

Views from the School Leaders



Madhulika Sharma

Vice Principal
Amanora School

"Preparing Learners to handle cyber-bullying".

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The global community today is heavily dependent on the use of social media and online telecommunication services. Further, in the age of Covid-19, educationists were left with no option but to take to creative methods of teaching, resting on the shoulders of technology. However, what we often ignore is to tackle and cope up with the dark side of this big bad internet world.

While children are vulnerable to various types of exploitation through the use of social media and internet, what seems to be at a rampant rise in today's virtual classrooms, is cyberbullying.

Much like traditional bullying, cyberbullying targets someone negatively and many a times even abusively, using technology. Verbal attacks on Social media platforms, ganging up on common chatting networks, use of photographs for the purpose of degrading or insulting someone are all sadly a common reality. Cyberbullies, ultimately find the root of their defiant behaviour in societal impressions on individual psyche. Thus, educational institutions have an inherent duty to protect their students from the advent of cyberbullying to enable students to curb this behavior and maximise their innate potential.

A two-pronged strategy will arm the learners to be well equipped to handle any unwarranted situation. Firstly, prevention by generating awareness and educating students as well as their parents about the sanctions, legalities and their rights, and secondly, assurances and

counselling about sensitive intervention and support in cases of need. These can be achieved through activities in morning assemblies, frequent interactive seminars as well as personal interactions to create and maintain a channel of trust with the students.

At the epitome of all awareness and anti-Cyberbullying campaigns that any institution runs, should be the spirit of community harboured amongst the students. It is imperative that a healthy and positive atmosphere is created where students learn and grow together and are given tools to empathize with each other.

This also involves sensitive handling of the cyberbullies, who often are children facing deep personal or psychological issues. While it must be made clear through well-publicised school conduct policies that the act of cyberbullying will not be pardoned, it is important to identify the reasons and take Counsellor's help to stop the pattern at an early age before they turn bullies.



Views from the School Leaders



Ms. Kriti Kajal Khatri
School Counselor
Tattva School, Bangalore

“Preparing Learners to handle exposure to Inappropriate Contents Online”

The pandemic has redefined pedagogy and the teaching-learning process. We have gone from classroom to Learning Management Applications (like OS), from no mobiles to online mode. Children now have the license to explore, and to surf unhindered. All these affect their concentration, sleep, their social and behavioral skills.

Free access to internet entails the risks like cyber-bullying, exposure to age-inappropriate contents ...too much temptation with little or no adult supervision is like hemlock to happy surfing. It is important for the adults to be alert and aware. Information has to be filtered. Devices monitored. Random checks initiated.

Way forward:

- Parental control is a must. (Digital literacy...Practice before you preach)
- Schedule the Talk.... give a rest to your cell and talk to them.
- Listening to Understand rather than reprimand, patience is vital.
- Affirm, that it is a good thing to tell your parents/teachers.

- Do not make the child feel guilty /or hate himself.
- Do not be judgmental when you listen to the child.
- Focus on their feelings/emotions.
- Please sound confident when you answer their concerns.
- Have a comfortable voice, tone and facial expressions.
- This is the best time for gender sensitization. They may feel curious hence it is important to maintain an open and comfortable communication.
- If you find it difficult to talk to them, then seek professional help.

It is important for teachers and parents to know that it is quite distressing for a child when they are exposed to these risks. We, the adults need to be supportive and acknowledge his emotions, his integrity, and his dilemma. As a parent, you should work on your child's physical, behavioral, social, and cognitive development. We counsellors are happy to help.

“LET US NOT LOOK BACK IN ANGER, NOR FORWARD IN FEAR BUT AROUND IN AWARENESS”



Views from the School Parent



Mr. Anand Gaikwad
Father of Aryan Gaikwad
Grade 4 A
Ryan International Academy
Bavdhan, Pune

Parents role in preparing Children to handle Online Safety and Social Media Risks

Kids and teens around the world are staying home and adapting to a new virtual school environment due to a pandemic. While the adjustment is fun for a while, the same routine can become tiresome, and students may be spending more free time browsing online which is eventually creating opportunities for the hackers for cybercrime.

