

### Creating Enabling Environment in Schools to Promote Online Safety



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**S**afety, online or offline, is never an option. It is a necessity. Students, teachers and other staff spend such a large chunk of their time in school that it becomes imperative to provide an environment to them where they not only remain safe, but also feel safe. The power that the internet possesses is tremendous as it is not controlled by time, space or physical boundaries. It is accessible 24X7 to an individual. One cannot expect to bring about a 'Safe Online Environment', by being a mere bystander. Therefore, as teachers and heads, the first step to ensure online safety is to become internet literate. When we as adults are able to acquaint ourselves with the nuances of using internet, we are able to

understand the threats and possibilities better and are in turn equipped to educate the young users too. In schools, we can restrict this use by installing firewalls and anti-virus software, but our responsibilities don't end there.

We need to empower students to understand and analyse the threats involved when they communicate or access information online. They should be educated to understand the implications of and the risks involved when they turn their geolocation on, arrange offline meetings with online friends who adorn fake identities, accept friend requests from strangers etc. This platform being a private interface

and giving the ability to a person to access it irrespective of their age group becomes all the more dangerous as the user is not mature enough to handle the features which are quite enticing and glamorous to their young minds. Handling social fame or isolation poses challenges, which the student finds difficult to cope with.

While we cannot alienate the students from the world of internet, we can definitely try to make them more capable of

handling it better through multiple awareness programmes that are not taken up in isolation but are carried out in an integrated manner and find a place in the school assemblies, lesson plans, skits, art, competitions etc. Such ideas can be reinforced through short films, quiz sessions, debates, tests, storytelling and other variety of shows. Above all, a trust need to be inculcated in students that despite all the measures taken, if something goes wrong with them on their social media

accounts, they can confide in safe adults around them who will help them and not be judgmental. This belief system should be ingrained, as incidents that occur online are inaccessible to any other person except the user. It becomes all the more crucial to strengthen the bond between the student and his/her mentors.

"Nothing EVER goes away once it is posted online. Think before you click!"



## Parent's roles in child's online behavioral activity

Internet is pervading several spheres of children's world in both positive and negative ways. Positive use of internet as a key lever to gain knowledge and communicate has also rendered children vulnerable to many negative effects of internet. Some of the widely prevalent ways internet is affecting children are – cyberbullying, internet addiction, adult content, fatal games like blue whale, social anxiety, indoctrination by radical elements, cybersex, etc. As such, parents need to know both –

- Dangers of online activity
- Ways and means to monitor and control their children's online activities

websites. Parents can plan to install software on their children's devices that allows them to monitor and report internet usage, place time and site restrictions, set other controls on their children's online activities.

Parents will also need to demonstrate what they expect from children. Parents using unlimited internet and in non-positive ways will not help win children's trust and respect.

Education and information play key roles and are the first steps. Parents should talk to other parents, teachers, their children and other stakeholders to learn more of this grave threat.

Like with any evil, technology advancements are much faster than availability of safeguarding mechanisms.

Fortunately, there exists technological means to monitor and control your child's online activities. Parents should clearly understand reasonable needs of their children's internet usage in terms of time and websites. Parents should educate their children towards the dangers of overuse and exploring dangerous

Parents should engage their children in sports, reading, social interactions, music and similar activities to help their children build varied interests and learn self-control in use of internet, which is increasingly becoming highly addictive.

Parents should be ready to be strict with their children if they notice unreasonable tilt towards internet and negative behavioral changes in their children.

In worst cases, where children seem to become addicted or victims, parents have a duty to report and seek counselling intervention and advice. Parents will need to follow through the advice of such experts whether in school or outside just as they would seek medical relief for their children.



**Ekta Gupta**  
School counsellor,  
Amanora School, Pune





**Prerana Oswal**  
HSCP committee  
Parent Representative  
Vista School,  
Hyderabad

Schools are second home for children, as they spend most of their time at School rather than home. It is important that this second home of theirs is hygienic and safety measures are in place for the overall development of the child. Safety at school allows children to look forward to being in an encouraging environment, promoting social and creative learning.

