

Online Safety (*Student Friendly*)

Why do we like the internet?

- It is interesting and fun.
- We can learn a lot from the internet.
- We use it for our school work.
- We can keep in contact with our friends and family.

What is Online Safety?

Online safety is about protecting yourself while using the internet. It helps to keep you safe from online dangers and ensures you can enjoy, explore, and have fun safely.

What are the dangers of going online?

- **Online bullying** – Nasty text messages, emails, or group chats.
- **People pretending to be someone else** – Not everyone is who they say they are.
- **Requests for personal information** – Never share details like your name, address, or school.
- **Inappropriate content** – Some things on the internet are not suitable for children.

Why do we need an Online Safety Policy?

- To help students stay safe while using the internet at home and at school.
- To make sure you know what to do if something online makes you feel uncomfortable or worried.

How does Bristol Metropolitan Academy keep students safe online?

- The school maintains **anti-virus software** to protect against harmful programs.
- **Internet filters** are in place to block inappropriate content.
- Laptops and Wi-Fi access are kept **secure**.
- **Regular PSHE lessons** provide reminders about responsible social media use.

What should you do if you have a problem online?

- **Stay calm** and try to ignore the person causing the problem.
- **Block and report** anyone who is being unkind.
- **Check your privacy settings** to make sure only trusted people can contact you.

- **Tell a trusted adult** (teacher, parent, or carer) if something worries you.
- **Keep all messages as evidence** in case the issue needs to be investigated.

What should you NOT do?

- **Do not keep worries to yourself** – always talk to someone who can help.
- **Do not respond unkindly** – two wrongs don't make a right.

Who can you tell if you are worried about yourself or someone else?

- Friends
- Family
- Teachers or your Head of House

How does the school respond to online safety issues?

- **We take online safety matters seriously.**
- **We listen** to the students involved and offer support.
- **We investigate** the issue and look at any evidence.
- **We may contact parents or carers** if necessary.
- **We encourage students to block and report** using the 'Report Content' button on the Student Navigator page.

Our Internet Rules:

- **Never share your passwords** or personal information with anyone else.
- **Tell a grown-up** if you see or hear something that makes you upset or worried.
- **Do not send messages or emails that could be unpleasant** or hurtful.
- **Be polite and friendly** when using emails or social media apps.
- **Talk to your parents or carers** about what you are doing online.
- **Try to spend less time on your phone** and enjoy offline activities too.

How should we act on the internet?

S – Keep your personal information **SAFE** and **Secure**.

M – Do not agree to **MEET** anyone from the internet; they may not be who they say they are.

A – Do not **ACCEPT** messages or emails from someone you don't know.

R – **REMEMBER**, not everything on the internet is true – always check facts.

T – If something or someone upsets you online, **TELL** a trusted adult at school or at home.

The internet is a great tool when used safely. If you have any concerns, please speak to a trusted adult.