Year 6 Autumn Term

World War II

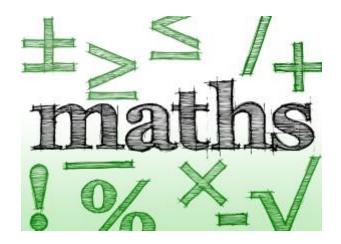*Our Key subjects for the topic are: History & Geography*

Our Key Learning skill for this half term is: Resilience

In **maths** we will learning about:

- Calculating, using knowledge of structures

- Multiples of 1,000

For more details on our maths learning check out the detail on our class web page or follow this link:
NCETM
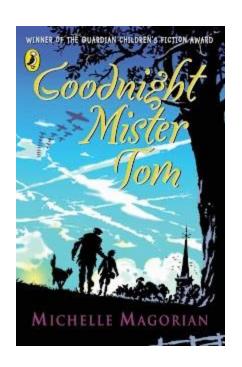
In **English** we will be learning about:
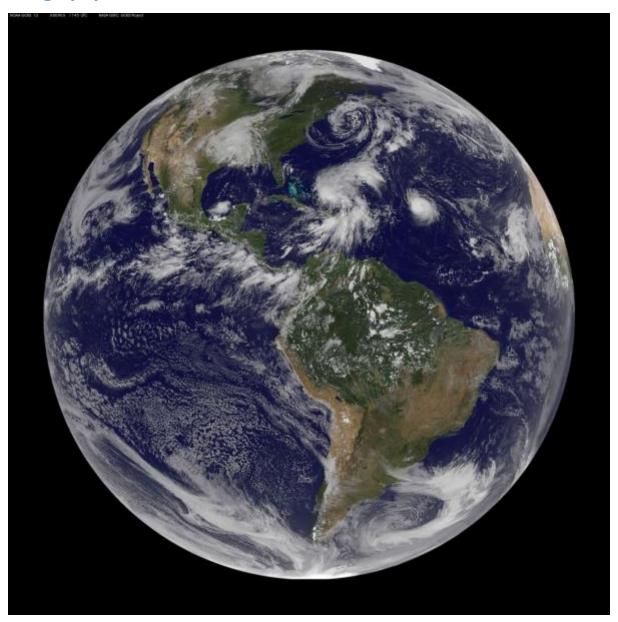
- Writing a short narrative

- Writing a character description

- Writing a diary entry

- Building our vocabulary

- Using colons and semi-colons

- Punctuating speech correctly.

Our writing will based on: Goodnight Mister Tom by Michelle Magorian

and our guided reading will also be based on Goodnight Mister Tom.

Goodnight Mister Tom

MICHELLE MAGORIAN

Geography & Science
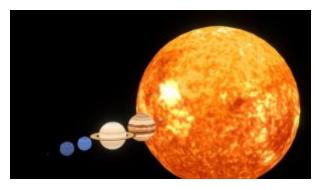
In our Geography & Science sessions this half term we will be learning:

Geographical features of the planet Earth:

- Continents and oceans. Know and identify on a map

- Equator and tropics. Know location and identify on a world map

- Poles and lines of longitude and latitude

- Time zones and GMT

- Night and day, seasons and years – Links to Year 5 Science

- Phases of the Moon

Geography & Science

- Planets and planetoids of the solar system

- Movements of the planets.

Art and Design: Pencils and Sketching

In A&D we will be learning:

- Pencil drawings inspired by space and the Solar system. Examine images of the Moon and astronauts in space.

- Explore creating shades from deep black to bright white.

- Experiment with using a pencil to create different line. Creating shapes with soft and hard edges.

- How can we create shade and texture, look at examples and recreate, follow modelled examples.

- Use blending and smudging to create soft edges and transitions between elements in our pencil picture.

- Based on our observations and using the range of skills practiced over the term create a space image.

Morals and Ethics:

Our PSHE learning will focus on morals and ethics:

Listen to and discuss out of context bible stories. What would we do and why?

Share the bible stories and discuss the choices that were made. Did we make the same choice? Why did the bible characters make those choices?

Can we give examples of times we have been in a similar situation or made a similar choice?

What are morals and ethics?

How can we make good choices and live morally?

Discuss a selection of moral question based on philosophy for children. Record responses in a variety of ways.

Computing: Coding and debugging.

- Scratch (graphical coding) and Lego WeDo for Physical computing.
- Set start conditions which could include using sensors later on.
- Use repeat and loop commands.
- Use the 'if' and 'not' conditions to set variables.

- Create code for a given purpose or to achieve a goal.

- Test code and debug/change where needed.

- Separate schemes of learning and projects for all these systems can be found online.

Keeping ourselves safe online.

What Parents & Carers Need to Know about

VALORANT

AGE RATING

PEGI 16

Valorant is one of the hottest first-person shooters on the market. Developed by Riot Games (makers of the hugely popular League of Legends) its gameplay is similar to titles like Overwatch and Counter-Strike: Global Offensive. Players choose a character and face off in teams of five against five opponents. Currently available only on PC through the Riot Games site, Valorant requires quick reflexes and dedication to progress. However, between dealing with other players, navigating the online store and avoiding possible addiction, there's plenty for parents and carers to consider before allowing children to play.

Violence & weapons

The violence in Valorant isn't gory, but players nevertheless use weapons like guns, knives and explosives to kill opponents and win a round. The selection of guns that can be bought and used ranges from fairly authentic looking to brightly coloured and cartoonish. The game's PEGI 16 rating should give parents and carers a useful indication of the intensity and realism of the combat.

In-game purchases

Valorant is free to download, only requiring an account on the Riot Games site. There is, however, a built-in digital store where real money can be exchanged for points: Valorant's in-game currency, which can be spent on weapons. Bundles of points cost between £4.99 and £99.99 – so if a card or PayPal account is linked to the game, children could easily rack up a large bill without realising it.

Risk of addiction

Games with a high skill ceiling – which require dedication and repetition to master – can quickly become addictive. Developers design games like Valorant to hook players and keep them coming back every day: this practice has seen online shooters cultivate vast user-bases over the last decade. Children are particularly susceptible to these tactics, which can unfortunately lead to obsession and eventual addiction.

Other Players

When millions of gamers from around the world discover a new title, it's sadly inevitable that some will harbour more sinister aims than winning games and having fun. In Valorant, teams audio chat via headsets – potentially exposing children to hazards such as name calling, harassment, inappropriate language and grooming. Players could also befriend each other online and then communicate outside the game via third-party apps like Discord or TeamSpeak.

Advice for Parents & Carers

Watch for signs of addiction

If you're concerned that a child is becoming addicted to a game, it's important to step in. Warning signs include irritability when not playing, hiding the extent of their game time, an inability to stop when asked and a lack of interest in other hobbies. Encourage a healthy mix of activities and perhaps agree a set amount of gaming time each day. Seek expert help if the symptoms worsen: it's better to have all safeguarding options on the table than let an addiction go too far.

