



# Sixth Sense

## Which Week?

This Week: Monday 22nd Jan (Week 1)

Next Week: Tuesday 30th Jan (Week 2)

## Monday 29th January = Staff Training Day

ALL students return as normal on Tuesday 30th January at 8.30am.

## 'Mo' January Inspiration!

For me, January represents an opportunity to visit the National Running Show at the National Exhibition Centre. Despite not being blessed with the body of a

runner (shock!), regardless, it is something that I take enjoyment in engaging within at my own slow and steady pace. The event is always well represented by people from the world of running, and this year featured Mo Farah as their Key Note speaker who had much to say on the topic of the timeless principles of resilience, given his own context of having been a victim of child trafficking into the UK (there is a fascinating BBC documentary available regarding this), in addition to work ethic, something of which he has in abundance. The British public appear to hold Mo Farah in high regard as a result of seeing how hard he has worked to achieve success and he talked openly about his only 3 principles for being successful as being **respectful, disciplined and being prepared to work harder than anyone else**. *I wonder how this compares to our own recipe for success?* He also talked about his approach to anxiety and pressure that I will expand upon in our assemblies later this week.

## Recommendation of the week (Mathematics and Criminology): BBC Sounds Podcast; Uncharted with Hannah Fry (Episode 3: Criminology)



This week's recommendation supports primarily our A Level Mathematics students in principle, but in the case of episode 3 (link below) our Criminology Diploma students too. At just under 15mins per episode, it makes for a short, sharp but rewarding engagement for your time, and Hannah Fry is an enthusiastic and brilliant presenter.

It's a hot summer's day in 1998. Two couples stand side by side in a small courtyard. Brought together by chance, they may never have met if not for one thing. A tatty piece of paper, the contents of which will change their lives, and the lives of thousands across the country, forever. Hannah Fry tells the tale of this single sheet of A4 uncovered a dark pattern and a serial murderer hiding in plain sight. *A warning from the outset, that this episode contains references to murder.*

The episode can be found via your favourite podcast provider or by following this link: <https://www.bbc.co.uk/sounds/play/m001qw98>

## ID Card

Please can we ask for you all to check that your ID card works on the door readers. Some instances of them not opening the door have been found and are easy to remedy. If this does include you, please drop the card back to Mr Bowers to resolve. Similarly, if you require a replacement card, having mislaid your own, again, speak to Mr Bowers.



## Retake Restart

Retake MATHS and ENGLISH lessons have **restarted as of last week**. For those of you retaking this subject, please remember that your **retake lessons take place EVERY MORNING** (except assembly days).

English: Common Room / Maths: D211

## National Online Safety: YouTube



YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

In the guide that you can find on page 2, the National Online Safety team have put together top tips on avoiding potential risks such as connecting with strangers, inappropriate content and high visibility.

# What Parents & Carers Need to Know about

# YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

## INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

## CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

## SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

## HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

## TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

## SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

## Advice for Parents & Carers

### APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

18

CENSORED

### TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

### CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

### CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

### MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

### LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

## Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety®

#WakeUpWednesday