As part of the HSCP Parent Representative of 2018-2019 at Vista Pearson, I have conducted audits in this regard. I was really happy and satisfied with the extensive detailing of each and every aspect of health and safety, which were taken care by the school in all areas including the

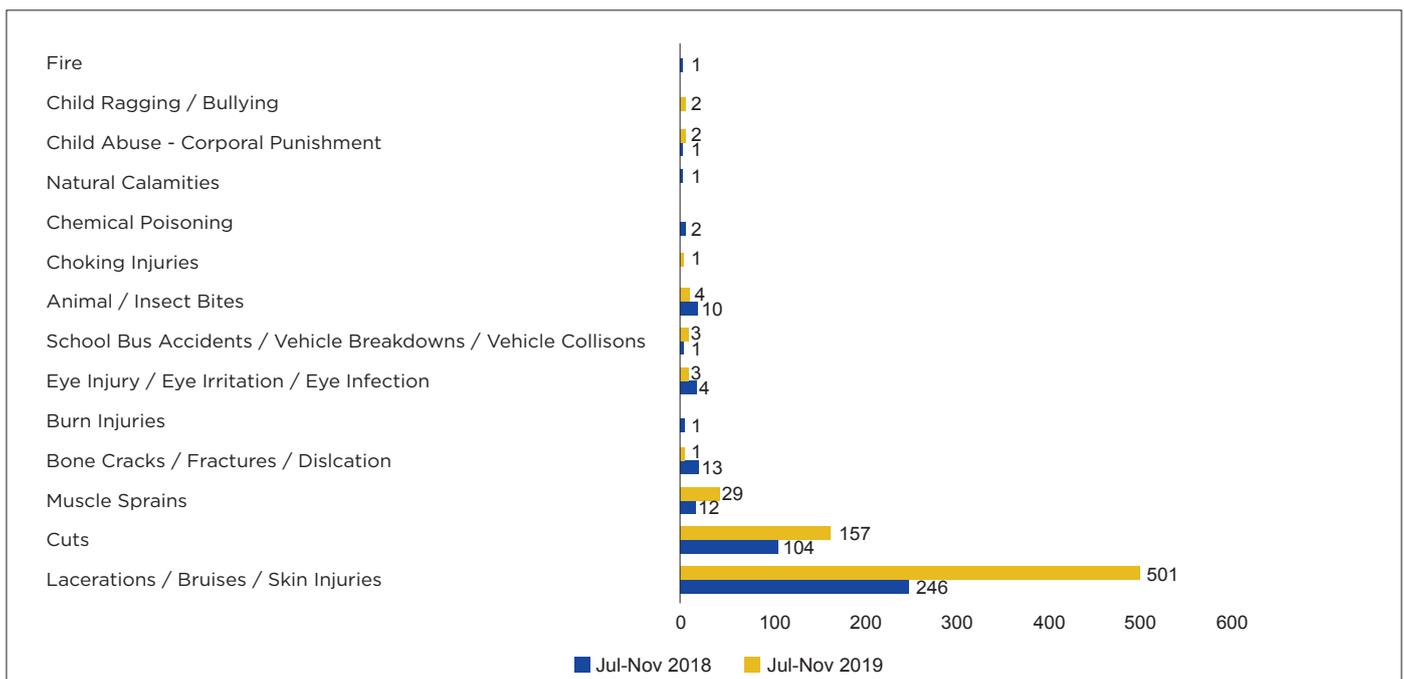
bus, laboratory, classroom, library, playground, washrooms, activity areas etc. They have laid down guidelines and have a regular monitoring / inspection system in place. I was happy that beyond just keeping the places safe and hygienic, the kids are being regularly briefed about safety and the Teachers and Student Representatives work collectively to ensure that the norms are adhered to, and this second home to the children helps in their overall development.

