



URSULINE HIGH SCHOOL

Year 7 IT Guidelines and Safety Evening



Future proofing our students

According to Dell Research (with the Institute for the Future), some 85% of the jobs that today's students will be doing in 2030 haven't been invented yet. According to the World Economic Forum's report in 2018, 75 million current jobs may be displaced by automaton and algorithms in the next 4 years but also predicts the emergence of 133 million new jobs, many of which have not yet been created. It also predicts that automation could replace up to 50% of existing jobs by 2030. 90% of jobs will require digital skills.

Secondary School Teachers, Except Special and Career/Technical Edu-

0.8%

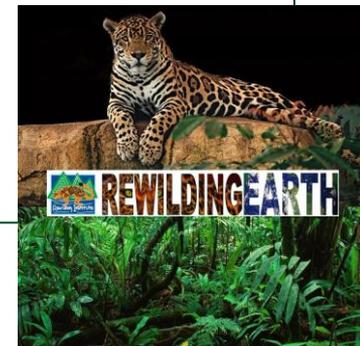
[Vote](#) [Comments \(4\)](#)

Will "Secondary School Teachers, Except Special and Career/Technical Edu-" be replaced by AI & Robots?

There is very little chance of this occupation being replaced by robots/AI. This is further validated by our poll, which suggests a 28% chance of automation within the next 2 decades.

What does this mean for us?

- We are a Microsoft Incubator School.
- Office 365 – the expected App but also Forms, Stream, Power Automaton, Flipgrid.
- Class VR Headsets
- Drone / robotics / 3D printers
- STEAM Academy with a rewilding the school project.



Future careers

- Digitally literate
- Creative – Gen Z students are content creators now.
- Flexible, adaptable and life long learners.

Our skill set would last 20 years in our career. Now they last just 3.

In-the-moment learning will become essential, with the ability to gain new knowledge valued higher than the knowledge people already have

MOBILITY

17 JOBS **15 HOMES**
IN A LIFETIME*

TOP NAMES

- | | | |
|---------|---|----------|
| William | 1 | Lily |
| Jack | 2 | Chloe |
| Jacob | 3 | Isabella |
| Lachlan | 4 | Mia |
| Oliver | 5 | Olivia |

GENERATION Z

★ BORN 1995-2009 ★

EFFECTIVE ENGAGEMENT

- | | | | | |
|---|--|---|---|---|
|  | Verbal
Sit & listen
Teacher
Content (what)
Curriculum centred
Closed book exams | → | Visual
Try & see
Facilitator
Process (how)
Learner centric
Open book world |  |
|---|--|---|---|---|

EDUCATION

-  1 in 4
-  1 in 3
-  1 in 2*

UNIVERSITY EDUCATED

WEALTH

Avg. annual earnings in 2063 (as Gen Z retire)*

 \$222,000

Average capital city house price (2063)*

 \$2.5 MIL.

