, the public can see their posts, stories and reels. Users can also follow other accounts, which means they can see what those accounts post. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

**AGE RESTRICTION 13+**  
Anyone under the age of 13 cannot access the app.

**LOCATION**  
#HASHTAG

**HOOKE ON SCROLLING**  
Many social media platforms, including Instagram, have been designed to keep users engaged in their feed as long as possible. This is achieved by using a 'pull to refresh' feature. Children and adults may find themselves scrolling to try and get a 'fresh' content. This may be addictive and it can be difficult to stop until children find that 'something' they are looking for. Quickly losing track of time as they get deeper into the Instagram feed.

**IMPACT ON WELLBEING**  
In a report by the RCPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and cause feelings of inadequacy. Children may also be more 'like' by using realistically edited photos, leading themselves against other users on the app. They might then feel less confident or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They also extended the ban to include drawings, cartoons and memes.

**EXPOSING LOCATION**  
Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly true if it is a place where they are at a real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

**LIVE STREAMING TO STRANGERS**  
Live streaming on Instagram allows users to connect with friends and followers in real time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children and this means they could be exposed to inappropriate content or even sexual abuse. Public accounts also allow anyone to see or suggest your child's blocks followers they don't know. In early 2019, data gathered by the NSPCC found that one in five young people on Instagram more than on any other online platform.

**IN-APP PAYMENTS**  
Instagram allows payments for products directly through the app. Parents should be aware that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

**HJACKED HASHTAGS**  
Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

**IGTV**  
Instagram TV (IGTV) works similar to YouTube. Users can upload and watch longer videos on the platform or create their own channel and post their own videos. It's important to note that users can create on Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2019, Instagram announced and removed some of its TV content which featured sexually suggestive images of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

**INFLUENCER CULTURE**  
Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should also disclose the commercial nature of the post, stating that they have been paid for it. Commonly, this is well hidden in the hashtags in the comments of their post, making it unclear that their photos/videos is actually an advert. This can be very misleading to young people who may be influenced by paying money to promote a product. This is potentially affecting their mental health and wellbeing.

### Top Tips for Parents & Carers

**RESTRICT DIRECT MESSAGES**  
If your child receives a message from somebody they do not know, they should not respond to it. If they have been asked to meet someone in person, they should tell a trusted adult. If your child is messaging your child again, children can also tap and hold the individual message to report it directly to Instagram as well as reporting the account itself.

**LOOK OUT FOR ADS**  
In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for influencers must clearly state that they have been paid for their posts. For example, saying 'I'm loving this and it's amazing. Check you can't miss out on the offer or a prize draw and don't miss out on the offer or a prize draw. They are from celebrities in their personal choice and opinion.

**MANAGE NEGATIVE INTERACTIONS**  
If your child is receiving unwanted or negative comments, they can block that account or they can't interact with them. This stops them seeing and commenting on their posts, stories and reels. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and comment on their posts and mention them in comments, captions or stories. From everyone, only people they follow, or no one at all.

**MANAGE DIGITAL WELLBEING**  
Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a daily reminder to set a limit on how much time they want to spend on Instagram, prompting them to consider if they're too long. In addition, one user has caught up with all the previous posts since they last logged in, the 30-minute 'Plus' has completely caught up messages. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

**PROTECT PERSONAL INFORMATION**  
Your child may unknowingly give away personal information on their posts, stories and reels. They should be aware of what their personal information is and make sure that they don't share anything, including their location, to anyone during a live stream, comment, direct message or any other tool for communication on the platform, even to their friends.

**USE A PRIVATE ACCOUNT**  
By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and post people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

**TURN OFF SHARING**  
Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share your child's posts, stories and reels to a group or a private chat. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

**REMOVE PAYMENT METHODS**  
If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This will also help prevent unauthorised purchases. This can be added in the payment settings tab.

**DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!**

**Meet our expert**  
We have asked for a second opinion from a digital media consultant who is passionate about keeping children safe online. She has extensive experience in working in the social media space and is the author of the book 'Digital Media: A Guide for Parents and Children' which is available on Amazon. She is a digital media expert and a digital media expert.

**"NEW FOR 2020" INSTAGRAM REELS**  
Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with filters, effects, and new creative tools. It is the opposite of a story as it can be viewed by the whole world. However, if your child has a public account, it could be viewed by anyone who is logged in and viewed by millions of strangers online.

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Attached to this newsletter will be a PDF detailing what parents need to know about INSTAGRAM, SnapChat, WhatsApp and TikTok . The following is taken from a recent article in The Daily Telegraph:

Online child grooming offences rose during lockdown with more than 13 crimes committed every day, with half involving Facebook apps, according to police figures.