My heartiest thanks to Team Vista to ensure that the children's needs are taken care in such a meticulous way.

## The Quarter that Was...

### Health and Safety Incidents

Summary of overall incident numbers and comparison of data for the same period for previous year.



Pic A0: Health Safety Incidents Incident Comparison Jul -Dec 2018 Vs 2019



## HSCP activities / Initiatives around our Schools



### 1) Online Safety Campaign in Schools

First phase of “Online Safety Campaign” was rolled out in Nov 2019, with an aim to support all learners, staff and parents in adopting safe online practices and prevent cyber bullying. Phase one programme under this theme will be continued till Jan 2020. School HSCP coordinators will oversee executions of various activities covered under this plan.

### Online Safety Awareness Campaign

Period: **3 Months** (Oct-Dec 19)

Driven By: HSCP Coordinators

#### Pre-launch Phase

- Sensitise HSCP Cords/RLA/CH (Sep 19)
- Activity Planner for Schools- (Sep 19)
- Pre launch- Intro mail & EDM to School principals

#### Passive Awareness Activities for Students

- EDM for the MNB
- Weekly Posters on Online safety on MNB
- Weekly Alerts on Online Safety topics (12 in all)

#### Students Based Activities

- Online Safety Awareness PPTs\* by HSCP cord/Acad Cord/Comp Teacher
- Online Safety Videos\*
- Classroom activities:
- Skits/role play Cyber Bullying
- Poster/Painting Comptn
- Assembly Talk (Cyber safety/cyber bullying/harmful games/health hazards, etc)

#### Staff Centred Activities

- Cyber Security awareness session by Principal/Comp Teacher (PPT+Video)\*
- Social media DOs/DONTs discussions for staff
- Safe technology checklist
- Email/Whatsapp
- App Safety controls
- Technology Safety Checklist\*
- Quiz for Staff\*

#### Parents Focussed Communications

#EDM on:

- Online gaming
- Digital Resilience Cyber bullying
- Top Online safety tips
- Myth and fact Parenting tips-Online Safety
- Screen time awareness
- Internet Seaching
- Sexting guide
- App's safety controls
- SMART tips Online Safety
- Technology Safety Checklist

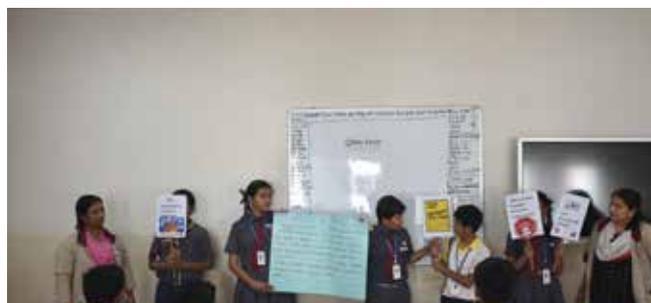
#Interaction with parents led by Principal (incl Quiz)

#News and Writeups on online safety in school newsletter

(Content to be prepared by Central Team/School Team)

Image: macro-elements of the plan.