As per some open source data, Millennial Kids with age between 8-18 are known to spend 7 hours and 38 minutes per day online..almost 50% of the time awake !!! Learning about the dangers online and taking action to protect our children is the first step in making the internet safer place for our kids.

How much screen time is too much?

Being online can take up a lot of free time, whether you're a parent or a child. It's easy to get caught up in playing online games, watching YouTube videos, and chatting with friends. But remember, there is a world outside of the Internet, so try to balance your child's time between the two accordingly. Only allow your child to access to the Internet (with the exception of doing homework) for a set, limited time each day. **"Set a Screen Time "**

Social Media, What is the right age?

If your child wants to join a social media site, choose sites that are appropriate for their age. Many social networking sites such as Facebook, Twitter, and Instagram have an age minimum of 13 years old. It's a good idea to have access to your child's account credentials so you can supervise what they're doing, such as adding new friends, receiving suspicious messages, or posting questionable content. It's also a good idea to look for kid-friendly social media sites for your kids to focus on, or simply inform them they'll have to wait until they're older to join such platforms.

Monitoring your kids' online activity.

The computer should be in a common area of your home. That way, you can keep an eye on your child, removing the temptation to visit websites or perform activities they are not allowed to do normally. Another

way to add an extra layer of safety, since parents don't have eyes in the back of their heads, is to upgrade a security software in your computer, which may give you insights into your child's mobile device activities as well. It may even allow you to choose which apps your children can use — and the ability to turn off access to Facebook or YouTube. Remember to keep all security software updated to ensure optimal protection.

Other helpful tips:

- Periodically review your children's list of instant messenger buddies.
- Stay up to date on cyber security news.
- Emphasize that computer privileges will not be taken away in the event of cyberbullying, which is one reason why children don't alert their parents that they're being bullied.
- Encourage regular password changes and teach your kids not to share passwords, not even with friends.

In this era of rapid technological advancement, children need to immerse themselves in technology at a young age in order to start learning the skills they will use throughout their lives... therefore We as a parent have an important role helping our children and protect them from cyber threats, and also make them ready for the future ...



Views from School Students



**Asmita Sharad
Wankhede**
8E
JGS Habsiguda

Dealing with Body Image Pressure

Hmmm...body image, what does it even mean? The answer's in the name itself-what people think about how their body looks like is called body image. This usually starts after your 10th birthday when you become conscious about your body image. And after a while, it feels like you're taking forever just to do your hair. This leads to body image pressure.

When you are obsessed with trying to obtain that "perfect" body shape, you're putting pressure on your real body image. You always feel bad about how your body is and how it should've been. The truth is, there's no definition for a "perfect body image". Everybody is perfect, just the way they are.

So whenever you find yourself in this kind of situation, just remember that this happens to everybody. Also, if anybody teases you about your looks, just take a deep breath and remind yourself that the other person is just being mean, and that they don't know how awesome you really are.



Sriya Reddy Ryala
Grade 10A
JGS Mallapur

Handling Body Image Pressure

"Are my legs too short?" "Are my arms too flabby?" "Why am I so ugly?"

These kinds of thoughts cross every teenager's mind, at least once in our lives. We feel the pressure to look a certain way, and take all this out on our bodies. Nearly 70% of all the teenagers in the world do not like their bodies. They consider it their enemy and sometimes it goes so far, that they try to harm themselves. Body stereotypes lead to anxiety and depression in the most energetic age group in the world and it's a matter of concern.

Adolescence makes our bodies change. It transforms our bodies to adapt to our lives ahead. Trying to fit into the expectations from the society, is neither possible nor healthy. We all have people in our classes or our neighborhood that seem perfect. We want to look like them and would trade lives with them in a heartbeat. People fail to realize that everyone is dealing with their own problems.

Everybody has different ways of dealing with body shaming. Some people are mentally strong enough not to let others' comments get to their heads. Some of us may find it a little hard to ignore them and slowly start to blame

ourselves and our habits. Some serious complications are eating disorders like anorexia, bulimia, binge-eating disorder etc. Eating disorders are complex mental health conditions usually caused due to obsession with a certain body type or image. Sometimes they don't eat for days together, because they consider themselves overweight, when in reality they might be seriously underweight.