The number of grooming crimes increased by 13 per cent to 1,220 during the three months of lockdown, according to the data obtained by the children's charity [NSPCC](http://www.nspcc.org.uk), with Facebook-owned Instagram seeing a

40 per cent rise in its share of the offences by suspected paedophiles.

Writing for The Telegraph online, Peter Wanless, NSPCC chief executive, urged Boris Johnson to [accelerate duty of care laws](#) to hold tech companies and bosses “financially and criminally responsible if they continue to turn a blind eye to entirely avoidable harm”.

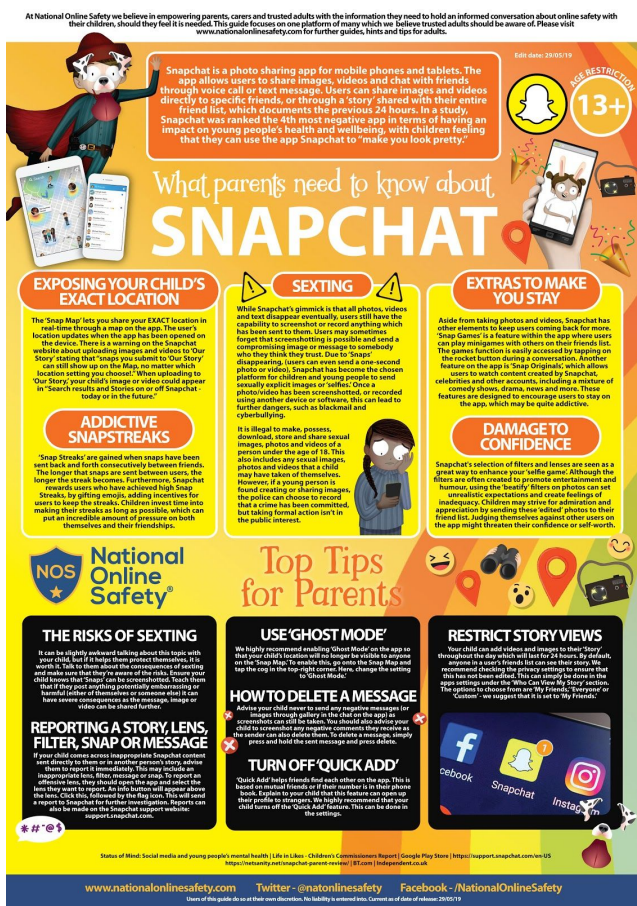
In a letter to Boris Johnson, Mared Parry, who was groomed online aged 14, said the failure of social media giants to design protections into their sites meant it was getting easier for criminals to create and share paedophilic images, as more children live streamed and video chatted in the pandemic.

The figures show Facebook-owned apps, [including WhatsApp](#), accounted for 51 per cent of the cases where a site was mentioned.

Instagram is increasingly being exploited by offenders and was used in 37 per cent of grooming cases where the platform was recorded, compared with 29 per cent over the previous three years.

[Snapchat](#) was used in 20 per cent of instances for which data was available.

Offences have also increased annually in the three years prior to lockdown. There were a total of 12,925 offences recorded by police in England and Wales from April 2017 to March 2020 (equivalent to 12 a day) with experts saying poorly designed social media sites are putting children at risk.







Mr Wanless warned the pandemic had created a “perfect storm” for online offenders and believed the lockdown figures could mark the start of a surge in online grooming crimes.

With ongoing coronavirus restrictions across the UK, he feared that the risk of online abuse will continue to spike, and many more offences may come to light when children report them at school.

One girl who contacted NSPCC’s Childline during the pandemic said: “I am 12, and I don’t have social media but I wanted to get online and chat to

people since my friends had done it and told me it would be fun.

“It started off fine with the occasional ‘hi’ and then men started sending disturbing pictures and saying really personal things.”

Mr Wanless said: “Families have long paid the price for big tech’s failure to protect children from abuse, but the Prime Minister has the chance to turn the tide and put responsibility of firms to clean up the mess they created.

“As the pandemic intensifies the threat children face online, bold and ambitious action is needed in the form of a world-leading Online Harms Bill.

“This means legislation that is tough on online crimes against children and regulation that holds tech companies and bosses financially and criminally responsible if they continue to turn a blind eye to entirely avoidable harm.”

Chief Constable Simon Bailey, the National Police Chiefs’ Council’s lead on child protection, said: “In an increasingly digitally connected world, perpetrators of child abuse are conducting more and more of their activities online. Offenders use the internet to access and share child abuse images, and to make contact with and groom children directly.