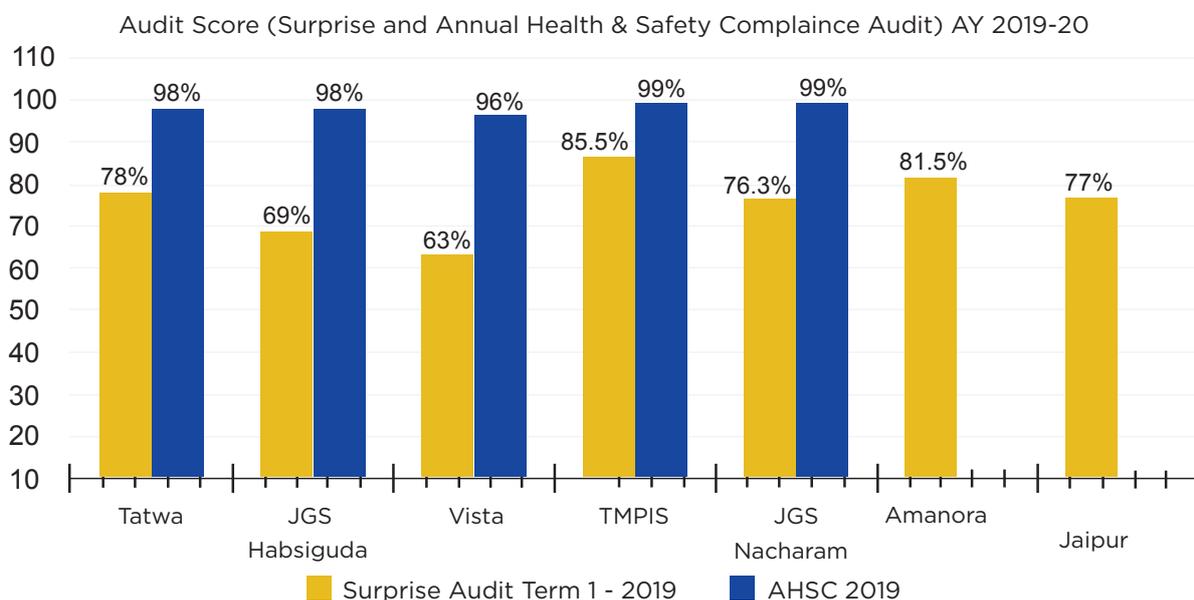


## 2) Annual Health and Safety Compliance and Surprise audits.

TMPIS, JGS Habsiguda, JGS Nacharam, Vista and Tattva Bangalore has underwent annual health and safety compliance audit during this period. All of them achieved Green rating in the audit with commendable compliance score. The audit review program covered

detailed inspection all the health and safety standards documents and ground checks. Congratulations to the school teams for attaining a great result.

Surprise audit program for Term 1 was also completed in all the schools during this period.



### 3) Parent Inspection –HSCP Audit in Schools.

Parents representative of School’s HSCP committee were engaged in conducting HSCP inspection for term 1 during this period. Parent was assisted by our HSCP coordinator during

the audit. Overall, we had received very positive feedback from each such audits. Minor issues identified have been immediately addressed by the school and closure actions were communicated formally to the parents within 15 days of the audit.



### 4) Life Skills based on Sexuality & Personal Safety Training.

Life Skills based Sexuality and Personal Safety Education was conducted for students of class 5 to 8, across our schools from Sep -Dec2019

by engaging with Enfold Productive Trust. The curriculum made efficient use of the available time to impart important concepts and messages that help children build their self-esteem and ability to resist and report any unwelcome behaviours that they may face.



## 5) Fire evacuation mock drills

Fire evacuation mock drills & Firefighting training for Term-1 was practiced in all schools

during this period where in all occupants are evacuated to check the measures that can be taken to improve the efficiency of evacuations in the event of a fire or other emergencies.



## 6) Anti-Bullying Committee Meeting

First session of Anti-Bullying Committee (ABC) meeting was held in all the schools during this period. The key agenda of this

meeting was discussions on prevalence of bullying in school, outcome of antibullying campaigns, suggestion box feedbacks, future programs & way forward actions to eliminate bullying in school.



## Awards and Certifications

### Building Safety Certificate Amanora Fire NOC Amanora

During this period, we are glad to announce that all our HSCP coordinators, few committee members and enthusiastic students have completed certification courses focused on Managing Safety in schools, Laboratory safety and Managing bullying complaints at work from online portal of Health Safety Authority (HSA) of Ireland. This indeed shows the growing passion for safety and compliance beyond minimum standards. Kudos to All!



