



# Ringwood School

## Year 7 Online Safety: What We Teach Your Child

At school, we want every student to feel confident, safe and responsible when using technology. Our Year 7 Online Safety unit helps pupils understand how to protect themselves online, make positive choices, and know where to get help.

Below is an overview of what your child learns in each lesson.

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### 1. Social Media & E-Safety

#### Learning focus:

- Understanding what e-safety means and why it matters.
- Recognising how online behaviour can affect wellbeing, friendships, and reputation.

#### What we discuss:

- Privacy settings on apps and websites
  - Respectful online communication
  - How small actions can have a big impact online (positively and negatively)
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### 2. Cyber Bullying

#### Learning focus:

- Identifying different forms of cyber bullying
- Knowing how to get help and how to support others

#### What we discuss:

- What cyber bullying looks like (messaging, comments, sharing images, exclusion)
  - How to report concerns
  - How to be an *upstander* rather than a bystander
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## 3. Personal Information

### Learning focus:

- Knowing what is safe and appropriate to share online
- Understanding the risks of oversharing

### What we discuss:

- What counts as personal information
  - How online posts can travel and be misused
  - How to protect identity and avoid scams
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## 4. Digital Footprint & Sexting

### Learning focus:

- Understanding what a *digital footprint* is and how it's created
- Learning why sharing inappropriate images is unsafe and illegal

### What we discuss:

- How online actions leave a permanent record
  - Real-life consequences for young people linked to future plans
  - What to do if they receive or feel pressured to send nude or explicit images
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## 5. Fake News, Reliability & Bias

### Learning focus:

- Spotting fake or misleading information
- Understanding bias and how to find reliable sources

### What we discuss:

- How news spreads online
- Checking facts before sharing
- Why some content is designed to mislead



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## 6. What Will You Do Differently? (Assessment)

### Learning focus:

- Summarising what they have learned across the unit
- Explaining how they will apply this knowledge in real life

### What we discuss:

- Personal online habits
  - Examples of healthier, safer online choices
  - How to support friends and younger pupils
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### How Parents Can Support at Home

- Talk regularly about what your child does online
- Help them review privacy settings on apps and games
- Encourage them to come to you if something worries them
- Remind them: *If something doesn't feel right, talk to a trusted adult*

### Helpful Websites for Parents

#### 1. NSPCC – Online Safety

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Practical guidance on apps, social media, privacy settings, and how to talk to children about online risks.

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#### 2. Childline – Staying Safe Online

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

Support for children and advice for parents on cyberbullying, gaming, inappropriate content, and reporting.

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## 3. ThinkUKnow (CEOP) – Advice for Parents

<https://www.thinkuknow.co.uk/parents/>

Run by the Child Exploitation and Online Protection Command. Explains online risks, sexting, grooming, and how to report concerns.

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## 4. Internet Matters – Parent Guides

<https://www.internetmatters.org/>

Easy-to-read guides on privacy controls, screen time, gaming, social media, and age-appropriate advice.

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## 5. UK Safer Internet Centre

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Parent resources, reporting advice, and guides on managing online behaviour and digital wellbeing.

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## 6. Childnet – Advice for Parents & Carers

<https://www.childnet.com/parents-and-carers/>

Clear advice on online bullying, harmful content, and how to support children using technology.

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## 7. Young Minds – Social Media & Mental Health

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>

Explains how social media can impact wellbeing and how to support healthy online habits.

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## 8. Parent Zone

<https://parentzone.org.uk>

Resources on digital resilience, gaming, online challenges, scams, and responding to online worries.

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## 9. BBC Own It

<https://www.bbc.com/ownit>

Videos, tips, and tools to help children make smart choices online—great for parents to explore with their child.

