



Teacher's notes - Key Stage 2

Most children now chat daily either online or via their mobile phone; they are connecting to a huge community of other children all over the world. Some are shy 'in real life' but socialise with confidence online, others find support from people of their own age on relationship issues, or problems at home such as divorce and family bereavement.

Sometimes the online world, just like the real world, can introduce problems, such as bullying or arguments. Going online is great fun, but there are also a few people who use the internet for offensive or illegal purposes. Children must be made aware of both the good things and the dangers.

The ChatGuide lesson for Key Stage 2 covers the basic points your class should know through a video and suggestions for whole class activities. To get off to a good start why not hand out the quiz well in advance so you can fill in any knowledge gaps before the lesson itself.

ChatGuide has a website where you can download both the KS2 and KS3 teaching packs, and play the video. There's also a booklet for parents on internet safety which you can print off and send home with the children. Finally, we would encourage you to make quality copies of all the ChatGuide material to give to other teachers for their use.



A chatroom



An instant messaging client



A message board

“Going online is great fun, but there are also a few people who use the internet for offensive or illegal purposes”

This teaching pack contains

- A Quiz on Chat and internet safety
- A 9 minute video featuring CBBC's Nelly Nut and TV Presenter Barney Harwood
- Suggestions for whole class activities
- Confidential notes to inform you, written by internet safety experts
- A letter to give to parents



Lesson title: How to keep safe on the internet and on mobiles

Objectives

By the end of the lesson the children should:

- 1 Understand all about chatting to others on the internet and on mobiles
- 2 Be aware of the main difficulties they might have (bullying, spam etc)
- 3 Know the key safety messages and what to do to protect themselves

Preparation

- Get the class to do the quiz the week before (see the photocopyable sheet)
- Fill in any knowledge gaps and perhaps go over the different kinds of chat before you show the video (see the Teachers' Notes section for information on Chat)

The lesson

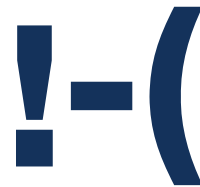
1 Introduction – 15 minutes

- Ask the class to give you the answers to the quiz
- Go over any areas where the children's understanding might be vague

2 Play the 9 minute video

3 Discussion – 15 minutes

- What does keeping yourself safe mean?
- How do you learn to cross the road safely?
- What would you do if somebody sent you nasty, bullying text messages?
- Who can remember what **SMART** stands for?
- Say some of the ways in real life you can find out if someone is trustworthy?
- Should you ever meet someone you have met 'online' in real life?





The lesson (continued)

4 To finish or as a follow-up session, you might like to do some of the following things, depending on the children's ability levels:

- Role Play – in twos:
 - A** You are playing in the park and a stranger comes up to you and asks where you live. What do you do? One of you plays the stranger, then swap over.
 - B** A group of you are talking together in the playground. One of you has been chatting to an internet buddy for weeks and you want to meet up. The group of friends must give advice.....but what?
 - C** You are being sent nasty messages by a bully on your mobile phone, act out how you would tell your mum, dad or carer, then swap over.
- Invent some new smileys ;-) and tell the whole class what they mean
- Draw the internet



“Never accept e-mails from people you don't know. Don't open any attachments as they may contain viruses”

SMART

- S Safe** – Keep your personal information safe by not giving it out to strangers, and ask an adult to help you register for websites.
- M Meeting** – Don't meet up with people you've made friends with through the internet or your mobile phone, if you really want to, take your parent or carer, NEVER go alone.
- A Accept** – Never accept e-mails from people you don't know. Don't open any attachments as they may contain viruses.
- R Reliable** – People may use a made up character, so ask yourself, 'is this person reliable' and 'can I trust them?' Is the website well run and is the information it gives likely to be correct?
- T Tell** – Tell your parent or carer if you feel uncomfortable about anything you see or read on the internet, they will then be able to help you.

Facts on internet safety

Why online chat is important for children

Statistics indicate Chat is here to stay and it's getting more and more popular with usage doubling each year. Children are some of the main fans of online Chat and increasingly organise both their online and 'real life' social lives using mobile phone texting or instant messaging, therefore they need to know the 'rules of the online road'.

Why teaching online safety is important

Experts have suggested that the risk of encountering a child sex offender (paedophile) online is small. Once children are made aware of the dangers, the risks should become almost negligible.

What is 'Grooming'?