Remove payment methods

The simplest way to prevent children accidentally (or deliberately) spending money on in-game purchases is to remove their ability to. If there is a bank card or PayPal account linked to any online games your child plays, the safest option is to disconnect them. Valorant supports prepaid gift cards, so you could consider purchasing these as an alternative which gives you more control.

Report problem players

If another player becomes a problem, your child could mute them or report them to the game's developers. From the 'Career' tab on the main menu, they can view previous matches and should select the match featuring the abusive player. Highlight that player, and the option to report is in the dropdown menu. To mute other players in a game, go to the scoreboard and either mute or drag the volume slider of that player all the way down.

Try it yourself

Games like Valorant can seem overwhelming to start with, but they are designed to be easy to pick up and play – with a level of depth for those who want it. If you have another computer, you could download a second copy of the game and play alongside your child. It's an enjoyable way to bond over something they're already interested in, while also keeping an eye on them online.

P1 VS P2

Give eSports a chance

As a popular eSports title, Valorant has many professional players who compete in tournaments for sizeable prize pots. Watching a high-octane competitive game with professional shoutcasters (commentators) on platforms like YouTube and Twitch can be exciting. You could find out when live games are being played and watch them with your child, just like you might with football or rugby.

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two the biggest gaming news sites in the world: UNILAD Gaming and GAMINGbible. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.

NOS
National Online Safety®
#WakeUpWednesday

🌐 www.nationalonlinesafety.com   🐦 @natonlinesafety   f /NationalOnlineSafety   📷 @nationalonlinesafety

Since the dawn of video games there have been questions asked about their potential link to violent or disruptive behaviour in people, and in particular, young people. These questions certainly haven't been without merit; violent content and graphics seemingly get more and more common as technology progresses. But what's the truth when it comes to the science? Thankfully, in today's age we actually have a much more solid idea of what the link between the two looks like, and whether or not we should be concerned. In this guide, we'll look at the arguments both for and against the idea that video games cause violent behaviour.

Do Video Games Actually Cause VIOLENT BEHAVIOUR?

FOR

AGAINST

VIOLENT AND MATURE THEMES

There's no getting around the fact that yes, some video games do carry violent or more mature themes and to the casual observer, they can be quite startling. Use of weapons, bad language, mature content or scary images are worrying things to introduce to a young mind at the best of times, and even more so when they can be interacted with.

Realistically this comes down to the judgement of carers as to whether they think it's appropriate for their young ones, but a great place to start is the ESRB (Entertainment Software Rating Board) rating of a game. Not only do these ratings carry a recommended age, but also give an idea of what kinds of things will be in the game.

ANGER EXHIBITED DURING OR AFTER PLAYING GAMES

Many parents notice an increase in their young one's anger or agitation after playing a video game. This is very common. However, it shouldn't be forgotten that video games are an interactive medium and, unlike a film or TV show, you have direct control over what is happening on the screen, making it much more personal.

In 2011, a study into The General Aggression Model (GAM) suggested that video games can stimulate and encourage feelings of violence and aggression in players, and gives players an opportunity to learn and practice aggressive tendencies, which translate over into the real world. While this study was debunked due to its flawed process, parents should still be vigilant if they see a child exhibiting signs of aggression while playing, and encourage frequent breaks from screen time.

RELATIVELY UNKNOWN LONG-TERM EFFECTS

Because gaming is such a new form of media, not many studies can confidently predict what the long-term effects of gaming on young minds will be. While it's widely assumed by scientists and researchers that there will be very few negative side-effects, it's still one of the great unknowns. Despite this, gaming should be treated the same as any other new media, and enjoyed in regulated amounts.

HISTORICAL HYSTERIA

Modern video games are a cultural phenomena, and we're still getting to grips with gaming as an entertainment medium. If we look back through history however, there's an emergent pattern of media blaming new technologies for a whole host of things.

For instance, when radio first became popular, people would blame it for earthquakes and droughts. It's good to keep an open mind when something new and popular appears on the scene like gaming. Just because it isn't understood, it doesn't necessarily mean it's dangerous.

ALMOST EVERY MODERN SCIENTIFIC STUDY

As studies into whether video games make people violent become more common, we've come to understand a great many things about how the processes and measuring the outcomes should be carried out. As such, almost every modern study on the subject has turned up an inconclusive outcome finding a link.

In a thorough joint 2019 study between the Universities of Oxford and Cardiff in Royal Society Open Science, scientists concluded that "there was no evidence for a critical tipping point relating violent game engagement to aggressive behaviour." The study asked both teenagers and their parents to monitor and feed back on their aggressive thoughts after playing video games in an attempt to give a well-rounded result.

MISUNDERSTOOD OUTSIDE FACTORS

It's easy to see why people link violent video games with real world aggressive behaviour, and there is certainly some truth in the fact they can make young people upset in the short-term. After all, nobody likes the feeling of losing whether it's in the real world or a virtual one. But we shouldn't mistake causation for correlation when assessing what this means.

Sometimes outside factors can contribute to shifts in behaviour that could be exacerbated by gaming, but not caused by it. If you're concerned over recent mood swings or aggressive tendencies in loved ones, there's no substitute for talking it out and trying to get to the route of the problem. A lot of people use video games as an escape from everyday life, and taking this away without proper thought could make things worse.

National Online Safety
NOS
#WakeUpWednesday

SHOULD WE STOP BLAMING VIDEO GAMES FOR VIOLENT AND AGGRESSIVE BEHAVIOUR?

Weighing up the pros and cons before letting our young ones play a video game should always be at the forefront of our minds, but the evidence of the negative impressions they leave has been debunked time and again in recent years.

It's likely that the argument around violence and video games will continue for some years, and there's certainly work to be done on both sides when it comes to researching the actual repercussions. While modern scientific studies have started to lean heavily towards there being zero or minimal connections, it's still vitally important to listen and do your own research with an open mind. If there's concern about growing behavioural issues in your kids, talk to them and encourage breaks, or play with them and try to experience the games yourself. You might just find something you like in the process!

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

https://www.psychologytoday.com/us/blog/the-athletes-way/201902/is-aggression-actually-linked-violent-video-games, https://www.latimes.com/world-nation/story/2019-09-06/video-games-violence-studies,
https://www.apa.org/science/about/psa/2003/10/anderson, https://www.apa.org/about/policy/violent-video-games,
https://www.forbes.com/sites/allbusiness/2019/02/15/new-study-shows-that-there-is-no-link-between-violent-video-games-and-aggression-in-teenagers/#4889f8d320e, https://web.archive.org/web/2017081300388A/,
http://public.psych.iastate.edu/caa/abstracts/2010-2014/11DAB.pdf, https://en.wikipedia.org/wiki/Video_game_controversies,
https://www.sciencenewsforstudents.org/article/teens-who-play-violent-video-games-not-more-violent-behavior, https://www.psychologytoday.com/us/blog/shrinx-vation/201908/the-evidence-video-games-lead-violence-is-weak

Although children of all ages often watch YouTube content directly via the website or main YouTube app, YouTube itself states that the only place children should be watching its videos is in the YouTube Kids app.

