# MENTAL HEALTH

## IS JUST AS IMPORTANT AS

# PHYSICAL HEALTH

# PSHCE Bulletin
## Online Security

Welcome to your PSHCE Bulletin, Monday 6th July, 2020.

The COVID-19 pandemic has affected our lives in many ways. One of the wonderful ways we have had to adapt is through the increased use of online working and communicating. In some ways, we have been more connected than ever to different people in our lives. We have had to develop new skills quickly for working online - what a fantastic thing for our CVs! However, there have also been negative consequences to our increased online lives, such as the huge increase in fraud attempts that use pandemic related issues to lure people into scams, and then steal their money and/or personal information. According to FraudWatch International, in just one week alone there were over 18 million monitored attempts of phishing and malware attacks using COVID-19 lures.

Internet safety and online security is something that we should be aware of at all times in our lives and at all ages. However, the more we use the internet for working and socialising, the more we put ourselves at risk. Scam campaigns can come in many guises and often involve essential services, like supermarkets, and media streaming platforms, which have gained more popularity during the pandemic, such as Netflix. I myself have had quite a lot of things come through recently, from what looks like Apple, my bank, Microsoft, Amazon and PayPal. My main rule is to not click on any links that are sent to me or to reply to any emails or messages from people I don't know. Google iKeepSafe has some useful words of advice,

*No, you probably haven't won the lottery. You can't make that much working from home. And that deal really might be too good to be true. The web can be a great place, but not everyone online has good intentions. Here are three simple ways to avoid scammers and stay safe on the web:*

- ***Beware of strangers bearing gifts*** *- if something sounds too good to be true, it probably is. If you see a message from someone you know that sounds off, it could be that their account has been compromised – so be careful how you respond. And think before you click on anything.*
- ***Do your research*** *- find out about the various scams that are going around. And be suspicious of great sounding offers.*
- ***When in doubt, play it safe*** *- Do you just have a bad feeling about an ad or an offer? Trust your gut! Only click on ads or buy products from sites that are safe, reviewed, and trusted.*

Have a look at this week's lesson to learn more about online security or look over some of the links below. Some of you will have already had a go at the Be Internet Awesome game but even if you have you can go back to it and see how much you remember. Share the information with your families too. It is important for everyone.

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Useful Links and Contacts
Online Security, BBC Class Clips - https://www.bbc.co.uk/teach/class-clips-video/pshe-computing-gcse-online-security/z4kqjhv
Advice for staying safe online, Thinkuknow - https://www.thinkuknow.co.uk/
Google, Be Internet Awesome. Good information for all ages and with a cool game to embed internet safety knowledge - https://beinternetawesome.withgoogle.com/en_us/

Childline - www.childline.org.uk  Phone: 0800 1111
Kooth - free, safe and anonymous online support for young people https://www.kooth.com/
There is also a huge range of resources on the school website, from activities to careers and maintaining good mental and physical health - https://www.thomastallisschool.com/schoolclosureresources.html

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