We all know how amazing and immediate the internet can be, but our children may be exposed to sites, people and situations that we would prefer they avoid when they freely surf, game and chat. Parents are often concerned about their child's safety online, but even the most protective are sometimes unaware of how easily our young people can access inappropriate or dangerous material through the internet, even using sites or programmes (especially games) that may appear safe. Jigsaw PSHE teaches children about being safe online and enables our children to be aware of the risks in an age-appropriate way, ensuring that we enable discernment about safety without causing disproportionate alarm. We encourage children to talk about their online activity in the same way that we talk about other issues within Jigsaw, following the Jigsaw Charter to ensure a safe and supportive classroom environment in which to share our ideas, experiences and worries.

Children need to understand the need for safety and awareness online, especially the issue of social networking. They may not only be using this to chat with people via messages, voice calls or video, they may also be sharing photos or videos, or live-streaming as well as playing games. This is often where something is shared that later people regret, and the item can live on long after the original source has been deleted.

Online abuse is any type of abuse that happens on the web, whether through social networks, playing online games or using mobile phones. Children and young people may experience cyberbullying, grooming, sexual abuse, exploitation or emotional abuse. According to the NSPCC, statistics for online abuse are still worryingly high, making it imperative that our young people receive a comprehensive education regarding this important issue. Often parents are (rightly) concerned about online "stranger danger" but the abuse can often come from somebody the child knows in the real world, for example, being cyber-bullied from within their peer group. This is an increasingly common form of bullying and can happen through games as well as social networks and text messaging. It may include rumour-spreading, posting unkind messages publicly or sharing private images or videos.

Online grooming can occur whereby a person makes a relationship online with a young person. A groomer can be any age and male or female and their motivations may not always be sexual. Our young people need to understand when a relationship is healthy or not healthy (whether online or in real life) so that they can recognise inappropriateness and risk. It's easy for groomers to hide their identity online - they may pretend to be a child and then chat and become 'friends' with children they are targeting. Exploitation may then occur whereby the child or young person is persuaded to engage

in activities the groomer wants, send photographs of themselves, or give away personal and private details. Groomers may threaten to send images, video or copies of conversations to the young person's friends and family unless they continue to take part in the activities. More extreme types of grooming might be for sexual exploitation, for radicalisation into extremist organisations, or to coerce the young person into performing illegal activities such as drug supply and theft.

Children who have been abused or exploited in this way often fear speaking up because they feel ashamed or guilty. They sometimes don't even realise that they have been exploited. Children can often feel very trapped by online abuse as the abuser can reach them wherever they have access to the internet or messaging services and even safe places like their home or bedroom can no longer be detached. Therefore, it is vital that children and young people fully understand how to keep themselves safe online and what to do and who to speak to if they feel in any way uncomfortable. Jigsaw supports children in recognising and understanding this.

These statistics show us the scope of the problem:

- **There are over 2 million Apps that can be downloaded on Android/Apple devices with an average of 6000 being created and added daily.**

- **There are 2.2 billion online gamers worldwide.**

- **1 in 4 children have experienced something upsetting on a social networking site.** (Source: Lilley, C., Ball, R. and Vernon, H. (2014) The experiences of 11-16 year olds on social networking sites.)

- **Around 1 in 8 young people have been bullied on social media** (Source: Ofcom (2017) Children and Parents: Media Use and Attitudes Report (PDF))

- **3 in 4 parents have looked for or received information or advice about how to help their child manage online risks** (Source: Ofcom (2017) Children and parents: media use and attitudes report (PDF))

- **Almost 1 in 4 young people have come across racist or hate messages online.** (Source: Livingstone, S. (2014) Net children go mobile: the UK report: a comparative report with findings from the UK 2010 survey by EU Kids Online (PDF))

- **There were over 2,200 counselling sessions with young people who talked in Childline about online sexual abuse online in 2017/18** (Source: Bentley, H. et al (2018) How safe are our children? The most comprehensive overview of child protection in the UK 2018.)

  (source https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/online-abuse/facts-statistics/)

So how does Jigsaw address online safety? The grid below shows where and how frequently Jigsaw approaches the issues and supports our children in safely navigating their online world, while also balancing the positive aspects of the internet.
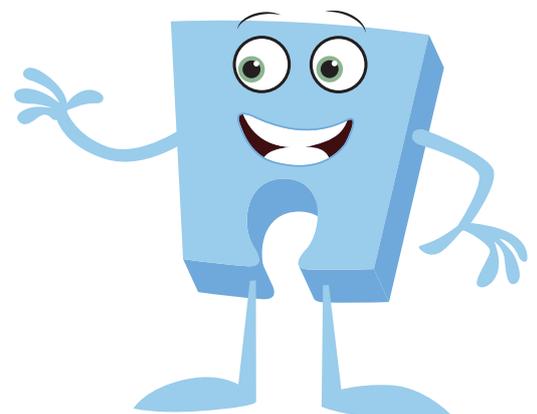
Jigsaw PSHE takes children's safety very seriously and addresses online safety throughout the primary year groups, as seen below.

Where is online safety covered in Jigsaw (2nd edition), either specifically or included in activities?