Grooming is the process whereby a child sex offender creates the opportunity to sexualise contact with a child and takes steps to prevent the behaviour being discovered or disclosed. Grooming may involve the offender identifying and exploiting vulnerability in a child.



"The internet is one way offenders can get to know children and their families"

'Grooming'– the facts

A child sex offender is...

- A child sex offender is someone with an exclusive sexual interest in prepubescent children. They can be extremely diligent in their preparation with children; some will spend weeks or even months (or even years) getting to know the child or teenager before inviting them to meet up or before asking for a child's mobile phone number.
- They are 'nice people' – they don't look like 'perverts' and they will be sure to be up to date with all the stuff on fashions, sports, bands etc.
- Most online activity by child sex offenders is the swapping of graphic sexual images between 'collectors'. Their interest is normalised through contact with others who are sexually attracted to children, "if there are others doing this, it must be OK", "Kids are sexual beings too, they just haven't started being active sexually yet", "I really do genuinely love the kids I touch sexually".
- Many child sex offenders can now be tracked – to some degree – by examining the internet and computer usage of those who may have been reported. It is therefore something which is beginning to be traceable and therefore visible. Agencies such as the police and schools can now teach kids and parents how to deal with the problem and therefore reduce the risks.

Where sexual abuse happens...

- The vast majority of children are sexually abused in their own homes by people they know. The internet is one way offenders can get to know children and their families. Many offenders contact via off-line methods - clubs, getting to know single parents, etc. The online risk is extremely low, but it is there.



'Grooming'—the facts (continued)

Advice from the experts on how 'grooming works'...

- Experts suggest that offenders 'groom' children by talking to them about the things they are interested in, music, holidays, school, family and friends. They gain the child's trust, then begin to 'sexualise' the conversations to lead the child into believing that sex with their older 'best friend' is natural and normal.
- Child sex offenders may pretend to be the same age as the child or a little older. They may pose as two or more different characters, perhaps a girl of a similar age who introduces her dad or older brother. Some will be honest about their age and claim not to get on with adults.
- They may gradually introduce sexual topics into chat to normalise sexual behaviour.
- Some will expose the child to pornography and play on an adolescent child's curiosity about sex, while others will say they respect the child too much to talk about sex.
- They may encourage the use of a web cam (a tiny camera which sits on the top of a computer, capable of transmitting live images over the internet).
- By the time the child first goes to meet the child sex offender she (or he) will no longer be thinking of him as a being a "stranger".

What you can do, as teachers...

- Teach your class how to keep safe on the internet.
- If a child tells you they have experienced something online, in a chatroom or message board, which has made them feel uncomfortable, assess whether this is an isolated incident or something which has a history. If you feel there is something to investigate, follow your schools local 'Children At Risk' procedures.
- If you need to report anything, you can do so on the Internet Watch Foundation's website www.iwf.org.uk. The website has been set up for this purpose and any incidents should be reported in this way, rather than by telephone.
- If any of your class are being bullied by being sent text messages, they should not respond, but should tell a teacher, parent or carer. If it continues, they should ask for another mobile phone. If a child is being bullied on Instant Messaging, they should be helped to register again with a different nickname.



Things teachers and parents should look out for

(Note: only prolonged evidence of multiples of the following activities should give you cause for concern):

- If anyone has been asked to send pictures of themselves, or their friends, to others
- Excessive use of online services or the internet, especially late at night
- Long periods of unsupervised time in unmoderated chatrooms
- The downloading of very large amounts of graphics files (those ending in .jpg, .gif, .bmp, .tif, .pcx)
- Phone calls from strangers
- Face to face meetings with people they have met online



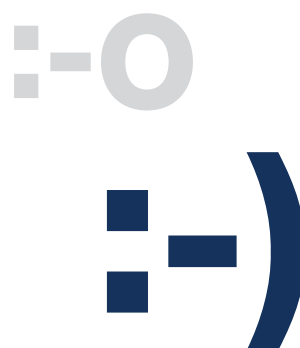
Dear Parent,

This week at school we have been teaching children how to keep safe on the internet, particularly in online social areas. Children are some of the main fans of online Chat and increasingly organise their social lives using mobile phone texting or instant messaging.

