



Keeping yourself safe whilst working from home

You will be spending more time online than usual, regular breaks away from electronic devices are really important.

REMEMBER - **All communications between teachers and yourself will be through your teachers' and your school email account.** The tasks set may direct you to different websites or apps to help you complete your work.

Online Safety

We want you to stay in touch with your friends and use online platforms during these difficult times, but remember stay safe

Advice for Staying Safe Online – Be sensible, stop and think



Never send anything inappropriate or be unkind online.

Keep personal information private, NEVER share personal details like your address, school, phone number or location. **Avoid posting anything that can identify you** to a specific location such as your school, football club etc.



Make sure you **check security settings are in place** so that you control who sees anything you share online and check these regularly.

Make sure you **don't share passwords**, even with friends. Make them hard to guess and if you think your account has been hacked or cloned, report it straight away and change the password.

People online are not always who they say they are. You should never agree to meet someone in person you have only ever met online. If someone makes you feel uncomfortable online, log off or block them. Use reporting buttons to report inappropriate behaviour. There is one on the Roundhay School Webpage if needed.



THINK

**BE SAFE
NOT SORRY**

Think before you post or send anything online - would you be happy for anyone to see it? Even if you send something privately the person you are sending it to could screen shot it, or take a phone from another device and share it. Would you be happy for your family to see it? What about a future employer?

Make sure you don't accept or open files from people you don't know, as they could contain viruses or inappropriate messages or pictures. Delete suspicious emails.

Take a break from being online. You need to do something that takes you away from a screen and helps you relax or focus on something else.



If you do send something you regret please report it so you can get some help.

What do I need to do if I am worried?

All staff who work in school have a responsibility to safeguard and protect children and young people. If you are worried speak to one of our safeguarding team.

Safeguarding staff are available during school hours: 0113 3931200



If you are worried you have been a victim of online abuse, or you're worried about somebody else, you can also report this to CEOP online at www.ceop.police.uk/safety-centre.

www.thinkuknow.co.uk have advice for all different ages including parents/carers on all sorts of online issues and where you can get support.

If you are being bullied online and would like to talk to someone in confidence, you can also speak to **Childline on 0800 1111** or talk to them online at www.childline.org.uk/get-support/contacting-childline.

Other support agencies you may find useful

Mental Health Support

KOOTH - <https://www.kooth.com> – online service only.

YOUNG MINDS – Text YM to 85258 – 24/7 crisis support.

MINDMATE - <https://www.mindmate.org.uk> – great website with lots of links.

THE MARKET PLACE - Tel: 0113 246 1659 -

<https://www.themarketplaceleeds.org.uk/> - offering support on any issue.



Looking after your PHYSICAL and MENTAL health

CONNECT

It's important that we keep in touch with others. Try to use a platform that allows you to see people as well as speak to them.

KEEP LEARNING

Use this time to learn something new. It could be related to school work or it could be something else -find something you will enjoy.

BE ACTIVE

Make sure you are physically active for at least 30 minutes every day. There are lots of ideas of online activities. If you can't go outside open all the windows.

TAKE NOTICE

Take notice of what's going on around you. Don't spend hours at a time looking at a screen. Have breaks and be aware of your

GIVE

Be kind and try to help others. Think of ways to support your friends, household or community whilst following the current guidelines.

Yoga – Great exercise and great for reducing stress and anxiety

<https://www.youtube.com/user/yogawithadriene/videos?app=desktop>

PE with Joe Wicks – Feel energised, get fit

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

FOR FURTHER INFORMATION
<https://www.roundhayschool.org.uk>

Sixth Form / Essential Information / Wellbeing

