

# e-Safety Newsletter

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## Sleeping and Dreaming

An e-safety concern?

## Social Media

Apps and risks

## Bits n Bytes

Useful links





Alan is a consultant who has worked in the education sector for many years. With a local authority background, he has a passion and deep understanding of the technological needs and frustrations of schools.

Alan now works for himself, in partnership and collaboration with many others, across the country helping and advising schools, charities and other organizations with a particular focus on e-safety.

The picture above is when Alan had hair!

### Contact Alan

☎ 01522 25 30 88

✉ [alan@esafety-adviser.com](mailto:alan@esafety-adviser.com)

🐦 [twitter.com/esafetyadviser](https://twitter.com/esafetyadviser)

## A message from Alan Mackenzie

Hi and welcome to the newly-designed newsletter. I really liked the old design but it was time for a fresh change. I hope you find this new one clear, bright and a little more reader friendly, which is exactly the design I was after.

### Creating an e-Safety Group

Over the next few weeks I will be writing a new, free guide. Specifically this is about creating an e-Safety Group, what it's for, who should be in it, roles & responsibilities, standing agenda items and much more.

If you have had experience of this, good or bad, lessons learnt etc. then I would be really interested to hear your thoughts.

I hope you enjoy the newsletter. If not, don't be silent, let me know. If there are areas you would like me to cover then equally let me know.

# Sleeping and dreaming

## An e-safety concern?

Quite often (and quite correctly) we'll concentrate on the very safeguarding concerns of e-safety. If you're at a school or you work with children that's a statutory responsibility, but it's important that we don't forget other important but quite diverse areas.

### The over-use of digital devices.

Is there such a thing? I'm not sure yet, but the evidence is leading me to think yes. Much like children and violent/sexually explicit games I think we're only just beginning to understand these areas, however for that very reason I think we need to be more risk aware and err on the side of caution..

A couple of weeks ago I read a very interesting article online (link at the end) which was written by Dr. Richard Graham who is a Consultant Child and Adolescent Psychiatrist. In it he speaks about the potential for the greatest impact on health and well-being which is sleep disruption. He writes that this is one of the main symptoms reported by young people who are seeking help to control their use of technology such as games, tablets, laptops etc.

Should this be a concern for schools?



Does over-use of digital devices lead to sleep deprivation and reduced creativity?

**(continued)**

## **Sleeping and dreaming - an e-safety concern?**

Those who know me know that I love technology. Despite some shortfalls and frustrations I truly believe that technology is a force for good, particularly when used appropriately for education. But I am becoming concerned with device over-use. Despite the advice and guidance I give to others, I still lie in my bed last thing at night (sorry to put that vision in your head) catching up on the latest innovations, risks, initiatives etc. and every single time it takes me ages to get off to sleep, my mind is racing, yet I have to do this, it's the only way I can keep up. I'll wake up tired, irritable, grumpy, unable to concentrate. I'm sure this resonates with many readers of this newsletter. I know the effects this has on me, but what about children and young people?

In his article, Dr. Graham ponders whether it is the distraction of using devices (social networks, games etc.) or a chemical effect that their use has on our brain? I'm inclined to think it may be both; for many children and young people, their friends and interests are online and that's where they want to be. At the extreme end of this you have what is commonly termed the 'fear of missing out' or FOMO, in other words what or who are their friends talking about? Clearly there has to be a chemical effect too, and this is where Dr. Graham cites research carried out at Harvard University in which they compared the sleep of persons who read an ordinary paper book to those who read from an e-reader. Those who read from the e-reader led to a 55% reduction of the sleep hormone melatonin. The individuals struggled to get to sleep and then struggled with wakefulness and alertness the following day. There was also a reduction in REM sleep.

Many of the schools I visit mention that they are seeing this effect on children, sometimes this crosses over into the children that are playing highly inappropriate games until the early hours.. There are behavioural issues such as a decline in good behaviour, refusal to eat, lack of concentration. Of course this can't be wholly attributed to using technology, but it does need to be a consideration.

Over the last couple of years there has been a huge increase in the use of technology across many areas of the curriculum, it's no longer just an ICT lesson, and it does make me wonder if we need to be thinking carefully about the amount of screen time that children are getting in school, as well as homework that requires the use of a screen.

This is a really important issue and I would recommend you raise it with your parents. If you subscribe to my parents newsletter I'll be discussing this same topic to make them aware in a couple of weeks.