They feel shameful when they eat, and for some, even the sight of food will make them want to run away. Eating disorders are not habits, they can't be broken with a little willpower. They are serious health conditions, which need medical attention and therapy. If you know anyone around you that isn't comfortable eating due to the fear of gaining weight, it might be a good idea to tell a trusted adult.

No successful person would ever have been able to make it if they had let these comments hold them back. No matter how much you try, your tiniest flaws will be picked out by people. The fight isn't against them or your body. Embracing your flaws and believing in yourself is all you need to do. Looks only give people a temporary impression of you. Once you let your inner spark shine through, no physical feature will ever matter. Do you like your best friend because of his/her looks? That would be ridiculous. There are bigger and better things about you that matter and they are what will make a difference.

Loving your body also does not mean letting go of things that are in your control. You can't be a couch potato because you're comfortable being heavy. That is not good for your mental or physical health. Always make sure that your body is being taken care of.

How do we deal with this? If we're eating the right food, we do not need to worry. Run those five miles and sweat. Cravings are natural, and giving into them once in a while is perfectly fine. Do not wish to have someone else's characteristics, because everything comes with its own baggage. Look in the mirror every day and tell yourself that your body is the best reflection of you, and nothing can ever top that. If you're struggling with your body, ask for help. It is brave, regardless of what other people might say. Remember that you don't need to impress anyone. Just knowing that you're okay with the way you look is enough. Love thy self, love thy mind and love thy body.

Form the HSCP Editorial Desk



Outcomes of Online safety assessment survey

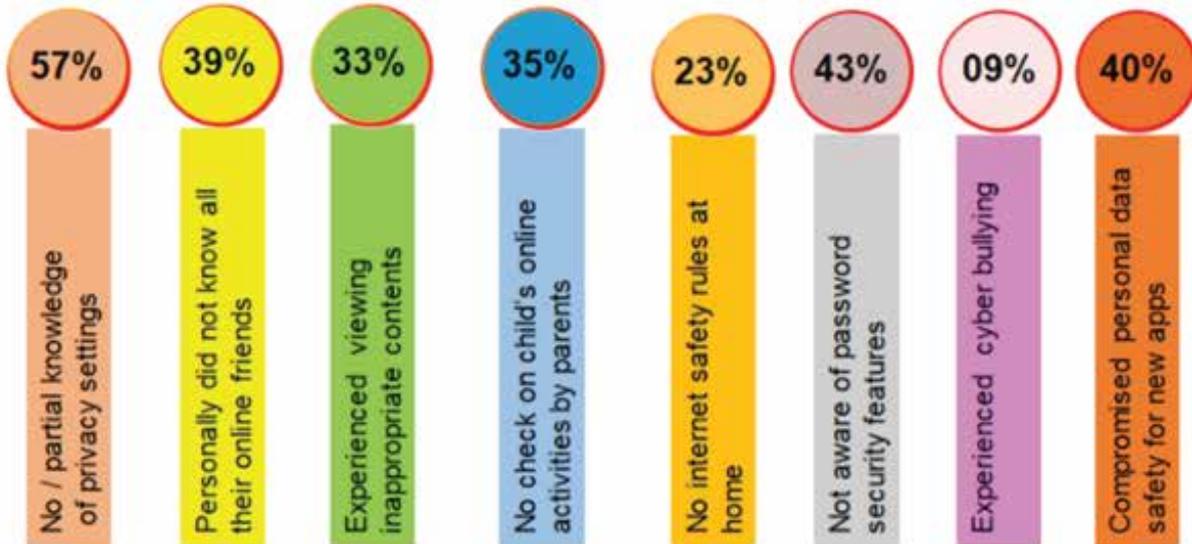
Internet is a great channel for connecting, accessing information and collaborating, but the users, young and old, need to follow certain rules to remain safe in the online world. Children may have better technical skills than you do, however they still need support, guidance when it comes to managing their lives online, using the internet positively and safely.

