C4L Parent Guide: How can you support your child to stay safe online?

All students attend a Curriculum for Life (C4L) lesson once a week, every Wednesday; students will be taught about online safety as part of this provision, alongside their computer science lessons. At Trinity Academy Halifax, we believe it is vital that are students are aware of how to stay safe online. Recent surveys have shown that on average, teenagers are spending around 20 hours a week online and the risks and dangers of being online are ever growing.

When will my child be learning about online safety in C4L?

Year	
Year 7	**Term 2:** students will examine the implications of bullying. This will include a focus on cyber bullying. **Term 4:** students will learn about the impact of gaming and how over use of technology can impact their physical and mental health.
Year 8	**Term 1:** Students will examine how social media can impact their mental health. This will include looking at the impact is has on body image. **Term 2:** Students will examine how the online world is different from reality. They'll look at age restrictions, ownership and responsibility, the dangers of oversharing online and the risks of talking to strangers.
Year 10	**Term 4:** Students will look at the risks of fraud and cybercrime. **Term 6:** Students will look at what radicalisation and extremism is and how groomers use the internet to attract recruits.
Year 11	**Term 4:** Students will look at unhealthy online habits, including what online stalking looks like and where to seek support.

What key terms should I use when discussing online safety with my child?

Term	Definition
App	An application, especially as downloaded on to a persons mobile phone.
Social media	Websites or apps that enable a user to create and share content. They often focus on socialising.
Cyber Bullying	The use of technology to bully another person or group of people.
Troll	An online bully, that deliberately tries to offend or upset people.
Catfish	When someone sets up a fake online profile to trick people, often to try get money from them or groom them.
Grooming	The action of attempting to form a relationship with a young person, with the intention of sexual assault or inducing them to commit crimes.
Phishing	The practice of sending fraudulent emails to get the recipient to reveal personal information such as passwords or credit card details.
Digital Footprint	The information about a particular person that exists on the internet due to their online activity.

What questions could I discuss with my child to promote healthy conversations about internet use at home?

1. In what ways does being online make life better for you?
2. How does being online help you feel connected to others?
3. Is it easier or harder to be yourself online or offline? Why?
4. How do you know you can trust what you are reading?
5. Why do you think so many relationships start on line these days?
6. What are the dangers of talking to people online when you do not know them in real life?
7. What apps/social media accounts do you have?
8. Which is your favourite social media app and why?
9. Do you think using social media impacts your mental health?
10. Why do you think we might worry about you being online?
11. What might worry you about being online?
12. Do you think a family agreement for online use is a good idea? How might this look for us?
13. How much do you think I should know about what you do online?
14. What would tell you that you could trust someone online? Can you ever trust anyone online?
15. Do people say things online that they wouldn't say in person? Why do you think this is?
16. Have you, or your friends ever received hurtful comments from someone online?

This page contains information regarding how Trinity Academy Halifax supports students with their online safety. Students discuss this within the academy, but we feel it will strengthen their understanding of where they can seek support if this is also discussed at home.

Where can my child seek support for online safety within the academy?

VT Tutors	All students have a vertical tutor group with at least two vertical tutors who run these sessions. These sessions take place every day for 20 minutes. The role of the vertical tutor is to monitor students' academic and personal development.
C4L Teacher	All students have at least two adults in the room during their weekly C4L lessons. If students are concerned for their safety or want to discuss online safety, students may seek support from these adults. It may be that a topic is a concern for a student and this can be discussed with the C4L teacher.
College Managers	All students are assigned to a college when they join us at Trinity Academy Halifax. Students will be in one of the following colleges: Hockney, Oliver, Attenborough, Priestley, Redgrave, Stewart or Whiteley. Each college has its own College Manager and these are the first point of contact for students and parents.
Phase Leaders	Our Phase System is separated into three phases. Each phase has a Phase Leader: **Phase One:** Year 7 & 8 – Miss Howl **Phase Two:** Year 9 – Mr Bennett **Phase Three:** Year 10 & Year 11 – Mrs Illyas
Student Well being Team	This team of Student Wellbeing Managers deal with safeguarding and child protection issues. If you have any concerns about the safety or wellbeing of your child, or another student, please contact this team.
Mrs Shah	Mrs Shah is the Curriculum Leader for Computing and Enterprise. As internet safety is a part of our computer science curriculum, Mrs Shah is the perfect person to ask questions to. Alternatively, students can speak directly with their computer science teacher.
Any other staff member	Your child may feel more comfortable speaking to a specific teacher. All our staff members are trained in safeguarding pupils & supporting with any concerns they may have.

What other websites could I recommend to my child to support themselves with keeping safe online?

Trinity Academy Halifax has its very own website to support you, even when you might not be in the building.

All students have anonymous access to this website and can log on using their academy email address and password.

www.trinity-safety.net

You may chose to log on with your child and have a look through the website together.

CEOP	NSPCC	National Online Safety
This website is a safe place to make reports of any issues that impact a persons safety online. Should a person feel unsafe or targeted online, this website can be used to report it, alongside speaking to someone in school.	This website is a safe place to make reports of any issues that impact a persons safety online. It also contains lots of support for parents, advising you on how to keep your children safe online.	As a school, we work closely with National Online Safety. This website contains many leaflets that focus on current apps young people are using and how to keep them safe. We also share these leaflets on our own social media platforms.

At Trinity Academy Halifax, we believe students' personal development is at the heart of everything we do. The Curriculum for Life programme will only strengthen the support we put in place to ensure your child develops into a well-rounded young person that is prepared for their future. We will be sending out further editions of these parent guides to ensure that you are aware of the topics students are learning about and to support you with conversations at home.

Miss Woolford – Curriculum for Life Lead