Northamptonshire County Council

Online Safety and Wellbeing – The Internet, COVID 19 and Screen time

Resources

Thank you for attending todays online safety and wellbeing session(s) via Zoom, we hope you found them useful. As discussed in the workshop we have put together some resources you may find useful to help safeguard young people online. Please bear in mind this is not an extensive list.

Online Safety and Wellbeing: Guidance and support

- Updated nudes and semi-nude's guidance
- Harmful online challenges and online hoaxes

Online Safety and Wellbeing Teaching or 1-2-1 resources: Primary and secondary ages

- Project Evolve - The free online safety digital education toolkit for professionals working with children
- Think U Know – Check out there resource library, Send me a pic? And there toolkits
- NSPCC - Making sense of relationships covers a number of key topics such as online safety and online friendships, unhealthy relationships and sharing sexualised images
- Trust Me - The main aim of this resource from Childnet International is to educate young people around inaccurate and pervasive information that they might come across online
- Online Identity 3-18 year olds – Download the different educator packs
- Play Like Share – Designed by Think U Know to keep young people aged 8-10 year olds safe online
- So you got naked online – Very useful resource and guide supporting young people concerned around sexting and they now have a SEND version
- Internet Matters – Supporting children with SEND online
- Be Internet Legends – Primary resources around helping children explore the online world, also make sure you download the wellbeing resources
- Better Health – Every Mind Matters - teaching resources which include videos, lesson plans, activity ideas and guidance for teachers on topics such as cyberbullying, online stress, social media and body image in a digital world.
- Social Media and Mental Health - #OwnYourFeed by Young Minds and O2

Resources - Supporting Parents and Carers

- Internet Matters
- Childnet International
- Northamptonshire County Council – YouTube videos feel free to share the videos with parents and carers
- Common Sense Media

Explore Digital Resilience

Digital Resilience - The Online Resilience Tool provides a practical way for professionals to assess young people's online behaviour and help them make decisions about whether that behaviour represents risk of harm. We also recommend you have a look at the digital resilience framework.

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