AGE RESTRICTION 4+

8 things parents need to know about
YOUTUBE KIDS

STRONGER CALMER WISER

1 SETTING UP

To set up the YouTube Kids app you need to do the following:
1 - Download the YouTube Kids app and connect your YouTube account.
2 - Specify your child's name, age or al birth month.
3 - Select the types of videos to include in the app based on their age or select them yourself.
4 - If you choose to approve content yourself you will be presented with some sample videos to accept or reject. You can select collections, shows, music or learning.
5 - Once chosen you are ready to use the app.

2 USING THE APP

Based on how you have set it up your child can then use the app to explore a safe set of videos. It's worth noting that YouTube Kids uses algorithms to ensure safe videos rather than a personal check; so it's possible for videos to slip through. If an inappropriate video does appear you can select the menu in the top right to block and report it. This not only helps your child but also improves the YouTube Kids app as a whole.

3 ADVERTISEMENTS

It's worth remembering that even in YouTube Kids, children will still see adverts. These are marked as "Ad" and preceded by an ad intro. The types of advertisements and products are checked to follow YouTube's advertising policies which exclude things like food and beverages. However, there can be toys or other items included in videos directly by creators themselves to advertise them. You can remove adverts in YouTube Kids, like the main YouTube, by subscribing to YouTube Premium. This has the added benefit of enabling you to download videos for offline viewing and allowing you to watch videos in the background while using other apps. This can be really useful if you have a long journey to take children on.

As with television adverts and bus stop posters, it's a good idea to talk to children about how adverts work and how to recognise them. For example, you could point out the added light and sound effects or the overly exciting narration in TV ads. It's important to do this for other forms of advertising as well. It's important to understand how YouTube Kids collects information about your child's viewing habits and how this relates to advertising and video content. When they watch a video, the device, language, which videos they watch and searches they make are recorded. This is used to help suggest personalized content. It can also be used to serve contextual advertising, although the app does not allow interest-based advertising or remarketing.

4 SELECTING GREAT CONTENT

One of the best features on YouTube Kids is the ability to select channels, videos or collections of videos for your child to enjoy. This is a great opportunity to sit with your child and better understand what they want to watch. Are there particular topics or themes that resonate? Then you can check through different options in this area, and together with them choose the best matching channels.

The YouTube Kids app also enables you to disable the 'Search' feature to avoid young children stumbling upon content designed for older viewers. The app also avoids videos from inappropriate channels being suggested to watch next. If you have selected content for your child only those will come up. If you have set an age limit, only videos deemed appropriate for that age will be suggested.

5 VIEWING TIME

There are a number of ways you can administer how long a child can watch YouTube videos in a day. In the YouTube Kids app, you can set a timer before handing your child the smartphone or tablet. Once the time has run out the video will be paused.

You can also set limits on iPhones and iPads in the 'Screen Time' sections of the settings. This not only enables you to see how long they play but specify how and when they can do this. You can apply similar limits on Android devices via the 'Family Link' app settings. Other systems like the 'Circle' system or features built into your internet router enable you to set limits across multiple devices which can be useful as children will often cotton to another smartphone, tablet or smart TV once their time has run out on their device.

As well as helping younger children not watch longer than is healthy, this is a good tool for discussion with older kids. Talk with your child about the amount of appropriate viewing time in a day and then agree on the limits. This ensures they see them as helpful rather than a policing mechanism.

6 RESTRICTIONS

As well as using the YouTube Kids app, you can also set up restrictions on other ways your family watches YouTube. Ensure you are logged in when using YouTube and turn on 'Restricted Mode' in your User Profile. You can also set this at the bottom of the video page by clicking 'Restricted Mode: On'. Ensure that you also click the 'Lock Restricted Mode' on this browser to ensure other users can't turn it off.

7 WATCHING TOGETHER

Another good way to keep YouTube viewing positive is to spend time finding channels and content that your child will enjoy and benefit from. For example, a suggested family activity could be to get together once a month and show each other your favourite videos from the last four weeks. This not only sparks conversations about what you've watched but also enables you to share the things that you've enjoyed watching.

8 RECOMMENDATIONS

For younger children, you can use the YouTube Kids app to keep tabs on what they have been watching. Tap on the 'Recommended' icon on the top of the home screen and then swipe right. You will see videos with the play button on them and a red bar at the bottom. These are the videos your child has watched. Anywhere the bar at the bottom is mostly black is a video your child has skipped.

Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His Taming Gaming book helps parents guide children to healthy play.

National Online Safety
#WakeUpWednesday

What Parents & Carers Need to Know about
ECHO CHAMBERS

The internet is a vast space, home to all manner of differing viewpoints. However, website owners have realised that people tend to enjoy the online company of others who think and sound like them. It's in the website providers' interests, then, to create echo chambers: sites where the user's own views are echoed, reinforced and built on without being challenged. This is common on social media. Combine echo chambers with the dangers of misinformation and fake news, and the result could easily see children becoming trapped in an online bubble – only ever confirming what they think they know, discouraging them from questioning, and never offering a different perspective.

Stifled independent thought

Childhood is a time when free thinking and individual expression should be encouraged. Echo chambers restrict this by fencing young people into a world they're already immersed in. Of course, there's nothing wrong with being a fan of gaming, boy bands or football, but echo chambers can quickly start to focus children's attention on a very limited number of interests, at the expense of everything else.

Blinkered worldview

Social media algorithms may use sophisticated software, but their principle is simple: keep users on the app or website for as long as possible by giving them more of the content they want. For social media platforms, this means prioritising the posts, videos, and streams of your child's favourites. This constant regurgitation of the same kind of content can cause children to develop an extremely niche and selective view of the world.

Risk of radicalisation

Extremist groups have been known to use echo chambers – allied to website popularity algorithms – to their advantage in the past. They also attempt to use social media as a conduit for grooming and radicalising (known as 'red-pilling') impressionable minds. Ironic memes have been known to promote far-right ideology, while terror groups have utilise social media in an attempt to recruit young people.

Creating obsessions

Children and young people naturally tend to enjoy a diverse range of interests. Echo chambers, as perpetuated on social media, can funnel your child's attention down an extremely restricted path. This gradual but powerful take-over of your child's impulses can cause them to slowly whittle down their former varied interests into an unhealthy, overwhelming obsession with one particular subject.