Just like in the 'real world' children may come across problems, such as bullying or arguments, and there are also inevitably a few people who use the internet for offensive or illegal purposes. We have been teaching children the 'rules of the online road' so they can get the most out of the internet, safely. You can help at home by following these simple tips:

- Supervise your children's use of the internet
- Encourage the use of websites which require registration, these are more likely to offer well run social areas for children.
- Children should not visit un-moderated (un-supervised) chatrooms.
- Remind your children that online friends are still strangers, if they want to meet up with a new internet buddy, ALWAYS go with them.
- Remind your children to always keep their personal details secret, including passwords and e-mail addresses.

Yours faithfully,



The BBC has created a website on internet safety www.bbc.co.uk/chatguide which has a special section for parents. You will find diagrams of chatrooms, instant messaging, message boards and examples of mobile phone 'texting'.

Why not also print off the eight page booklet for parents? It's been written with mums, dads and carers in mind by internet safety experts.

Get your brains in gear with Nelly Nut's internet quiz

"Hello everybody! The internet is fun and so is chatting online. Me and Miss Bunny chat a lot, as you will see in my special video. Here's what you need to do to get going on my brain teaser. Why not get together in groups to work out and write down the answers?"



Q1 I want to know what the internet is, write down how you would explain it to me.

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Q2 The internet is great fun and a good way of finding out things. What is the internet useful for? Tell me some of the things I could do 'online'.

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Q3 I chat to my friends on my new mobile phone, what do you chat about? Write me a list!

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Q4 Miss Bunny was asking me the other day what e-mail is all about. I've told him lots of times, but can you write it down for me?

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Q5 What is 'Spam'? You may need help with this one!

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Q6 This is a 'smiley' :-) and so is this ;-P Do you know any other 'smileys'? Put your thinking caps on and think of some more for me, draw them and then write down what the drawing is in words. Here's one I did myself to start you off.

<8-@ A Monkey (turn your head on one side to see him)

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Great...now bring your answer sheet along to my exciting internet safety lesson. I hope you'll like the video, it stars me (of course) plus Barney Harwood from CBBC and Miss Bunny!



Glossary

There are two main kinds online conversations you can have, and they are both in text. One happens instantly (chatrooms and instant messaging for example) and the other is more like leaving a sticky note on a notice board which others can reply to by leaving a second note at any time later (message boards or Forums).

Chatroom – A web page that contains a large window into which you can type text, enabling a real-time conversation between many people at the same time. Up to 50 people at a time can chat together simultaneously. A side-window gives the names of those who are ‘online’ with you.

Private Chatroom – Some websites allow people to open their own chatrooms to have one to one conversations with others as they wish. It is much more fun, and safer, for children to stay in public Chatrooms.

Instant Messaging – A very small window where you can chat to a small group of up to 10 people at a time. Instant Messaging (‘IM’) is normally used for one to one conversations in real time. It’s safer than private chatrooms as only people who you have put on your own ‘buddy list’ can communicate with you.

Thanks to: NCH - The Children’s Charity, Childnet, The Lucy Faithfull Foundation and The National College of School Leaders

Message Board (or ‘forum’) – Messages are left asynchronously and appear as lists or ‘threads’ for others to see.

Online Community – Groups of friends or fans who meet regularly and chat to each other in chatrooms or message board discussions. Online Communities normally form around hobbies, interests or ‘cult’ television programmes.

Spam - Duplicate or off-topic messages posted time after time, in order to disrupt a chatroom. Spam can also refer to unwanted e-mails.

Mobile Chat (‘texting’) – You are likely to be familiar with texting on mobile phones but here’s some examples of text messages, for more go to www.bbc.co.uk/chatguide

atb	all the best
bbfn	bye bye for now
cul8er	see you later
gr8	great!
idk	I don’t know
imbl	it must be love
kit	keep in touch
paw	parents are watching
lol	laugh out loud
xlnt	excellent!



Useful links and further resources

The BECTA/Dfes Internet Proficiency Scheme for KS2: www.safety.ngfl.gov.uk/schools

BECTA: www.gridclub.com/games/citizenship/cybercafe

ChatGuide on CBBC: www.bbc.co.uk/cbbc/help/safesurf

Childnet: www.kidsmart.org.uk/pupils

The Cyberspace Research Unit: www.fkbko.co.uk

The Home Office: www.thinkuknow.co.uk

Grid Club: www.gridclub.com/games/citizenship/cybercafe

NCH: www.nch.org.uk

The Internet Watch Foundation (report suspicious activity here): www.iwf.org.uk

The National High Tech Crime Unit: www.nhtcu.org

And don’t forget to visit the new BBC Schools page: www.bbc.co.uk/schools