DIGITAL INTEGRATORS

 10 HRS 19 MINS
TECH. USE/DAY

 5,100,000,000
SEARCHES/DAY

 4,000,000,000
VIEWS/DAY

 1,000,000,000+
ACTIVE USERS

 500,000,000
TWEETS/DAY

 1,000,000+
APPS



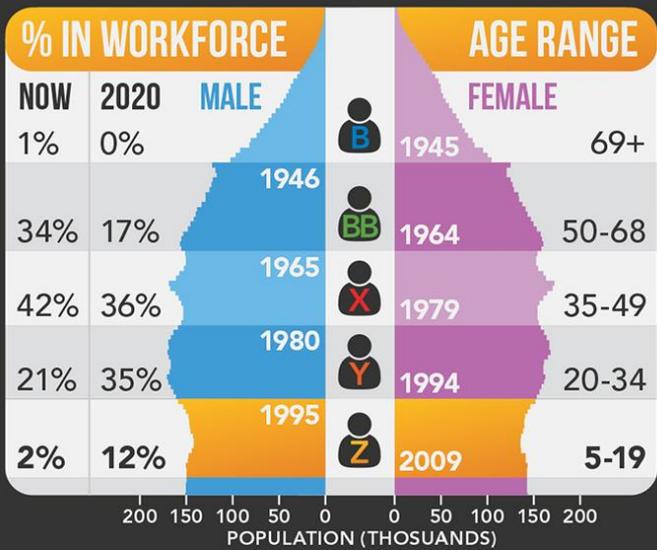
SLANGUAGE



HEALTH

% likely to be obese/overweight when all Gen Z have reached adulthood (2027)*

 77.9  61.8



GLOBAL GENERATION

2,000,000,000 2 BILLION GEN Zs

COUNTRIES WITH LARGEST NUMBER

- 
- 
- 

REDEFINED LIFESTAGES



Future careers

This doesn't mean we embrace digitisation at the cost of anything else.

Our students will need to be more creative than ever before, especially in the creative arts, something we at the Ursuline are passionate about.



Good working habits

- Use the tablet in a quiet 'communal' space at home
- Parent/daughter discussions about what activities students are completing on the tablet
 - Separate work/social time
- Time limits on 'tablet' time
 - Not all homework tasks will require the tablet
- Switch the tablet off (and other devices) at least an hour before bedtime
 - Digital devices can seriously disrupt the quality of sleep



What do we use the tablet for?

- This is a **LEARNING** tool and not a socialising tool
- The tablet is in addition to other learning tools e.g. books, whiteboards, it does not replace these tools
- We use the tablets for targeted pieces of work:
 - Controlled use in the classroom for specific tasks as your teacher directs
 - Accessing resources and activities through MS Teams
 - Extended learning e.g. homework

MS Teams and OneNote Demo

Taking care of the tablet

The tablet remains the property of the school

The tablet should always be carried in the case provided

Store safely

- Out of view in public places e.g. buses, left in the car

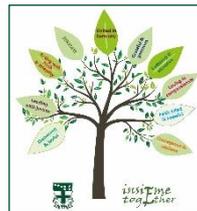
The tablet should not be defaced with stickers

Bring to school every day!

Report any faults to the tablet doctor promptly

To Know

The tablets used by your daughter will have eForensics on each one.



Using the tablet safely

Students.....

- Must ALWAYS log out of the tablet when it is not in use to prevent anybody else accessing files/email
- Must not use the tablet for any illegal/anti social purpose
 - E.g. sharing music files, inappropriate websites, posting inappropriate messages on social networking sites
- Must not download inappropriate programs or material
 - i.e. that could be used for or are linked to bullying, extremism
- Should take care not to introduce viruses onto the tablet
 - Only download material from trusted sources

Parental Controls — all devices have them

Here you'll find the relevant links to the parental controls instructions for the major devices.

Parental controls setup guides for the major tablets and smartphones:



Parental controls setup guides for the major gaming consoles:



Parental controls setup links for the main laptop and tablet operating systems:



<http://www.internetmatters.org/controls/devices-computers/>

Internet Filtering @ Home

The school requires that you have internet filtering on your home broadband turned on to protect our devices while at home

All of the top broadband providers in the UK provide internet filtering and you should check with your provider how to enable and change these settings

What Can We Do?

- Limit the time spent on electronic devices and remove them in the evenings/night.
- Know what she is doing online
 - open space at home for access

Where can I get practical advice?

- www.childnet.com
- www.saferinternet.org.uk
- <https://www.tigermobiles.com/2015/05/how-to-protect-your-children-on-their-smartphone/>
- <https://www.internetmatters.org/>



The screenshot shows a web browser window displaying the 'Parents' Guide to Technology' page. The page title is 'Parents' Guide to Technology' in orange text. Below the title, there is a paragraph of text: 'In the parents' sessions we run in schools, we get a lot of questions about particular devices that children are using or asking for. This guide has been created to answer these questions and introduce some of the most popular devices, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly.'

There are two main content blocks:

- Smartphones:** Includes BlackBerry, iPhone.
- Gaming devices:** Includes Xbox 360, PlayStation 3, PSP, Nintendo Wii, Nintendo DS.