To identify internet safety concerns amongst our children we have conducted an online safety assessment survey, prime **objective** of this survey was to;

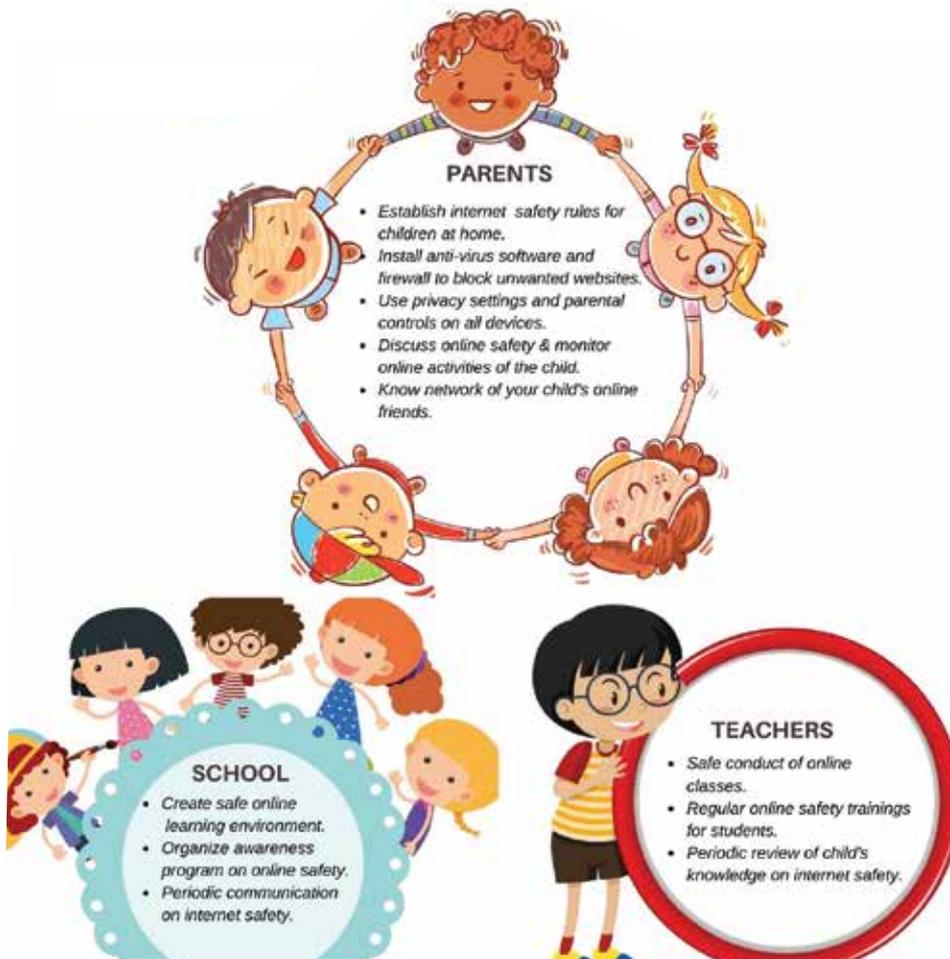
1. Understand and Quantify Learners' Online activities
2. Identify Key Online Safety concerns of middle and senior school
3. Assess the degree of Learner's Awareness of Online Safety
4. Understand the level of Parents' Involvement in Child's Online Safety
5. Analyze and Formulate Intervention to promote online safety in Learners

We could obtain responses from 3112 students form 6 campuses for this survey, which was conducted through google forms.





Survey based risk profile: Key outcomes of the survey



Action measures that are advised for different stake holders



HSCP activities / Initiatives around our Schools

1. Cyber Safety Awareness through Cyber Safety Corps.

Our learners lack of awareness on online safety and security was one of the key concern that was identified during our online safety survey. To educate and create awareness to all our learners and the Parents on this we have organized series of webinars on tittles **'Responsible Online Behavior' & 'Cybercrime and Redressal'**. This was done with the help of Cyber Peace Foundations (CPF) under their Digital literacy and Online Safety Program-We think digital campaign which is supported by Facebook and National commission for Women.

Total 1858 and 1002 Parents/ School staff members participated in this program. Everyone was issued with a participation certificate.

Amanora School organized a Cyber Safety Session for students of Grade 5 to 10 through KPMG as a part of global cyber day initiative. A total of 956 students participated in this program.



2. Cyber Safety Workshop Certification program for students

27 of our selected students from of Grade 7-9 enrolled for a 2 days Cyber Security workshop with a practical approach organized by Tchradiance Harbor Technologies. Course covered Web security, Social media security, Password security, Cyber abuse, Wireless security, Mobile security, Email security and Ethical hacking.



