



Staying Safe Online

PERSONAL DEVELOPMENT

Staying safe online is important for secondary school pupils and their parents to protect against risks like cyberbullying, scams and unwanted contact from strangers. It helps keep personal information private and prevents mistakes that could harm your reputation or future opportunities. When parents and pupils work together to understand online dangers it encourages responsible behaviour, builds trust and creates a safer online environment, where young people can learn, communicate and have fun confidently.

Current Online Concerns

Artificial Intelligence (AI): AI is a potentially very useful tool that will support the use of technology in the future but it can be misused.

For example:

Deepfakes: A deepfake is a picture, video or recording that is made to look like somebody said or did something they didn't actually do. It can copy someone's face, voice or movements.

To protect against deepfakes: pause before you believe it, check where it has come from and never share a video if you are not sure.

Phishing: when someone online pretends to be trustworthy so they can trick you into giving them information or access to your device. It can happen through emails, text messages, DMs on social media or computer games

To protect against phishing: don't click on links before checking the message is really from the person you think it is. If it sounds too good to be true, it probably is.

USEFUL RESOURCES

- Thinkuknow (CEOP) – <https://www.thinkuknow.co.uk/>
- Childnet – <https://www.childnet.com/parents-and-carers>
- Internet Matters – <https://www.internetmatters.org/>
- NSPCC Online Safety – <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

FOR PUPILS

1. Keep Personal Info Private

Don't share your full name, address, phone number or school online. Use nicknames instead of real names.

2. Think Before You Post

Anything you share can last forever. Ask yourself: "Would I want my family or teachers to see this?"

3. Be Careful with Strangers

Don't accept friend requests or messages from people you don't know. Never agree to meet someone in person without telling a trusted adult.

4. Use Strong Passwords

Use a mix of letters, numbers, and symbols. Don't share your passwords with friends.

5. Tell Someone If Something's Wrong

If you see bullying, scary messages, or anything that makes you uncomfortable, tell a parent, teacher, or trusted adult.