The six whole-school units of work in Jigsaw are shown below:
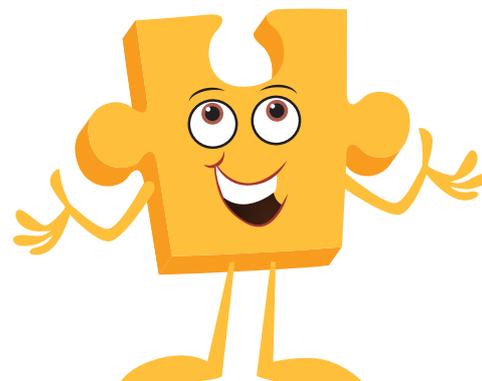
BMIMW: Being Me in My World

Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me

BMIMW ages	Piece (lesson) 1	Piece (lesson) 2	Piece (lesson) 3	Piece (lesson) 4	Piece (lesson) 5	Piece (lesson) 6
5-6						
6-7						
7-8				X		
8-9				X		
9-10						
10-11						
11-12 (P7 Scotland)				X		

Celebrating Difference ages	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
5-6						
6-7			X	X		
7-8		X	X	X		
8-9			X	X	X	X
9-10			X	X		
10-11	X		X	X		X
11-12 (P7 Scotland)			X		X	X

Dreams & Goals ages	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
5-6						
6-7						
7-8						
8-9		X	X			
9-10						
10-11						
11-12 (P7 Scotland)			X	X		

Healthy Me ages	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
5-6						
6-7		X				
7-8				X	X	X
8-9		X				X
9-10	X	X		X	X	X
10-11	X			X		
11-12 (P7 Scotland)						X

Relationships ages	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
5-6						
6-7				X	X	
7-8			X			
8-9	X			X		
9-10		X	X	X	X	X
10-11		X		X	X	X
11-12 (P7 Scotland)			X			

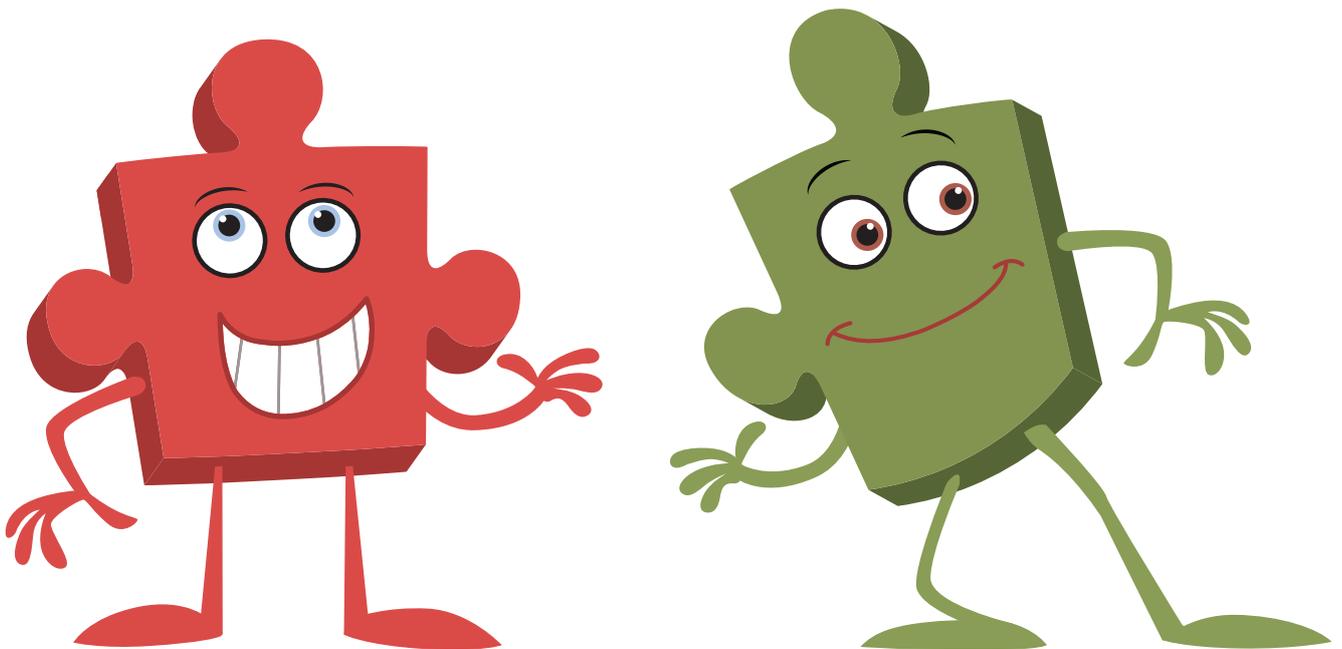| Changing Me ages	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
5-6						
6-7						
7-8						
8-9						
9-10	X		X			
10-11	X	X		X	X	
11-12 (P7 Scotland)		X	X			

As well as those covered in activities within generic lessons such as "how to deal with bullying" which includes cyber-bullying, specific online topics within Jigsaw include:

- Keeping safe online and who to go to for help

- Learning to discern what is real/ fake, and safe/unsafe

- Rights and responsibilities online

- Online gaming and gambling

- Reducing screen time

- Dangers of online exploitation
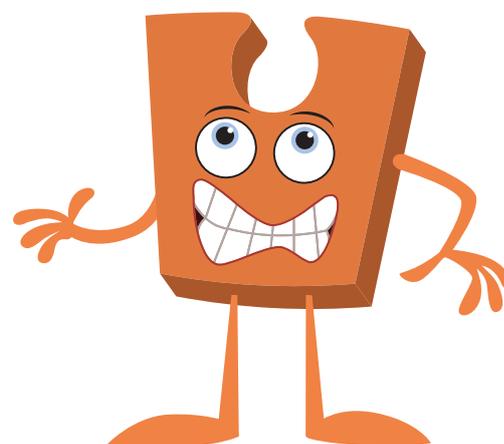
- Online pressures and influences that can impact on a person's wellbeing e.g. comparison of body image, watching video material that is frightening or encourages risky harmful behaviour

- Social networking – the pros and cons

- SMARRT internet safety rules

- Online identity

Schools and parents can therefore be assured that Jigsaw PSHE fully supports children in an age-appropriate and enjoyable way, allowing them to enter the online world knowing how to keep themselves and others safe.