## Other HSCP activities in Schools



Lift Safety training for HK staff in Amanora School Pune



Road traffic safety training for students at Amanora School Pune



POCSO Session for senior grade students held at Amanora School Pune



Anti-bullying awareness campaign in JGS Habsiguda



Student awareness program in JGS Habsiguda on monthly HSCP themes



Road safety awareness program by students of JGS Habsiguda





Special assembly on HSCP student rules at Jaipur



Student orientation on Mental Health Day by school counsellor at Jaipur



HSCP Induction to Security guards at JGS Mallapur



Staff orientation on POCSCO at Vista



Vendor staff HSCP orientation for vendor staff in Amanora School Pune



Road safety session for students of JGS Habsiguda by RTO



Awareness on Fundamental Rights & Duties-4 at JGS Mallapur



Health Camp for students at JGS Mallapur



defensive driving skill session for transport staff in Tattva School





**RYAN**  
EDUCATION

# NEWSLETTER

Volume 11, December 2019



Awareness session on bullying prevention by senior grade students at Tattva School Bangalore



E-Safety training for students of TMPIS school



Fire fighting training for Canteen staff at TMPIS school



Preprimary students watching Komal video on safe and unsafe touch at TMPIS School



First aid session for students at Vista School Hyderabad



Session for teaching staff on eye diseases and care at Vista School Hyderabad



Health checkup camp held for students of Vista School Hyderabad



Firefighting training for Bus ayah staff at Vista School Hyderabad



World Health Day awareness activities by students of JGS Mallapur



Anti-tobacco awareness rally by NCC squad of JGS Mallapur on World No Tobacco Day.



## Leveraging Technology & Tools



**ReThink – an app to rethink before posting anything hurtful online.**

Children of the modern world are glued to their gadgets most of the time than ever before. This brings up many complicated behavioral pattern and changes in young children if they are using social media and texting apps where they interact with the friends and the outer world. The risk arrives in the form of cyberbullying these days wherein its easy to hurt the feeling of others through text messages and post. Scientific research has shown that when given a chance to pause and reconsider before posting a hurtful message, adolescents change their minds 93% of the time and do the right thing.

The adolescent brain is likened to a car with no brakes. It is well known that adolescents can be impulsive and make rash decisions. The part of the brain that controls decision making (pre-frontal cortex) does not fully develop until age 25. Offensive and hurtful messages sent in impulse are found in everyday online interactions, causing

immense mental and potentially physical harm to the recipients. Children and teens do not realize that once an offensive message is sent out, the damage is done – and the Internet is forever they really can't ever “delete” it.

**ReThink** is a non-intrusive, innovative and award-winning solution to stop cyberbullying before it happens, especially in young adolescents and teenagers. By using **ReThink Keyboard** will give child a second chance to pause, review and ReThink their messages on **every app** they use.

**ReThink** app is available for Android 2.1 and up and iPhone iOS 8.0 or later in their respective play store for free download

Visit <http://rethinkwords.com/> to learn more about this app.

Cont Ref: <http://www.rethinkwords.com/>

## Quiz section

1. Cyberbullying involves the use of technology to harass or intimidate someone.

True  False

2. You should always tell an adult in a position of authority if you are being cyberbullied, even if it is the first time it has happened to you.

True  False

3. I'm online and I meet someone my age in a chat room. Is it OK to give him or her my address or phone number so we can get together?

Yes  No

4. Responding to a bully by sending a mean message can make the situation go from bad to worse. It could even be dangerous.

True  False

5. My parents' and I have established rules as to what I can do on the Internet when I'm home, but I'm at a friend's house. Should I go by my parents' rules or do whatever my friend does?

Go by your parents' rules  
 Do whatever your friend does

ref: quia.com



## Cartoon Section



Cartoon on Online Safety By Ms.Nakka Meghna( School Counsellor JGS Mallapur)

### Way forward: Ensuing quarter activities

AHS Audit Jaipur, Amanora	Jan 2020
Online/Cyber Safety Campaign in Schools	Till March-2020
HACCP Surveillance audit TMPIS	Jan 2020
Fire and First aiders Certification training	Jan-Feb 2020



**Wish you all a very Happy and Safe year 2020**

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