Lack of variety

More than 500 hours of content is uploaded to YouTube every minute, which is over 80 years' worth of material every day. Algorithms, however, push people towards familiar faces and themes. If you notice that your child seems to be watching content from the same small number of accounts all the time, it's a sign that algorithms are exerting an influence and your child is no longer being served a varied diet of online content.

Changes in behaviour

In extreme cases, the content found in echo chambers can lead to radicalisation. Growing isolation, an unwillingness to discuss views, and increased anger and secretiveness after being online can all be indicators that a young person has been at least partly indoctrinated. Other warning signs include sudden hostility towards certain groups, drastic changes in appearance and expressing unusually controversial or divisive opinions.

I AGREE!

Safety tips for Parents & Carers

Talk it through

If you become worried about the effect that online echo chambers might be having on a young person, the first step is to establish an open dialogue with them about what they're discussing online, and on which sites and platforms. Try to approach the conversation in a non-judgemental manner – explain that you trust them to make good decisions, but that doesn't stop you being concerned about them.

Adjust content settings

Investigate the settings of individual apps and sites to see if they can be tailored to limit the impact of echo chambers. Twitter's default setting, for example, is to show tweets it thinks a user will like first, rather than a chronological timeline. Likewise, YouTube automatically plays its next 'recommended' video (selected by an algorithm and based on what the user has watched in the past) unless you specifically tell it not to. Both of these settings can be adjusted.

Introduce time limits

If you become concerned about the amount of time that your child is spending on certain websites or social media platforms, you could talk to them about establishing some time limits. You can maintain these limits either through personal supervision, or by using the parental control options on their devices to either reduce access to sites or prevent it altogether.

Ask for expert help

It can be hard to know exactly when having an inflexible opinion on a topic crosses the line into extremist ideology. Should things become so serious that you're genuinely worried a young person is becoming radicalised online, then it may be best to seek additional help. Speak to the safeguarding lead at your child's school or contact a professional support organisation such as Childline or the NSPCC.

Meet Our Expert

Alan Martin has been writing about technology for a decade. In 2015, he joined Dennis Publishing to help launch and establish Alphr - a site about tech and internet culture. He worked on over 1,800 articles and after starting out as Science Editor, he then became News Editor, Deputy Editor and finally Acting before he left in 2018 to go freelance.

National Online Safety #WakeUpWednesday

NOS

SOURCES: https://www.bellingcat.com/news/americas/2018/10/11/memes-intowars-75-fascist-activists-red-pilled/ | https://theconversation.com/on-social-media-isis-uses-fantastical-propaganda-to-recruit-members-86626
https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/ | https://smallstepsconsultants.com/the-far-right-threat/how-to-spot-signs-of-far-right-radicalisation/
https://www.techradar.com/news/how-ai-is-struggling-to-keep-a-lid-on-the-social-media-tinderbox

What Parents & Carers Need to Know about
EMAIL SCAMS

Email scams are when you receive a mail from someone purporting to be a genuine person or company, but is actually an online fraudster trying to trick you into disclosing personal information. This is often referred to as 'phishing'. Normally, people click on the links in an email assuming that they will be directed to a trustworthy website – but fake sites, closely resembling the real thing, are increasingly being set up by cyber criminals specifically to capture your personal information, which could in turn jeopardise your financial, emotional and possibly even physical wellbeing.

Disguised Deceptions

Some scam emails can appear to be from companies that you know and use. For example, you could receive an authentic-looking email advising of a problem with your account or payment method. Instead of reacting to the email and disclosing personal information like bank details, it's wise to call the company directly on a trusted number to confirm if there actually *are* any account issues.

Identity Theft

Another significant risk is falling victim to identity theft. If a scammer manages to acquire your usernames and passwords, they would then have access to your online accounts – and they could effectively pretend to be you. This could have a massive negative impact if changes were made to your accounts, for instance, or the scammer communicated with your contacts while posing as you.

Viruses and Malware

A particularly devasting hazard with scam emails is that some links, when clicked on, could result in dangerous viruses or malware being downloaded onto your devices. This could enable scammers to harvest valuable information without your consent (and sometimes even without your knowledge) or prevent you from accessing the device altogether, making it unusable.

Financial Damage

One of the primary consequences for victims of an email scam is the financial cost. If you *do* click on a scam email and disclose any personal information, it can then be used to take money from accounts belonging to you and your family. Depending on exactly what information the cyber criminals obtain, this could result in significant and far-reaching financial losses and personal stress.

Hijacked Accounts

A scammer with access to your accounts could – once they're logged in as you – deny you entry. If they were to change the password, it would – in most cases – not allow you any further access. Even for accounts with little or no financial value attached, this could be hugely inconvenient: you could permanently lose data and files that you had invested a considerable amount of time in.

Personal Safety

Another danger of scam emails is that, in extreme cases, they could ultimately lead to a threat to your physical wellbeing. If someone is demanding to meet with you and has accessed your personal information (your address, for example), they could attempt to confront you in person – which is of course exceptionally dangerous. Losing control of sensitive information could put you in a vulnerable position.

Advice for Parents & Carers

Protect Personal Details

Never input any personal information into websites that you are unfamiliar with. If you were redirected onto a certain page by clicking a link in an email, entering your personal details could then give away your location or other key information to the scammer. This could then put you in physical danger as the cyber criminals would know exactly where to find and approach you.

Beware of Suspicious Emails

If you are unfamiliar with the sender, it's safest to simply not open an email. When an email makes you wary, mark it as junk (to reduce the chance of any recurring issues) and then delete it. Awareness of phishing is the primary method of defence against malicious emails. Once someone knows how to identify and deal with scam emails, they are far less likely to fall prey to them in future.

Check Spelling and Grammar

Pay close attention to any spelling mistakes or grammatical errors. Many scam emails can be spotted this way, as they often tend to contain these types of mistakes. Make sure your child knows that if they *do* spot this sort of tell-tale error and is not sure who the email came from, it's a good idea to either delete the email or report it to a trusted adult to prevent any possible future harm.

Access Sites Manually

If you or your child wish to visit a particular website, it's safest to avoid clicking on a link in an email to take you there. Instead, find the site through your search engine or manually type the address into your browser. This significantly reduces the possibility of being redirected to a bogus website where fraudsters could capture your personal information after you enter it.

Don't Open Dubious Attachments

If you or your child ever see any files as attachments on emails that you are uncertain about, do not download them or even click on them: this could result in your systems being infiltrated. If your devices at home do not already have anti-virus software, you should install some and ensure it is regularly updated. This will help you to detect and remove any dangerous files as soon as possible.