3. Mental Health and Wellness Program for Learners (Middle & Senior School)

As a part of Mental health awareness week schools have organized story telling event and the sessions were delivered by school counsellor. The program focused mainly on two topics viz., 'Worry' and 'Thoughts'. Question and answer session was incorporated with both sessions.



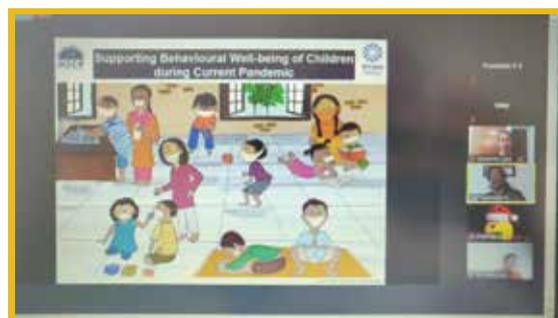
4. Anti-Bullying Training for Schools.

School staff has undergone anti-bullying awareness training session during this period. Sessions were conducted by School counsellors and HSCP Department.



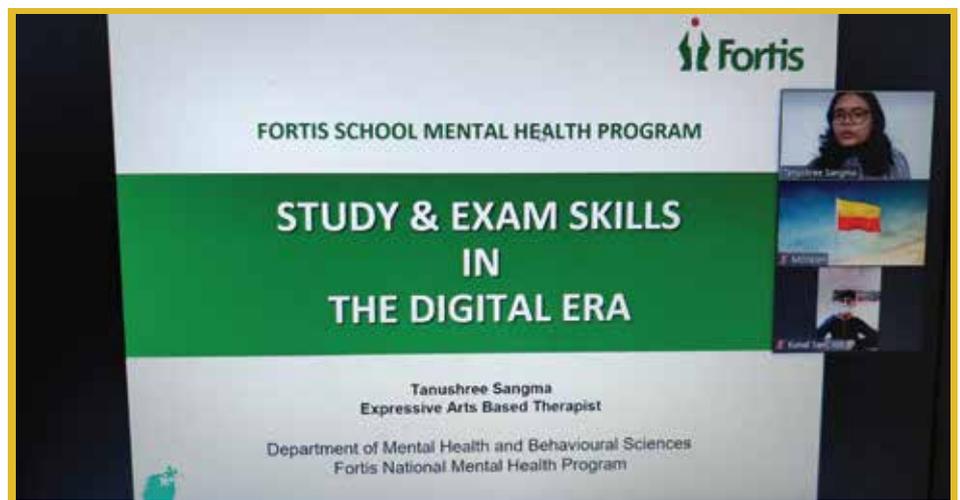
5. Webinar on Socio-Psychological support for Children and Parents

Tattva School has hosted a webinar on Socio-Psychological support for Children and parents where eminent speakers and panelist spoke about role of parent & supporting mechanism of children's emotional wellbeing during the pandemic phase. Dr. Saroj Gupta-Industrial Counselor and Child Psychologist, Col. R. Rama Rao-Hello Kids, Dr Alka Kiran- Doctor & Counsellor, Commander Narendra Kumar -HSCP Head Education Schools were the panel discussion members Many parents and students parents who participated this program gave valuable feedbacks on each speakers talk.



6. Webinar on Study and Exam Skills

We have collaborated with Fortis Department of Mental Health and Behavioural Sciences of Fortis Health care hospitals and organized a webinar on “Study and Exam Skills” to help our board exam preparing students to improve their studying skills and help to cope up with exam related stress. The session was delivered by Ms. Tanushree Sangma, Arts based therapist and counseling psychologist. Total 541 students from 4 of our schools participated the event. The session concluded with QA .



Words of Appreciation



Ram Sridhar Rao PV
Father of Akshaya Shravani, 7D, JGS Mallapur Hyderabad

Glad to see that the JGS giving paramount importance to the safety of students. The HSCP team @ JGS has always ensured that, through different classroom and assembly activities, the students are made well aware of the dangers lurking in the environment and the ways to overcome them. I was fortunate enough to witness one such program conducted on 'Online Safety' which was a positive reinforcement of safety measures to be taken while online. I thank the school for providing the children with overall development and preparing them for life.





