

POST-PRIMARY LINKS

INTERNET SAFETY



Parents/Carers may find these useful

Note: You should review these resources and links before use to check if they are appropriate for your pupils and in line with your school's ethos and RSE policy.

GUIDANCE

[Childline - Sexting](#)

Aimed at young people, this page covers topics like things to think about before sending a photo and includes a link to the Zipit app.

[Childline - Staying safe online](#)

This page for young people includes advice on keeping devices safe online and getting help with online bullying.

[Childline - Worries about the world](#)

Aimed at young people, this page covers topics like how to deal with worries and supporting a friend who is being bullied.



[Comparitech - LGBTQ cyberbullying: A guide for parents and educators](#)

This article looks at LGBTQ cyberbullying statistics, laws covering cyberbullying in different countries, and how parents and educators can help LGBTQ cyberbullying victims.

[Department of Education - Circular 2016/27 Online Safety](#)

DE's circular includes principles for keeping pupils and the wider school community safe online and for prioritising online safety.



[NSPCC - Bullying and cyberbullying](#)

Aimed at parents and carers, this page covers topics like the types of cyberbullying, signs of bullying and what to do if your child is being bullied.



[NSPCC - Protecting children from radicalisation](#)

This page features information on spotting the signs of radicalisation and getting help, and advice for parents and carers on talking about terrorism.



[NSPCC - Sexting](#)

Featuring information on the law and the reasons for sexting, this page can help parents and carers talk to their children about the risks of sexting.



[O2 and NSPCC - Let's keep kids safe online](#)

Created in partnership with the NSPCC, this page features advice for parents and carers on topics like strangers online, inappropriate content and online addiction.

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[Safeguarding Board for Northern Ireland – Children and Young People](#)

This section features information for children and young people on different types of abuse and how they can get help. There's also advice on spotting the signs of child sexual exploitation and the 5Ts leaflet, which explains how children and young people can protect themselves.

[UK Council for Child Internet Safety – Education for a Connected World](#)

This framework can help teachers to prepare pupils for digital life and includes information on self-image and identity, online relationships, and privacy and security.

BACKGROUND INFORMATION

[BBC – Own It](#)

Aimed at young people, this website features advice on topics like reporting an issue on social media, staying safe online and avoiding account hacks.

[Brook – Digital Romance](#)

This report explores how young people use digital technology in their romantic relationships and includes insights that can help improve education for young people.



[Child Mind Institute – How Using Social Media Affects Teenagers](#)

Featuring information on how social media can affect self-esteem, this article offers advice on how parents and carers can minimise the risks associated with technology.

[Childnet International – Secondary](#)

Featuring tips, blogs and advice, these pages can help young people aged 11–18 to use the internet safely, responsibly and positively.



[Children's Commissioner – Digital 5 a day](#)

Parents and carers can use these practical steps to help their children achieve a healthy and balanced digital diet.



[Common Sense Education – Help Kids Fight Cyberbullying and Other Mean Online Behavior](#)

This page features tips for parents and carers that can help them keep their children safe online.



[Girls' Day School Trust – Live My Digital](#)

Featuring short films and factsheets for parents and carers and matching films for young people, this website covers topics like the digital footprint and cyberbullying.

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[House of Lords Select Committee on Communications – 2nd Report of Session 2016–17: Growing up with the internet](#)

This report and its recommendations follow an inquiry aimed at understanding the issues and opportunities children face as they grow up surrounded by, and interacting with, internet technologies.



[Internet Matters](#)

Created with industry partners, this website offers age-specific advice on keeping children safe online and includes step-by-step guides for setting up parental controls.



[Internet Matters – Online safety tips for parents of 11–13 year olds](#)

These tips cover topics like put yourself in control and check if it's suitable.



[Internet Matters – Online safety tips for parents of teenagers 14+ year olds](#)

These tips cover topics like privacy matters and manage their online reputation.



[Net Aware](#)

Created by the NSPCC and O2, this guide for parents and carers provides information on the social networks that their children use.



[Northern Ireland Anti-Bullying Forum – What is cyberbullying?](#)

This information leaflet for parents and carers features tips on preventing cyberbullying and information on support available.

[NSPCC Learning – 'I wasn't sure it was normal to watch it'](#)

This report explores the impact of pornography on young people aged 11–16 and their perceptions of pornography.