KryptoKloud

NOS
National Online Safety®
#WakeUpWednesday

www.nationalonlinesafety.com   @natonlinesafety   /NationalOnlineSafety   @nationalonlinesafety

ONLINE FAIR PLAY
The Dos and Don'ts of Online Conduct

Alongside individual skill, impressive teamwork and some truly epic matches, one of the most enjoyable things about this summer's European football championships has been the sense of sportsmanship and fair play. Players have competed fiercely, but they've (mostly) remembered that they're representing their country — and that bad behaviour, dangerous play or outright cheating tends to last in people's memories for a long time after tournaments are over. The same is true of how we act online — one error of judgement or loss of control might only take a second, but can have results that are difficult to forget. Instead, just like the heroes of the Euros, we should aim for people to see us and feel proud and inspired. So, in a five-a-side line-up (with five "dos" and five "don'ts"), here are our top tips for playing fair online.

FAIR PLAY

1 Organise your defence
Use strong passwords to protect your personal information, accounts and data. A trusted adult, like a teacher or a relative, can help you choose one that's easy for you to remember but hard for anyone else to guess.

2 Keep possession
Only share personal information online with people you know well, like friends and family. A trusted adult will be able to help you change your online privacy settings so strangers can't find things out about you.

3 Use teamwork
Before you use a device for the first time or download a new app, always check with a trusted adult. They'll be able to check if it's safe for you to use and make sure the privacy settings are right for you.

4 Be respectful
Treat people online like you would treat them in real life. Remember your manners and be polite and kind in your posts, comments and messages.

5 Catch attackers offside
If someone is trying to bully you online, a trusted adult can help you to gather evidence and report that person to the authorities. You should also tell a trusted adult if you see anything online that makes you feel worried, upset, frightened or sad.

FOUL PLAY

1 Don't ignore possible danger
Never accept a friend request from a stranger. If somebody you don't know tries to contact you online, tell a trusted adult straight away.

2 Don't lose control & retaliate
Although it can be tempting, it's best not to respond if someone attempts to bully you online or sends you hurtful messages. Tell a trusted adult what happened, and then block the person from contacting you again in future.

3 Don't hurt people deliberately
It's important to behave online just like you would in real life. Don't post anything that can make you look like a bad person, because the things we put online can stay there for a long time.

4 Don't cheat your way to victory
Don't copy another person's work that you found online or pretend that it's yours. This is called plagiarism and can get you into a lot of trouble.

5 Don't play for extra time
It can be easy to spend too much time online. Instead, take a break to go outside for some fresh air and exercise. Not using your device just before bed will also help you get a good night's sleep so you can be fresh and focused the next day.

NOS National Online Safety
#WakeUpWednesday

What Parents & Carers Need to Know about
FREE SPEECH VS HATE SPEECH

Everyone has the right of 'freedom of expression.' This is the right to voice your opinions and share information and ideas with others. It is not the right to say whatever you want. We all have a responsibility to use freedom of expression properly by not saying things that are grossly offensive or threatening, or encouraging hateful activity, thereby undermining the rights of others. Both online and offline, hate speech targets those who are different to the speaker in some way. Communication attacking or discriminating against groups and individuals (because of characteristics like race or religion) is hate speech, not free speech.

What is Free Speech?
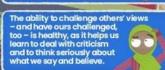
Free speech is the principle that an individual is allowed to share information, opinions and ideas without fear of retaliation, censorship, or legal consequences. Here's why free speech is important...

The Human Rights Act states that everyone has the right to express themselves freely and hold their own opinions – even if those views are unpopular and could offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important that we respect someone's opinion, even if we disagree with it.

Any idea could potentially offend someone: Both Galileo and Darwin's theories, for example, were originally incredibly offensive to many. Freely exchanging ideas promotes progress.

The ability to challenge others' views – and have ours challenged, too – is healthy, as it helps us learn to deal with criticism and to think seriously about what we say and believe.

It's a powerful way to push for change. Many modern rights – such as women being allowed to vote, or decent working conditions – couldn't have been achieved without free speech.

Freedom of expression also includes the right not to do something: such as not standing up or singing for the national anthem, even though some people would deem that offensive.

What is Hate Speech?

Hate speech is any communication which displays prejudice against someone's identity. It can be derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs. Some common types of hate speech include...

Targeting people or groups because of their race, gender or gender identity, sexuality, nationality, religion or a disability.

Content which dehumanises individuals or groups based on those attributes, such as referring negatively to them as animals, inanimate objects or other non-human entities.

Calling for violence or hatred against certain people or groups, and justifying and glorifying these actions.

Claiming that specific types of people are physically, mentally or morally inferior, or even that they are criminals.

Promoting the exclusion or segregation of certain groups of people, or discrimination against them, because of who they are (e.g. their race or gender).

Making up or repeating insults about a person or group because something about their identity (for example, religious beliefs or a disability) is different to the person who's posting.

For further information and reporting:

STOP HATE UK
STOP HATE. START HERE

National Online Safety
NOS
#WakeUpWednesday

What parents need to know about
INSTAGRAM

13+ AGE RESTRICTION

LOCATION
#HASHTAG

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 search, 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 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

HOOKED ON SCROLLING

IMPACT ON WELLBEING

EXPOSING LOCATION

SLIDING INTO DMS

LIVE STREAMING TO STRANGERS

HIJACKED HASHTAGS

INFLUENCER CULTURE

IGTV

IN-APP PAYMENTS

@MENTION

Top Tips for Parents & Carers

RESTRICT DIRECT MESSAGES

MANAGE DIGITAL WELLBEING

FILTER INAPPROPRIATE COMMENTS

LOOK OUT FOR #ADS

PROTECT PERSONAL INFORMATION

TURN OFF SHARING

MANAGE NEGATIVE INTERACTIONS

USE A PRIVATE ACCOUNT

REMOVE PAYMENT METHODS

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

Meet our expert

CHAT

NOS National Online Safety
#WakeUpWednesday

POLL

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.06.2020

'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.

What parents need to know about
SOCIAL PRESSURES
LINKED TO 'LIKES'

DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.

UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.

AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.

COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.

NOS National Online Safety
#WakeUpWednesday

Safety Tips For Parents

FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.

MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.

ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take-up other activities that they enjoy can also help build self-esteem and increase their own confidence.

DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.

HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

Pete Badh 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.

https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-number-delete-app-iphone-jarte-comparison-addiction-fears-a7884168.html
https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/01/Childrens-Commissioner-for-England-Life-in-Likes-3.pdf, https://www.psychologicalscience.org/news/releases/social-media-this-impact-teens-brains-and-behaviour.html
https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf, https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.

2. Any recent uncharacteristic anxiety, anger, or moodiness?

3. Is your child experiencing social withdrawal and isolation?

4. Is there a sudden lack of self-care or risky behaviours?

5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS
National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:
- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:
- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

National Online Safety

NOS

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18

1. Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2. Which websites do you enjoy using and why?