On the right side, there is a navigation menu with the following items:

- Young people
- Parents and carers
- How to communicate
- Safety tools on online services
- Parental controls
- Parents' Guide to Technology
- Smartphones
- Gaming devices
- Internet-enabled devices
- Teachers and professionals
- Foster carers, adoptive parents and social

Below the navigation menu, there is a 'Quick downloads:' section with a button that says 'Download our Top 10s for iPhone'.

The browser's address bar shows the URL: <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-...>

The system tray at the bottom right shows the date and time: 12:33, 21/08/2015.

How to Keep Kids Safe on Popular Apps

To comply with COPPA (Children's Online Privacy Protection Act), most services like Facebook and Snapchat require their users to be at least 13 years old



Parents need to be aware that children can lie about their date of birth in order to sign up for certain sites

Snapchat:

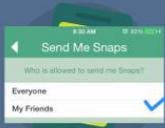


What it is:
Allows users to send pictures and videos that delete themselves after a short period of time (usually a few seconds)

The risks:
May encourage risky behaviour
Teens may think that since the inappropriate photo or video will be deleted, it doesn't matter

Pictures and videos are not gone forever
• With technical knowhow, they can be retrieved
• A screenshot or simply taking a picture of the screen with another device can also capture the image

What to do:
Ensure children know that anything digital (including "self-destructing" pictures and videos) can still be shared with others



Manage account settings so that your child can only receive pictures from their friends list, as opposed to everyone

Follow up by monitoring their friends list

Social Media in Year 7

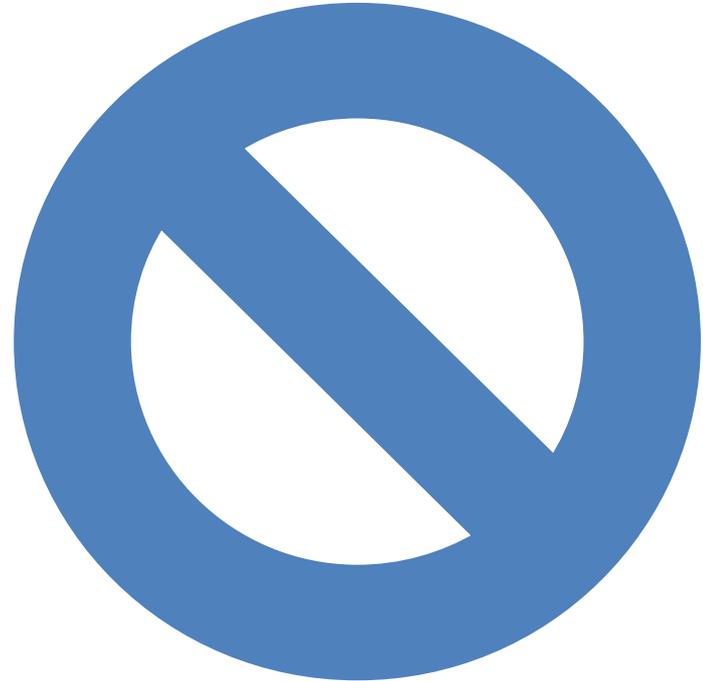
- Countless friendship issues which are exacerbated by the misuse of social media
- Drawn into issues with other student
- Tempted to say unkind comments
- Unable to move past comments online
- We have a **no social media policy in Y7 – asking for your support**
- If students do use social media, this will be taken into consideration when dealing with issues raised
- We need to work together to support our young people and we are stronger if we all do the same

Dangers Online

- Risk of coercion
- Pictures, comments etc can be passed on without permission.
- Access to people they do not know easily
- Not easy for young people to recognise a 'stranger' online
- Easy to inadvertently share personal info
- Child exploitation

Important reminder:

- Year 7 students are prohibited from using any form of social media in accordance with the Ursuline school policy and in addition to legal age restrictions.
- All students must place their mobile phones in their lockers as soon as they arrive to school.
- Thank you for your support on this matter.



Friendships

How do young people form / develop friendships?

- **In person:** at school, youth groups, clubs, extra-curricular activities, meeting up with friends from primary school, etc.
- **Online:** Social media and gaming sites, maintaining friendships with friends from primary school, etc.

