



**Lowton**  
CHURCH OF ENGLAND  
HIGH SCHOOL

*Small  
steps make  
big progress*

# KEEPING SAFE ONLINE

**Your Online Safety Journey**  
**YEARS 7-11**

*The internet is a huge part of our lives – so knowing how to use it safely, responsibly and confidently matters.*

At Lowton Church of England High School, you'll build your online safety knowledge every year through **PSHE** and **Computing**. As technology changes, so will your learning.

## YEAR 7

### STARTING SAFELY

You'll learn how to:

-  Create secure passwords and keep your accounts safe.
-  Communicate respectfully online.
-  Recognise and respond to cyberbullying.
-  Think carefully about who you are really talking to online.
-  Spot warning signs of grooming and know how to report concerns.

## YEAR 8

### THINKING BEFORE YOU SHARE

You'll learn about:

-  Cyberbullying and online trolling – and what you can do about it.
-  The pressures that can come from group chats and social media.
-  The law around sharing images.
-  How pornography can create unrealistic ideas about relationships.

## YEAR 9

### WHAT'S REALLY GOING ON ONLINE?

You'll explore:

-  How misogyny and harmful ideas can spread online.
-  How to spot financial scams and online exploitation.
-  Your digital footprint and online reputation.
-  How what you post now could affect your future.
-  How AI chatbots work – and their limitations.

## YEAR 10

### THE WORLD OF AI & CYBERCRIME

You'll learn about:

-  Deepfakes and how they can be misused.
-  How social media can affect resilience, body image and mental health.
-  The law around cybercrime.
-  The risks associated with the dark web.

## YEAR 11

### BEING A CRITICAL DIGITAL CITIZEN

You'll develop your knowledge of:

-  Non-consensual intimate images and deepfakes.
-  Sextortion – how to recognise it and report it.
-  Online privacy and how your personal data is tracked and used.
-  Extremist narratives online and the Prevent duty.
-  How to check whether online information can be trusted.
-  How to recognise misinformation and AI-generated content.



## WHAT WILL YOU LEARN IN COMPUTING?

Online safety isn't just about what you see and do online.

In Computing, you'll also learn about the technology and laws that help keep us safe, including:

-  Account security, phishing, malware and social engineering.
-  Networks, firewalls and two-factor authentication.
-  Laws including the Data Protection Act, Computer Misuse Act and Copyright, Designs and Patents Act.
-  The wider ethical, cultural and environmental impact of digital technology.

*Technology is amazing... but it's safer when we use it wisely!*



## ONLINE SAFETY IS FOR EVERY YEAR

Technology changes. New apps appear. AI develops. New risks emerge.

That's why online safety isn't something you learn once and forget.

You'll revisit it, build on what you already know and develop the skills you need to make safe, informed and responsible choices online.



**WORRIED ABOUT SOMETHING ONLINE?**

**You don't have to deal with it alone.**  
Talk to a trusted adult in school, including your Designated Safeguarding Lead, if something online worries you.

**STOP**

**THINK**

**CHECK**

**REPORT**



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*Safe minds • Responsible choices • A brighter future*