Search

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3. How does this game/app work? Can I play?

PLAY AGAIN? YES NO

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM. IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4. Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS. BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE - "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5. Do you know where to go for help?

Childline 08001111

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6. Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7. Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL, OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

What Parents & Carers Need to Know about
ONLYFANS
18+

OnlyFans is an online platform, created in the UK. It is free to join either as a user or creator, but creators monetise their content by charging subscription fees for users to view it. This content can take the form of photos, videos, live streams and one-to-one chats. In many cases, users are also required to pay for any additional content they would like to access. The site has around 50 million users worldwide and is aimed squarely at an adult audience.

Falsified Profiles

OnlyFans asks users to provide personal information, a 'selfie' and a copy of their ID to verify their age. However, in 2020, a BBC documentary found evidence of under-18s building profiles on the platform by using forged documents or other people's ID. Payment information is also required to activate an account – but an under-age user could simply input someone else's bank details.

LOXXIE_MUSIC21
£12.00 a Month
Hot New Vids
EVERY WEEK
ALL TO YOURSELF

LIVE

@unicorn7859 tipp

Online Grooming

Due to the platform's commercial nature, there is the potential that young people may be offered money by other users to create specific content. This represents an increased possibility of young content creators being put at risk. If the requests are for explicit photos or videos, a content maker who is under 18 would therefore be producing their own child abuse material.

Explicit Content

Although it hosts various types of content creators (chefs, fitness trainers, artists and so on), OnlyFans has developed a particular reputation for showcasing adult material. Even if a young person on the platform is *not* selling explicit content of themselves, it's likely they will be exposed to profiles that *are* – and they may even come under pressure to do so from older users of the app.

@unicorn7859 tipped £5.00!

09.06.2021

@i<3FastCars87 tipped £12.00!

@777userBrooklyn tipped £8.50!

TIP £___

Risk Taking

In trying to produce the 'right' content or fit in with other OnlyFans users, young people may be more susceptible to taking chances with the material that they upload. Adolescents are more inclined to take risks as they develop their identities and seek approval in their peer groups. Online, this tendency may lead them into producing content that they would not normally consider making.

Potential Financial Costs

OnlyFans is subscription based, raising the risk of racking up sizeable costs very quickly. When a user clicks 'follow' on an account they want to subscribe to, their debit or credit card is charged. Subscriptions are non refundable and set to auto-renew as default. Many accounts labelled as 'free' still encourage users to donate tips for content they've liked.

@i<3FastCars87 tipped £12.00

Advice for Parents & Carers

Maintain a Dialogue

It can help to talk honestly with your child about the dangers of using adult platforms such as OnlyFans. Discuss the types of content that they feel is appropriate (or not) to post online and the potential consequences of sharing too many images, too much information and – especially – explicit photos or videos.

Parental Controls

Ensure that you implement adequate safety measures on your child's phone and other devices – especially parental control settings. Depending on the device, age-inappropriate websites, content and downloads can be filtered by age rating and blocked.

Monitor Their Finances

This is particularly relevant for teens with their own bank account. If you notice a drastic change in spending habits or your child suddenly has more disposable income or high-value items (like designer clothes or new gadgets) that you did not think they could afford, then you may need to initiate a discussion about how they obtained this money.

Discuss Strangers on the Internet

Highlight to your child the dangers of meeting people they might have engaged with through a platform like OnlyFans. Make sure they know to inform a trusted adult straight away if someone they have only spoken to online attempts to persuade them to meet up in real life.

Meet Our Expert

Dr Rina Bajaj is a Counselling Psychologist who has worked in mental health since 2004 (for the NHS, statutory organisations, in the corporate world and the voluntary sector). Her areas of specialism include dating and relationships counselling, and she has diverse experience in helping people from a range of backgrounds.

National Online Safety®
NOS
#WakeUpWednesday

How to Set up
PARENTAL CONTROLS
for
👁 PRIVACY 🔒
iPhone

The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

How to make changes to privacy settings

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

1. Open 'Settings'
2. Tap 'Screen Time'
3. Tap 'Content & Privacy Restrictions'
4. Scroll to 'Privacy'
5. Choose the settings you wish to restrict
6. After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

How to prevent changes to other settings/features

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.

1. Open 'Settings'
2. Tap 'Screen Time'
3. Tap 'Content & Privacy Restrictions'
4. Scroll to 'Allow Changes'
5. Select 'Allow' or 'Don't Allow' on the settings for which you wish to enable or disable changes

Privacy
- Location Services — On
- Contacts
- Calendars
- Reminders
- Photos
- Bluetooth Sharing
- Microphone
- Speech Recognition
- Camera
- Health
- HomeKit
- Media & Apple Music
- Motion & Fitness

Screen Time Passcode
Create a passcode that will be required to allow for more time, or to make changes to Screen Time settings.

NOS
National Online Safety®
www.nationalonlinesafety.com

How to Set up
PARENTAL CONTROLS
for
PRIVACY
Android Phone

The settings on an Android device allow you to set certain rules to help safeguard your child's privacy when they are using it. For example, you can turn off location services to keep their whereabouts private; prevent third-party apps and sites from viewing their information; and stop apps from accessing other functions of the phone (like the camera or microphone, for example). We've produced step-by-step guides on how to tighten up an Android phone's privacy settings.

Kumail's Pixel 3 XL
Device Location
Location mode
- High accuracy
- Battery saving
- Device only

Parental settings
FOR KUMAIL
- Controls on Google Play
- Filters on Google Chrome
- Filters on Google Search
- Filters on YouTube
- Android apps
- Location
- Account info

App permissions
FOR KUMAIL
- Calendar
- Camera
- Contacts
- Location
- Messages
- Microphone
- Phone
- SMS
- Storage

How to manage location services

1. Open the Google Family Link app
2. Select your child's account
3. On the 'Settings' card, tap 'Manage'
4. Tap 'Location'
5. On the card with the correct device's name, tap 'Settings'
6. Tap 'Location Settings'
7. Turn 'Device location' to off
8. To reactivate location services in future, repeat these steps and turn 'Device location' back on

Source: https://families.google.com/familylink/

How to control access for third-party apps and sites

1. Sign in to your Google Families account
2. Under 'Members', select your child's name
3. Select 'Account info' and then 'More'
4. Select 'Third-party apps with account access'
5. Turn 'Allow third-party apps to access XX account' to off by toggling the switch

How to manage app permissions

1. Open the Google Family Link app
2. Select your child's account
3. On the 'Device' card, tap 'Settings'
4. Tap 'App permissions' then choose a permission
5. Below your child's device, switch the permission off

Alternatively, you can manage permissions for individual apps. Repeat Steps 1 and 2, then ...