[Ofcom – Children and parents: media use and attitudes report 2019](#)

This report found that children in Northern Ireland are more likely to have seen 'hateful content' online than their counterparts in England, Scotland or Wales.



[Parent Info](#)

A collaboration between Parent Zone and the Child Exploitation and Online Protection Command, this website provides support and guidance for parents and carers from leading experts and organisations.



[ParentPort – Online safety](#)

This page includes online safety tips for parents and carers and information on how they can protect their children.

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[Police Service of Northern Ireland – Internet Safety](#)

This page features general e-safety information, as well as specific advice on how parents and carers can keep their children safe online.

[PSHE Association – Key principles of effective prevention education](#)

This report identifies 11 key principles of effective practice that can help education professionals deliver high quality online safety education.



[Raising Children Network – Internet safety: teenagers](#)

Aimed at parents and carers, this page includes information on being a role model for internet use and talking about online content.



[Verywell Family – 5 Things to Teach Your Kids About Digital Etiquette](#)

This article can help parents and carers to stop their children from becoming cyberbullies and includes information on double checking messages and avoiding digital drama.



[Verywell Family – Digital Parenting 101: From Screen Time to Social Media](#)

This article for parents and carers features advice on screen time, mobile devices and social media.



[Verywell Family – How to Keep Kids Safe on Social Media](#)

Covering topics like Facebook depression, this article can help parents and carers keep their children safe on social media.

GUIDANCE

[360 Safe](#)

This free online tool can help schools review their online safety policy and practice and apply for the nationally recognised Online Safety Mark.

[Department for Education – Teaching online safety in school](#)

This non-statutory guidance from the Department for Education (England) outlines how schools can ensure their pupils understand how to stay safe and behave online as part of existing curriculum requirements.

[South West Grid for Learning – School Online Safety Policy Templates](#)

These flexible templates allow schools to create their own unique and relevant online safety policies that address a range of e-safety issues.

[UK Safer Internet Centre – Online safety for NQTs – the ultimate starter pack](#)

Aimed at newly qualified teachers, this blog about teaching online safety covers topics such as sexting, harmful content and protecting your digital reputation.

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LEGISLATION

[Digital Economy Act 2017](#)

This Act requires social media platforms across the UK to follow a code of practice that sets out the actions they must take to protect individuals from bullying, intimidation and insulating behaviour online.

KEY STAGE 3 TEACHING RESOURCES

[MediaSmarts - Know the Deal: The Value of Privacy](#)

This Canadian lesson plan can help pupils learn about the idea that privacy is a fundamental human right and how they can minimise the personal information they share.

[NSPCC Learning - Making Sense of Relationships Key Stage 3 Lesson Plan 3: Safer Online Relationships](#)

This lesson plan explores the benefits and challenges of social media for relationships and how to manage online risks.

[NSPCC Learning - Making Sense of Relationships Key Stage 3 Lesson Plan 5: Sharing of Sexual Images](#)

This lesson plan explores the legal, emotional and social consequences of sharing sexual images and how to reject unwanted requests for sexual images.

KEY STAGES 3 AND 4 TEACHING RESOURCES

[Barnardo's - Real Love Rocks](#)

These resources cover topics like child criminal exploitation, radicalisation and the online world, and include up-to-date guidance and legislation.

[BBC - Own It: Digital footprint: what is it and why should you care?](#)

This short animated video can help young people understand how their digital footprint can affect their present as well as their future.

[BBC - Own It: How big is your digital footprint?](#)

This quiz can encourage young people to think about the online information that's being collected about them and its potential impact.

[BBC - Own It: Where are your photos going?](#)

This short animated video can help young people understand the importance of privacy when sharing photos online.

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[BBC Teach - Class Clips: Computing KS3/KS4: Online Grooming - Spotting the signs](#)

Teachers should review this clip about the true story of Breck Bednar, a 14-year-old boy who was murdered after being groomed online, before showing it to their class.

[Blurred Lives Project - Resources for teachers](#)

The pupils who participated in this project created a range of resources for teachers, including lesson plans and posters, to help them understand what cyberbullying is and how to address it in the classroom.

[Childnet International - Online Safety Posters: A3 posters to download](#)

Aimed at primary and post-primary pupils, these free posters cover topics such as asking an adult for help, being pressured for pictures and thinking critically about what you see online.

[Childnet International - Step Up, Speak Up!](#)

Aiming to address online sexual harassment among young people aged 13–17, this campaign toolkit includes guidance for schools, lesson plans, films, a poster, an assembly presentation and a peer-led workshop plan.