Sameer Bhatnagar
Father of Trisha Bhatnagar, 6 E, Amanora School

Various sessions, alerts and notifications on HSCP are really engaging and keep us extra alert to take the right safety measures. My daughter who is currently in Grade 6 really feels safe to go to school.



Mrs. Priyanka Mundra
Mother of Vedika Mundra, X D, Amanora School Pune

I am very much impressed with the health safety and child protection steps taken by the team of Amanora school. Currently the school is taking all steps to maintain this by taking frequent online sessions on various safety and safeguarding topics, to keep the kids updated and make them aware. Remarkable job done!! .



Rashmeet Kour Bhatia,
Mother of Manreet Kaur, 8 E, Amanora School Pune

Amanora School has conducted various *Awareness Programs on Online Cyber Safety* not only for students but also for the parents as well. I am very much thankful to Amanora School for working so hard for all the children



K Karthekeya
Student, 7 F, JGS Habsiguda, Hyderabad

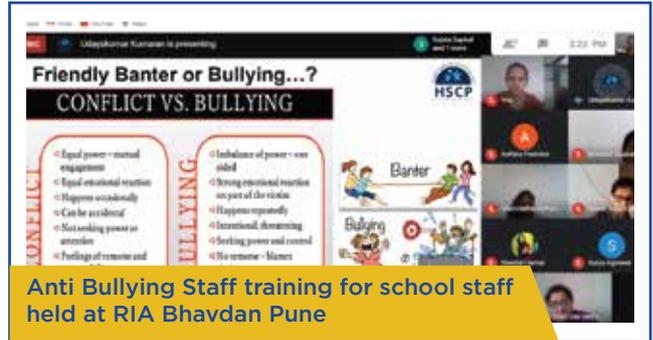
Attending the Cyber Safety class was extremely useful and informative, and all the points were clearly explained. The instructor helped me understand the threats I can face and how I can maintain security and anonymity without compromising my online use all day long.



Other HSCP event updates from the school



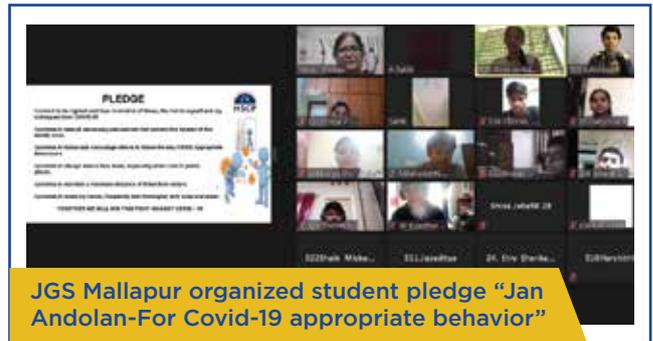
Plastic Free Day Assembly conducted by Tattva School



Anti Bullying Staff training for school staff held at RIA Bhavdan Pune



National Pollution control day awareness held at Tattva School



JGS Mallapur organized student pledge "Jan Andolan-For Covid-19 appropriate behavior"



JGS Mallapur conducted a session on Komal Video and Safe and Unsafe Touch for all students



JGS Mallapur conducted Road Safety Quiz for students



JGS, Habsiguda organized an activity on first aid kit assembling



JGS Habsiguda organized session for students on social media safety

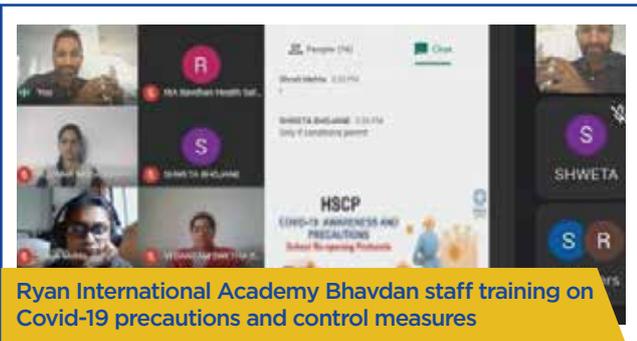




Ryan Education School Jaipur organised a session on Body Safety rules for students