“Although online regulation is difficult, it is clear that it is the only way to ensure tech and social media companies will take their responsibilities seriously.”

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**TIKTOK** is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

**AGE RESTRICTION**  
12+  
Under 18, supervision and parental consent required

**What parents need to know about TIKTOK**

**AGE-INAPPROPRIATE CONTENT**  
On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up to the app, it's possible to be about the age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the damage of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age inappropriate content on the 'for you' feed when logging into the platform.

**INAPPROPRIATE MUSIC**  
TIKTOK revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will come with explicit or suggestive lyrics. Given the under-18 young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others' users.

**TIKTOK FAME**  
TIKTOK is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known as a 'TIKTOK' star. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

**ONLINE PREDATORS**  
As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. The easier that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

**ADDICTIVE NATURE**  
Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping videos on the app, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into a 45-minute visit.

**IN-APP PURCHASES**  
Aside from the content, there's also the option to purchase in-app extras called 'TIKTOK coins'. Prices range from £5.99 for 100 coins to an eye-watering £99.99 for 15,000 coins. TIKTOK coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TIKTOK coins but this sadly doesn't seem to be a feature in the Android version.

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**Safety Tips For Parents**

**TALK ABOUT ONLINE CONTENT**  
Asking your child to share the app with you is a good way to see what they are doing on the app. Have an open discussion, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why it's important to be respectful and to not post identifiable photos and be positive and encouraging. In the long run, getting them to think critically about what they're seeing goes a long way to keeping their social media savvy.

**USE PRIVACY SETTINGS**  
Unfortunately, the easiest way to safeguard your child on TikTok is to make sure they are set to private. This means only those users your child approves can view their content. Content, setting the account to private may mean your child's goal of social media superstardom, but it is a necessary step to ensure their privacy. The setting can be enabled under the privacy and settings menu by tapping the three lines in the top right of the app. To be extra safe, there are additional settings available to toggle such as who can send comments and messages, among other options.

**ENABLE RESTRICTED MODE**  
In the digital wellbeing section, there's the ability to turn on restricted mode. When this is on, the app will only show content that is not age appropriate. Although it should be noted that this isn't always 100% fool proof. When in restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm's moderating content is not infallible.

**MONITOR VIEWING HABITS**  
Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net as it's important to regularly check in on what they're watching. A great way to get to grips with it is to have a go at using the app yourself. You could then even watch some videos with your child, turning it into a bonding opportunity also.

**LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT**  
With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, in case something does manage to slip through, make sure your child knows how our reporting and report content that isn't appropriate and get them to come to you if they have seen, and get them to use the report offenders and comments within the app. You can also block individual users by going on their profile.

**MODERATE SCREEN TIME**  
As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can set the daily allowed time allowed on the app to a maximum of 45 minutes. You can also set a screen time limit on the app. This way your child can get their daily dose of memes without wasting away the day.

**Meet our expert**  
Pete Badi is a writer with over 10 years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

**FAMILY SAFETY MODE**  
TIKTOK Family Safety Mode allows parents to link their own TIKTOK account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remove your account from the app. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.

**SOURCE** [www.tiktok.com](http://www.tiktok.com)

**www.nationalonlinesafety.com**   **Twitter** - @natonlinesafety   **Facebook** - /NationalOnlineSafety   **Instagram** - @NationalOnlineSafety

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A Facebook spokesman said: “We do not allow grooming or child exploitation on our platforms. Over 97% of child exploitation content we remove from Facebook and Instagram is found and taken down using industry-leading technology before it's reported to us. We have a content and security team of over 35,000 people investigating reports from our community and working to keep our platforms safe. Our teams also

work closely with child protection experts and law enforcement, reporting content directly to specialists such as CEOP and NCMEC”

The school strongly urges all parents and guardians to read the following guidance and supervise their child’s access to **all** online devices.

[Click here to access PDFs of each guide.](#)

## Social distancing on the playground

The school would like to urge all parents to adhere to the social distancing expectations set out by the government. We appreciate that there may be times where parents congregate in areas to collect pupils, however we rely on your adherence to the guidance to help us minimise the risk of infection. Furthermore, we urge all parents to exit the site as soon as they have dropped their child off. Please **do not** gather in huddles and groups - especially on the patch of grass that is located at the front of the school. Finally, we would like to remind parents that there are markings on the playground to indicate the flow of traffic (arrows) and that they are expected to stay 2m from their child’s classroom door, as indicated by the footprint stencils.

We appreciate your help in this matter.