[Common Sense Education - Digital Citizenship Week](#)

Teachers can use these American resources to help their primary and post-primary pupils take control of their digital lives.

[Common Sense Education - Everything You Need to Teach Digital Citizenship](#)

Covering topics such as relationships and communication, these American resources can help primary and post-primary pupils make good choices online and in real life.

[Into Film - Online Safety](#)

Working with educators, this charity has created resources that teachers can use to help primary and post-primary pupils stay safe online.



[National Online Safety](#)

This website features online training, lesson plans and free downloadable guides for schools, parents and carers to help keep children and young people safe online.

[ProjectEVOLVE](#)

Linked to the UK Council for Internet Safety's framework, Education for a Connected World, this website features resources on topics such as communicating safely, protecting personal data, and using and sharing content.

[Public Health England - Every Mind Matters](#)

Aimed at Key Stage 3 and 4 pupils, these resources cover topics like bullying and cyberbullying, online stress and FOMO, and body image in a digital world.

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[South West Grid for Learning – Digital Literacy and Citizenship](#)

This website offers resources that can help pupils to think critically, behave safely and participate responsibly in the digital world.

[South West Grid for Learning – Online Safety Resources](#)

This page features resources like So You Got Naked Online and With Friends Like These, which can help pupils learn about issues resulting from sexting and the consequences of sharing images of others.

[Tes – Digital citizenship: Young peoples’ rights on social media](#)

Created by the Children’s Commissioner for England, Tes and Schillings, the three teaching packs on this page can help pupils to become more empowered digital citizens.



[Thinkuknow – Parents homepage](#)

This page features home activity packs and advice for parents and carers on keeping their children safe online.

[Thinkuknow – Resource Library](#)

This library of Thinkuknow resources on internet safety is searchable by category and age range, and each resource includes a description that shows its key aims and delivery suggestions.



[UK Safer Internet Centre – Safer Internet Day 2020](#)

Focusing on online identity, these resources include assembly presentations, films and lesson plans aimed at primary and post-primary pupils, as well as conversation starters and tips for parents and carers.

[Webwise – Secondary Resources](#)

The resources on this page address internet safety concerns and issues, for example Lockers can help schools cope with and prevent the sharing of explicit self-generated images of minors.

KEY STAGE 4 TEACHING RESOURCES

[Common Sense Education – Online Disinhibition and Cyberbullying: How does online disinhibition sometimes lead to cyberbullying?](#)

These American resources can help pupils define online disinhibition, explain contributors to online disinhibition and analyse how it can cause cyberbullying.

[eSafety Commissioner – Tagged](#)

Featuring a film, character reflections and lesson plans, this Australian resource explores the themes of personal and peer safety and responsibility through cyberbullying and sexting.

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[Project Phoenix - It's Not Okay](#)

This website features links to resources that can help teachers, parents and carers talk to young people about keeping safe online and cyberbullying.

POST-16 TEACHING RESOURCE

[LifeSkills - Online reputation and social networking \(16-19\)](#)

Created with Barclays, this lesson plan covers topics like the importance of a positive online reputation and how social media can affect job prospects.

SUPPORT ORGANISATIONS

[Childline](#)

Available to anyone under 19 in the UK, Childline offers help with any issue (such as online safety) and can be contacted over the phone on 0800 1111, by email or through the online 1-2-1 counsellor chat.

[Internet Watch Foundation](#)

The IWF works to make the internet safer by removing child sexual abuse images and videos, and its website allows users to anonymously and confidentially report this type of content.

[National Crime Agency - Child Exploitation and Online Protection Command](#)

Anyone who is worried about online sexual abuse or how someone has been communicating with them online, can make a report on this website to one of the CEOP's Child Protection Advisors.

[NSPCC and O2](#)

This partnership offers an online safety helpline (0808 8005 002), web pages featuring tips and advice, and workshops that can help parents/carers keep their children safe online.

[Safeguarding Board for Northern Ireland - Emergency contacts](#)

This page gives contact details for the Gateway teams in Northern Ireland. If you think a child or young person under the age of 18 is being abused, exploited (including online) or neglected, contact the Gateway team in your local Health and Social Care Trust.

[UK Safer Internet Centre - Professionals Online Safety Helpline](#)

Offering advice on online safety issues like grooming, cyberbullying and online reputation, this helpline can be useful for anyone that works with children and young people.

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