3. On the 'Apps installed' card, tap 'More'
4. On the 'Allowed' list, tap the app you want to change the permissions for
5. Tap 'App permissions'
6. Switch the permission off

NOS National Online Safety®
www.nationalonlinesafety.com

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about
SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

National Online Safety
NOS

Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

STATISTICS

52% of children aged **3-4** go online for nearly **9hrs** a week

82% of children aged **5-7** go online for nearly **9.5hrs** a week

93% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **20.5hrs** a week

SOURCES:
https://www.dependent.co.uk, Children and Parents: Media Use and Attitudes Report 2018, https://www.ofcom.org.uk, http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies, https://www.mirror.co.uk/technology/five-kids-losing-sleep-8613986, University of Leeds, https://medhealth.leeds.ac.uk/news/article/1/the-lack_of_sleep_damaging_for_children

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

What parents need to know about
SNAPCHAT

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story,' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!." When uploading to 'Our Story,' your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

LENS EXPLORER

The 'Lens Studio' on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+." The 'Lens Explorer' in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age-inappropriate content to be uploaded.

SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

SNAPSTREAKS & ADDICTION

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies.' Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

SNAP ORIGINALS

Through 'Snap Originals', users can watch content which has been created by Snapchat on the app, including comedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'snap originals' shows. This is another feature to encourage addiction.

Top Tips for Parents

THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map.' To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode.'

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the apps settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends,' 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends.'

The whole concept of social media relies upon users having friends and/or followers. 'Friends' tend to be those with whom users will share their own personal profile. It's usually a mutual relationship with both parties able to engage and interact with everything their friends post online. 'Followers' on the other hand can typically be just one-way relationships and, dependent on the platform, only provide access to certain aspects of an individual's profile, such as a person's content feed. A common trait that often exists between the two however is the desire to gather as many friends or followers as possible.

What parents need to know about
SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'

Friend Requests

OSCAR@NOS
25K Friends
26K Followers

Friends

- Aarav P.
- Suzey S.
- Jayden S.
- Frankie T.
- Gran F.

POSSIBLE 'FRIEND ENVY'

Children may compare the number of friends or followers that they have with their own online friends and people they know. In some cases, this could lead to 'friend envy', particularly if they see this as a sign of popularity. This could lead to your child showing signs of jealousy and resorting to sending friend requests to people they don't know that well, or even strangers, in a desperate bid to increase their own status online.

OPEN DOOR POLICY

Another way that children can increase their following is by leaving their accounts open so that they can be easily found, and anybody can view their posts. This is in the hope that other users will like their posts and decide to follow them, therefore increasing their numbers. Once again, this can leave your child vulnerable to being followed by strangers or people who have dishonest intentions.

FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction, so the loss of friends and followers can cause children to suffer feelings of sadness and rejection. Depending on how invested your child is in their social media activities, this could influence their attitude and behaviour offline and potentially have a negative impact on their mental health and wellbeing.

COLLECTING 'FAKE' FRIENDS

Children who feel under pressure to increase their friend count or want to increase their following as quickly as possible can be vulnerable to collecting 'fake' friends. They may, for example, accept friend requests from people they don't know very well or from complete strangers, inadvertently leaving themselves open to online bullies, trolls or even the possibility of being groomed.

CONSTANT NEED TO PLEASE

As children start to gain more friends or an increasing number of followers, they might start to feel an added level of pressure to provide them with more interesting and likeable content. Almost as if they now have an audience waiting, this constant need to please may be an extra burden that pushes your child into oversharing personal information or posting material that is inappropriate or offensive, inaccurately portraying what they're actually like in the offline world.

Safety Tips For Parents

BE THEIR FRIEND OR FOLLOWER

The best way to know who your child is friends with online or who follows them is to be their friend or follower yourself. This will allow you to see who your child is engaging with most online or open up discussions about how they know certain people they've added to their network who you haven't heard them speak about before or you yourself don't know.

BEHAVE ONLINE AS THEY WOULD OFFLINE

Your child's behaviour online should always be treated as an extension of their behaviour offline. Discuss with your child the pitfalls of trying to be somebody they're not and that trying to please everybody will only make them unhappy. Tell them that they should be proud of who they are and that they should always behave in an appropriate and responsible way when posting content online.

TURN ON PRIVACY CONTROLS

All social media platforms have their own privacy controls which can be used to help protect children online. For instance, removing the ability for strangers to comment on public posts or having a screening process for friend or follow requests is good practice which can help to ensure your child's experience online is a safer one.

TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Social media can often distort what true relationships and friendships should actually be like. It's important to teach your child the value of true friendships and that meeting and speaking to people face to face in the real world, offline, is often a better way to build a more trusting and confident relationship with someone rather than just speaking to them online.

TALK ABOUT STRANGERS

If privacy measures have been put in place, then usually your child will receive a notification if somebody tries to befriend them online. Talk to your child about making sure they don't open up their personal life to people they don't know and that if they are ever in any doubt, they should never accept a friend request from a stranger.

DISCUSS WHAT BEING POPULAR ACTUALLY IS

A higher number of followers can be a measure of popularity but can also lack substance beyond just the number itself. Discuss with your child that popularity can come and go and that a large number of followers doesn't necessarily mean a large number of friends, particularly online where the real value in a relationship cannot be accurately determined.

Meet our expert

Pete Badh 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.

17+ BIGO LIVE
13+ Facebook
13+ Youtube
13+ YouNow
13+ Twitch
13+ Steam
13+ Instagram
13+ Omegle
13+ Periscope
17+ live.me

Live streaming is the term used to describe the broadcast of a real time video from a mobile device, tablet or games console. Many live streaming apps have functionality for interactions from viewers, such as commenting, live chats and sending reactions during the broadcast. Live streaming opens up a world of excitement for children, where they can watch live concerts, their favourite celebrities and bloggers/vloggers, connect with their friends, watch live gaming and much, much more. Whilst there are many positives with live streaming, it creates a worldwide platform for unsuitable content to be streamed and creates a host of dangers for children.

98% of child sex abuse live streaming victims are **13** or under

⊕ **IWF** Internet Watch Foundation

What parents need to know about
LIVE STREAMING

SIGN UP PROCESS & AGE RESTRICTIONS
Most live streaming apps have an age restriction of 13 and above. It is important to note that some platforms do not require proof of age when signing up to the app, meaning that anyone can register for an account. This also opens up the opportunity for people to lie about their age to seem older or younger.

WHO IS WATCHING YOUR CHILD?
If your child's privacy settings are not set up effectively, anybody can be watching their live streams. One of the main characteristics of live streaming is its ability for videos to be instantly shared all over the world, but this creates the opportunity for more people to watch anybody regardless of whether they know them.