I haven't done Dr. Graham's article any justice here so take a look for yourself, it's a fascinating read.

To view the full article in the Huffington Post follow this link:

[http://www.huffingtonpost.co.uk/dr-richard-graham/digital-detox-resolution\\_b\\_6454734.html](http://www.huffingtonpost.co.uk/dr-richard-graham/digital-detox-resolution_b_6454734.html)

# Social Media

## Apps and Risks

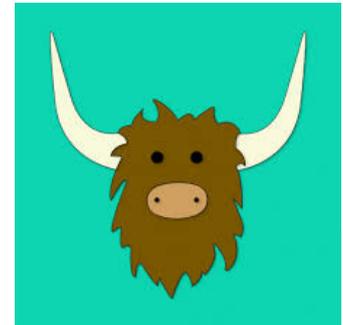
Each newsletter we'll take a look at a couple of apps to keep you updated on any new apps, or sometimes some older apps that are starting to come get more attention.

### Yik Yak

Age: 17+

**What is it?** It's an anonymous sharing app where the user has no profile, all updates are completely anonymous (to the end user).

**What's the concern?** Whilst anonymity in itself no bad thing, some users will be much less inhibited when using it. Unlike most social networks that allow the user to connect globally, this one uses the GPS location on your smart device to connect you with the first 500 users in a 1.5 mile radius of where you're standing. I'm not hearing about this too much in schools just yet, although it has had a lot of media coverage in the United States. With that said, I have visited one primary school where a student made a very serious child protection disclosure regarding his use of Yik Yak, and I have spoken to a senior police officer recently who states that this app in particular is now starting to come to their attention more and more.



### Omegle

Age: 18+

**What is it?** This is quite an old one, and not strictly an app. Essentially it's a free online chat (and video chat) website that openly promotes talking to strangers. It will pair you up with a random stranger and it can also search your interests on Facebook to pair you with a like-minded individual.

**What's the concern?** The site is intended for adult users and chats are anonymous. There is no little to no moderation and the one-on-one chat is very high risk.



## Useful Resources



Brilliant scheme of work and lesson plans, videos etc. to empower the safe use of social media using blogs as a platform (primary and secondary)  
[www.safesocialnetworking.org](http://www.safesocialnetworking.org)



There's simply too much to say about these phenomenal resources from the South West Grid for Learning. Take a look for yourself (all year groups from EYFS)  
[www.digital-literacy.org.uk](http://www.digital-literacy.org.uk)

## The e-Safety Academy

The e-Safety Academy is a growing collection of short (10 minute) videos that are specifically tailored for staff who work with children. Whether you need a general awareness or a deeper understanding of certain topics.

View at a time to suit you, at home, at work, or as part of an all-staff meeting.

The videos are progressive, taking you from the basics through to more in-depth topics.

Advanced topics for staff with e-safety responsibility.

Videos are constantly being added to.

Significant savings - the cost is a whole site licence, not based on members of staff or school size.

Sign up for a free trial:

[www.esafetyacademy.com/trial-course](http://www.esafetyacademy.com/trial-course)



# Bits n Bytes



## Safer Internet Day 2015

Don't forget the theme for this year on Tuesday 10th February:

“Let's create a better internet together”

<http://www.saferinternet.org.uk/safer-internet-day/2015>



Department  
for Education

## School Website

Your website is the window through which others can see in. Remember that there are some things that you MUST display on your site:

<https://www.gov.uk/what-maintained-schools-must-publish-online>

Psychology Today

## Sexting Teens?

An interesting perspective from Psychology Today on why sexting is (apparently) over-reported in the media:

<http://www.psychologytoday.com/blog/connected/201501/how-many-teens-are-actually-sexting>



## Bringing school to life using Aurasma

A wonderful way of tapping creativity using augmented reality.

<http://ipad4schools.org/2013/09/28/bring-schools-to-life-with-aurasma-app/>



Instagram

## Parents guide to Instagram

A brand new guide from the UK Safer Internet Centre:

<http://www.saferinternet.org.uk/safety-tools/instagram>



**Contact Alan Mackenzie**

☎ **01522 25 30 88**

✉ **alan@esafety-adviser.com**

🐦 **[twitter.com/esafetyadviser](https://twitter.com/esafetyadviser)**