Ryan Education School Jaipur organized session on "Puberty and hormonal changes" for students



Ryan International Academy Bhavdan staff training on Covid-19 precautions and control measures



Amanora School conducted session on CSA for blue collar staff



Amanora school conducted a fire fighting training for admin staff



Amanora school organized session for staff on meditation & stress control



T.M. Patel International School organized anti-bullying poster competition for students



T.M. Patel International School organized training session for teachers



Leveraging Technology: Privacy and security settings: Social media

Social media sites can be a great way for children to interact with each other. These days our children are compelled by situations to spend more time online which increases the risk of exposure to online crimes and age inappropriate activities. A person is said to be addicted to the use of social media when these start interfering with a person's perception of reality attitude towards everyday activities and real-life communication. Parents can play an important role in preventing children falling prey to the ills of social media.

Some Facts about key social networking sites

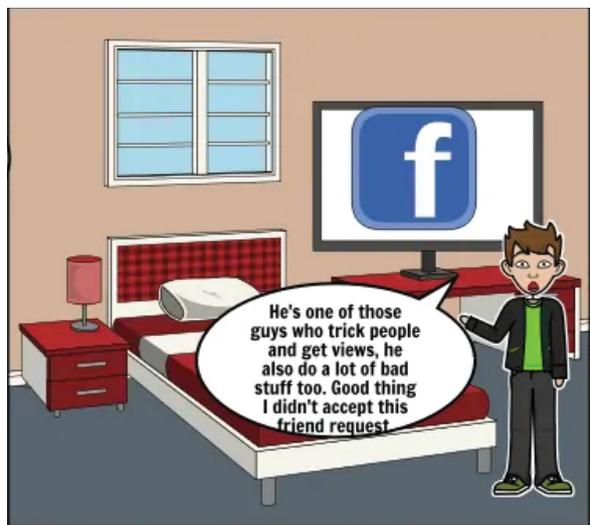
- Most Apps/sites allow anyone to register
- No stringent age-verification process
- Making a fake profile & ID is simple for anyone
- One can hide real identities
- No restriction on size or quality of messages shared

Ways to ensure your safety online on social media sites

- Become familiar with the privacy settings available on any social network you use, and review your privacy settings frequently.
- When registering an account: Use a strong password different from the passwords, never share your username and password of social media accounts to anyone.
- Know network of your online friends /followers. Choose your friends wisely. Create friend list for your acquaintances/family/friends etc. This will make it easy to regulate who can see your posts.
- Provide the minimum amount of personal information necessary, or that you feel comfortable providing.
- Think twice before your post or share anything on your social media platforms. Keep in mind the dangers of sharing.
- Block and report users or their posts—you can do this by going to their profile and images (in Facebook and Instagram).
- Untag yourself from making your details publically visible.
- Guard your location while posting anything online. Ensure geotagging tagging and location feature is off while posting anything.
- Always use a secure internet connection.
- For payment apps, Install reputed apps from the official sites or the app store.
Avoid third party sources.
- If you are using a WhatsApp from your PC, always remember to log off after you are done.



Nurturing Engagement: Cartoon Section



Quiz Section: Online Safety

1. How can you limit what information is tracked about you online?

- A Turn off cookies.
- B Adjust privacy settings.
- C Delete browser history.
- D Limit what you share.

2. Criminals access someone's computer and encrypt the user's personal files and data. The user is unable to access this data unless they pay the criminals to decrypt the files. This practice is called ...?

- A Spam
- B Botnet
- C Ransomware

3. If a public Wi-Fi network (such as in an airport or café) requires a password to access, is it generally safe to use that network for sensitive activities such as online banking?

- A Yes, it is safe
- B No, it is not safe

4. What kind of cybersecurity risks can be minimized by using a Virtual Private Network (VPN)?

- A Use of insecure Wi-Fi networks
- B Key-logging
- C Phishing attacks

5. Which of the following four passwords is the most secure?

- A Boat123
- B WTh!7A
- C 123456

Answers: 1 b, 2c, 3 b, 4a, 5b

**Wish you all a very Happy and Safe Year 2021
Stay Home, Stay Safe.**

For any editorial queries, feedback and suggestions reach us:
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