LIVE CONTENT
As the streams are live, children can instantly be exposed to anything inappropriate. Most live streaming apps will have filters, rules and guidelines in place to ensure their services are monitored. They will also have report buttons where inappropriate content will be sent for review. Bear in mind that a report may not be dealt with instantly, which means your child may be further exposed to inappropriate content during a live stream.

RECORDINGS OF YOUR CHILD
Each streaming app and website that allows live streaming has different rules about how they store their live videos once completed. For example, a live stream on Periscope will be automatically deleted after 24 hours, but apps such as Facebook and YouTube allow the video to be posted on the app and will only be deleted once the creator decides. It is important to realise that deleting a video will not stop it from being shared. A live stream can be recorded (or screenshots can be taken) by other viewers using certain software and then shared on other platforms. Research conducted by the Internet Watch Foundation (IWF) discovered that apparently recorded illegal videos of live streams were redistributed on other sites.

WHAT IS YOUR CHILD WATCHING?
Live streaming apps don't just allow children to stream their own videos, they can also watch other people's streams. Anything can be streamed at any time and any place, including violence, graphic imagery, nudity, illegal behavior, drug use, profanities etc. Most live streaming apps claim to monitor live streams and will take action to stop any that do not adhere to their guidelines. However, with millions of live streams each day, it is extremely difficult to monitor them all.

GROOMING
There have been recent reports of paedophiles coercing children as young as three on live streaming apps. Due to the anonymous nature and lack of identification needed to sign up to some apps, almost anyone is able to sign up and use the service. Users can use fake identities to sign up to the apps and watch/stream videos. Recent research by the IWF revealed that children may be asked to do things and perform 'suggestive acts' during their live stream by strangers.

Top Tips for Parents

BE PRESENT
In a recent three month study by the Internet Watch Foundation (IWF), 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater knowledge of what your child is doing during their live streams and who they are streaming to.

PROTECT THEIR PERSONAL INFORMATION
Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information.

TALK REGULARLY WITH YOUR CHILD
Ask your child which live streaming apps they are using and how they are using them. Are they watching live streams or making their own? What types of live streams do they like watching? If they are under 13, it is strongly advised that they are not using any live streaming apps due to the dangers involved, but you may feel that they should not be using the apps even if they are over the age limit. With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively.

PRIVACY SETTINGS
Each live streaming app will have its own privacy settings with options varying from platform to platform. Generally, we advise that your child's account is set to private. This will ensure that only their friends/followers will see their live stream. It is important to check each app to ensure that the privacy settings are in place to protect your child from strangers viewing their streams and engaging in conversation with them. The settings on most apps will allow you to turn off the chat feature during a live stream, restricting conversations, but live chat is part of the 'fun' when it comes to live streaming.

PROTECTING THEIR ONLINE REPUTATION
What your child does now may affect their future opportunities, and it is important that they have a good understanding of this. As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. This is incorrect. Tell your child that their live streams cannot be undone and this has the potential to affect their online reputation.

REMOVE LINKS TO OTHER APPS
Some live streaming apps/websites give users the ability to link and share the content through other social media platforms to share their video further. For example, a live stream on Periscope, can be shared on Twitter and Facebook during the stream if the accounts are connected. While it may seem like a good idea to show the video to more people, the privacy settings may differ on each app, opening up the potential for unwanted viewers to join the stream. We suggest checking the privacy settings on each app and where possible, only streaming on one app at a time in order to have greater control over who sees the live stream.

https://www.iwf.org.uk/ https://www.pscp.tv/content https://www.channel4.com/news/children-bombarded-with-sexually-explicit-chat-on-musical-ly-and-live-ly

NOS **National Online Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

https://www.independent.co.uk/news/uk/crime/paedophiles-child-sex-abuse-live-stream-direct-webcam-mobile-online-a8351986.html
http://www.bbc.co.uk/news/uk-44233564?utm_content=71916416&utm_medium=social&utm_source=twitter

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

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around 800 million active users worldwide.

AGE RESTRICTION
12+
if under 18, supervision of a parent or legal guardian required.

What parents need to know about
TIKTOK

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – so it *is* possible for a child to be exposed to explicit and age-inappropriate content.

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and want to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok *has* experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep you intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP PURCHASES

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. Buying coins is now restricted to over-18s – but TikTok doesn't require users to verify their age on sign up, so a young person could easily access this feature if they were determined to.

National Online Safety
NOS
#WakeUpWednesday

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

In early 2021, TikTok changed the default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something *does* slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY SAFETY MODE

'Family Safety Mode' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet our expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

PE: Athletics & Swimming.

In PE this half term we will be using our teamwork and communication skills to:

- Demonstrate quick reactions and rapid acceleration

- Accelerate from a variety of static positions

- Demonstrate the ability to change pace

- Sustain running at a consistent pace

- Pass a relay baton at speed using a push pass

- Work in a cooperative manner

- While running jump over hurdles while maintaining pace

- Use jumping combinations to move around a space

- Perform dynamic combination jump sequences with control

- Hop for distance

- Jump for distance

- Throw foam javelins, discus and shotput for distance and with control

- We will also be participating in swimming lessons every Monday.

History of Music - The 20th Century.

- Listen to music from different periods of the 20th C moving into the 21st C.
- Pre WW1, 1920s, rise of Jazz, Blues, rock and rock, disco, modern pop.

- Listen and respond, identify changes in style, pitch, melody and tempo. Compare and express preferences.

- Listen and identify the instruments used and how they changed over time.
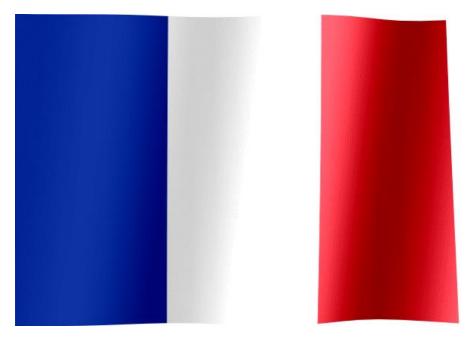
French

We follow the Wakefield 'La Jolie Ronde' scheme for learning French in Upper KS2.

We will be continuing to build the learners' spoken vocabulary and confidence to answer questions in French.

In Year 5 we learn:

- Buildings on the high street

- Directions and asking where places are

- Revision of days of the week, numbers 0-50, names of fruit, colours and sports/hobbies vocabulary

- Simple future tense

- Months of the year

- Food items, including ingredients for a French dessert

- Weather

- Saying where you live.

Home learning project

Home learning project.

To make a model of our solar system. Here are some examples to help you.

There are also lot of activities linked to our school learning on the blended learning page of the school website which you could complete as a family. Click here for Blended learning.

Please remember all team members are still expected to read at home for 20 minutes at least five times a week, practice their times tables using TT Rock Stars and practice the week's spelling list ready for their spelling test on Friday.