Dangers: Does your daughter know who she is conversing with online?



Risks & Dangers of Social Media and Gaming

Catfishing – When an individual pretends to be someone different on social media, deceiving those they connect with online.

Grooming - when someone builds a relationship with a young person online because they want to trick or pressure them into doing something that may hurt or harm them.

Violent Imagery – Exposure to footage or imagery with the intent to shock or disgust viewers.

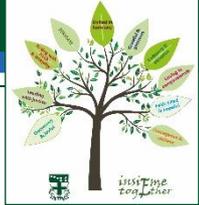
Sexual Harassment - unwanted sexual conduct on any digital platform e.g. requesting photographs, sexting, sexual jokes, offensive images, semi-nudes, airdrop/bluetooth.

Phishing attacks - deceiving fraudulent communications that appear to come from a reputable source.

Peer on peer - online bullying, unkind comments, anonymous sites.



Social Media – Age Restrictions

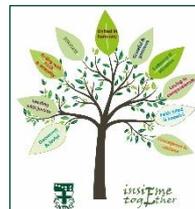


Points for discussion:

- What counts as social media?
Websites and applications that focus on communication and sharing of information.
- Which social media / gaming platforms does your daughter have access to?
TikTok, Snapchat, Instagram, Discord, WhatsApp...
- To what extent should parents 'manage' their child's social media content?
Completely. You should be aware of what apps your daughter is using, how she is using them, and who she is communicating with.
- Who is your daughter in contact with via social media?
Hopefully just their friends; but it could be anyone!
- What is/should social media be used for?
Strengthening positive relationships with known persons, sharing useful information (e.g. homework deadlines).

How to discuss with your daughter

1. May be reluctant to engage, find the right time.
2. Have healthy limits regarding screen time.
3. Discuss Parental Controls: [Instructions](#)
4. Natural v unhealthy relationship with social platforms.



Advice for parents:

- Be available and listen.
- Teach your child about online safety before they start using social media.
- Look comfortable during your talks with your child.
- Be constructive - if you look too worried or surprised they will be less likely to come to you if they want to talk.



Deleting Social Media Platforms

How to delete social media apps from a mobile or desktop – helpful links:

Instagram:

- [How to Delete an Instagram Account \(with Pictures\) - wikiHow](#)
- TikTok:
- [How to Delete a TikTok Account: 7 Steps \(with Pictures\) - wikiHow](#)

Snapchat:

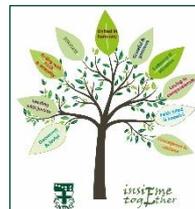
- [4 Ways to Delete a Snap on Snapchat - wikiHow](#)

Facebook:

- [How to Delete Your Facebook Messenger Account on PC or Mac \(wikihow.com\)](#)

What are these? Warning Signs

- **GNOC**
- Getting naked on camera
- **IPN**
- I'm posting naked
- **CBB**
- Cant be bothered-
- **ASLP**
- Age, sex ,location, please-
- **182**
- I hate you
- **WDYM**
- What do you mean
- **LMIRL**
- Lets meet in real life
- **CICYH**
- Can I copy your homework-
- **TAW**
- Teacher aware
- **PIN**
- Parent in room



Safeguarding Team at UHS



Ms Michelle Alexander
Assistant Headteacher
Designated Safeguarding Lead



Ms Rachael Gilmore
Mental Health Lead
6th Form Designated Safeguarding Lead



Ms Jo Wild
Wellbeing Co-Ordinator
Safeguarding Officer



Ms Sarah McCourt
Year 7 & 8 Pastoral Assistant
Safeguarding Officer



Ms Kerry Connor
~~Assistant~~ Headteacher Ethos



Ms Rachel Donohue
Acting Assistant Headteacher
~~Behaviour~~

If you have any concerns or worries, please see one of the members of Safeguarding Team or email at wellbeingsupport@uhsw.com



Remember

“It’s so important to find times throughout the day when you and your daughter and everyone else in the family put away your screens and talk to each other, face to face.”

Dr. Michael Birnbaum, adolescent psychiatrist