# Diwali 2020

Earlier this term, our pupils in Key Stage 1 had a lovely time learning about Diwali. Diwali is a five days long festival that is celebrated during the Hindu Lunisolar month Kartika (between mid-October to mid-November). Diwali is also known as the Festival of Lights and symbolizes the spiritual victory of light over darkness, good over evil and knowledge over ignorance.



Pupils enjoyed decorating diya lamps and learning the story of Rama and Sita and how oil lamps were used to guide them back home.



# Free School Meals

Currently school lunches cost £2.00 per day or £10.00 per week which must be paid via your child's Parent Pay account in advance of your child taking their meal. If you do not have your child's Parent Pay account details please ask the office for more details.

If you currently receive any of the following benefits your child could be entitled to free school meals:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

If you think your child may be eligible you can apply today by completing an application form on <https://www.cloudforedu.org.uk/ofsm/sims>, the application takes about 5 minutes to complete and they will tell you immediately if your application is successful.

If your child is eligible for free school meals, they'll remain eligible until they finish their phase of schooling (primary or secondary).

Children in Reception to Year 2 receive free meals under the Universal Infant Free School Meals initiative however they can still be eligible for FSM which brings in extra funds for the school. Even if your child won't be taking free school meals we would encourage you to apply as the school receives additional funding for children registered for free school meals.

Should you have any questions about school meals please speak to the school office.

# Creative Hair Day!

## Wednesday 25 November

This year, Ryefield will be trying something new to help raise funds and resources for the school. Previously we would often ask children to donate £1 to the school in order to be able to wear their own clothes. Given that children currently wear their own clothes, this is not an option. So we are looking to try something different: we are asking pupils to become creative hair stylists for the day. It might be a mohawk wig, some washable (**non permanent!**) spray-on hair colour, or your child's locks and tresses sculpted into either a spider, a cup cake or a drink being poured.

Rather than ask for a £1, which will be difficult to manage as the school is avoiding any handling of cash, we ask that parents donate a book for their child's class.

If your household is anything like Mr. Tucker's then it's likely to have a few children's books that are in excellent condition, have been read and are just sitting on the shelf. Rather than have them collect dust, we are asking, in exchange for participating in Creative Hair Day, pupils donate a book that can be added to their class library. Children may even wish to write a message to future readers on the inside of the front cover.

**All books will be quarantined for 96+ hours before being added to the class library.**

## BOOK SHED

**REMINDER:** If you are reluctant to access the library services within the local community, we would like to remind all families that we have a book shed at the front of the school. Adults and children are allowed to take any book for **FREE** and keep **FOREVER!** We value the importance of reading and this is one way of reducing the literacy gap for all.

**We have a limited number of baby books available as well!**





## EYFS children

The EYFS team are asking parents to provide a waterproof puddle suit & wellies (that will remain in school on their peg) to enable children to fully access outdoor learning & forest school provision at Ryefield.

### UNIFORM REMINDER

From Tuesday 5 January 2021, we will expect all children to return to school in their full uniform.

Boys and girls wear:

- A white polo shirt
- A white shirt (Y5&6)
- School jumper/cardigan
- Grey trousers, skirt or pinafore
- White socks to go with skirts, pinafore and summer dress
- Grey tights to accompany skirts and pinafore
- Grey socks to go with shorts and trousers
- Black formal school shoes (no trainers)

In the summer, girls can wear a light summer dress.

In Year 5 & 6 pupils must wear a white shirt with a school tie. Ties can be bought from the school office for £4.10 each.

The only exception to this rule will be on the days that your child has P.E. They will be required to come to school in clothing that is suitable for P.E., ideally trainers, tracksuit bottoms, t-shirt and a hoodie or sweater, as your child may well be enjoying outdoor PE in the bracing weather associated with January and February.



# Term Dates

## Autumn term 2020

**VIRTUAL PARENTS EVENING: 18 + 19 November**

**Nasal FLU Vaccination: 20 November**

**CREATIVE HAIR DAY: 25 November (Donation required: a preloved child's book)**

**INSET: Thursday and Friday 26 + 27 November (SCHOOL CLOSED TO PUPILS)**

**End of term: Friday 18 December**

## Spring term 2021

**INSET: Monday 4 January (SCHOOL CLOSED TO PUPILS)**

**Term starts: Tuesday 5 January**

**Half term: Monday 15 February to Friday 19 February**

**Term ends: Wednesday 31 March**

## Summer term 2021

**Term starts: Monday 19 April**

**Half term: Monday 31 May to Friday 4 June**

**INSET: FRIDAY 2 July (SCHOOL CLOSED TO PUPILS)**

**Term ends: Wednesday 21 July**

**Staff Prep Days: Thursday and Friday 22 + 23 July (SCHOOL CLOSED TO PUPILS)**