

Digital Wellbeing Strategy
Self Assessment Tool for Schools

This document is designed to help schools assess their own Digital Wellbeing frameworks and see where there may be gaps in current digital safeguarding strategies.

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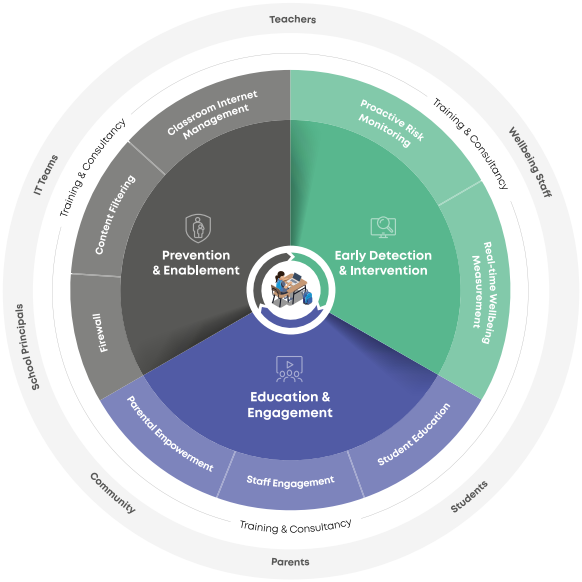
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This document is designed to help schools assess their own Digital Wellbeing frameworks and see where there may be gaps in current digital safeguarding strategies.

Our objective is to help you identify and prioritise action areas, which will become visible as you answer the questions below.

The Linewize Digital Wellbeing Framework

The Framework is built around three key pillars to assist schools in planning, implementing and maintaining student digital wellbeing. The pillars are commonly used in the health and safety frameworks your school will already be familiar with – for example, the Australian Wellbeing Framework to speak up and seek support.



Prevention

- Minimises exposure to known risks to prevent harms.
- Decreases the need for interventions as known risks are mitigated.
- Enables the management of a child's digital experience to a healthy and safe path.

Early detection and intervention

- Identify the early signs of safety and wellbeing issues.
- Provide opportunities for intervention to prevent the escalation of social, emotional, psychological or physical harm.
- Interventions can be targeted & reactive or universal and proactive.

Education and Engagement

- Enhance education to positively influence wellbeing outcomes & strengthen capacity through awareness
- Facilitate engagement with the community to enable them to be an instrumental partner in safety & wellbeing objectives.

Prevention

Prevention measures support all the key stakeholders in a child's digital wellbeing by providing them with the tools that are needed to create a safe digital environment, where each individual student can thrive. By being preventative schools decrease the need for interventions down the track.

It can be broken down into three key categories;

1. Firewall
2. Content Filtering
3. Classroom Internet Management

Firewall

A Firewall's purpose in a school is to ensure that the contents of your network are protected from intruders (cybersecurity). They are not designed to protect the users on a schools network and keep them safe in their online environment (cybersafety).

Question	Yes	No
Are you using a firewall as a dedicated security solution, or are you using it to block areas of the internet?		

Your content filter should be a dedicated education solution that has been designed with the specific requirements of a school in mind. Solutions designed for the corporate space will rarely allow you to modify your filtering easily to support the behaviours you observe.

Content Filtering

A content filtering system is designed to protect your students from accessing content that could be harmful to either their physical/mental wellbeing, or their academic wellbeing. A good content filter in a school should be able to support the needs of each individual learner and not rely on a one-size-fits-all approach.

Question	Yes	No
Can you adjust your filtering rules based on the time of day, year group, class etc?		
Can you create rules that allow you to respond directly to observed behaviours for an individual student?		
Do users beyond your IT team have input and visibility of your content filtering system?		

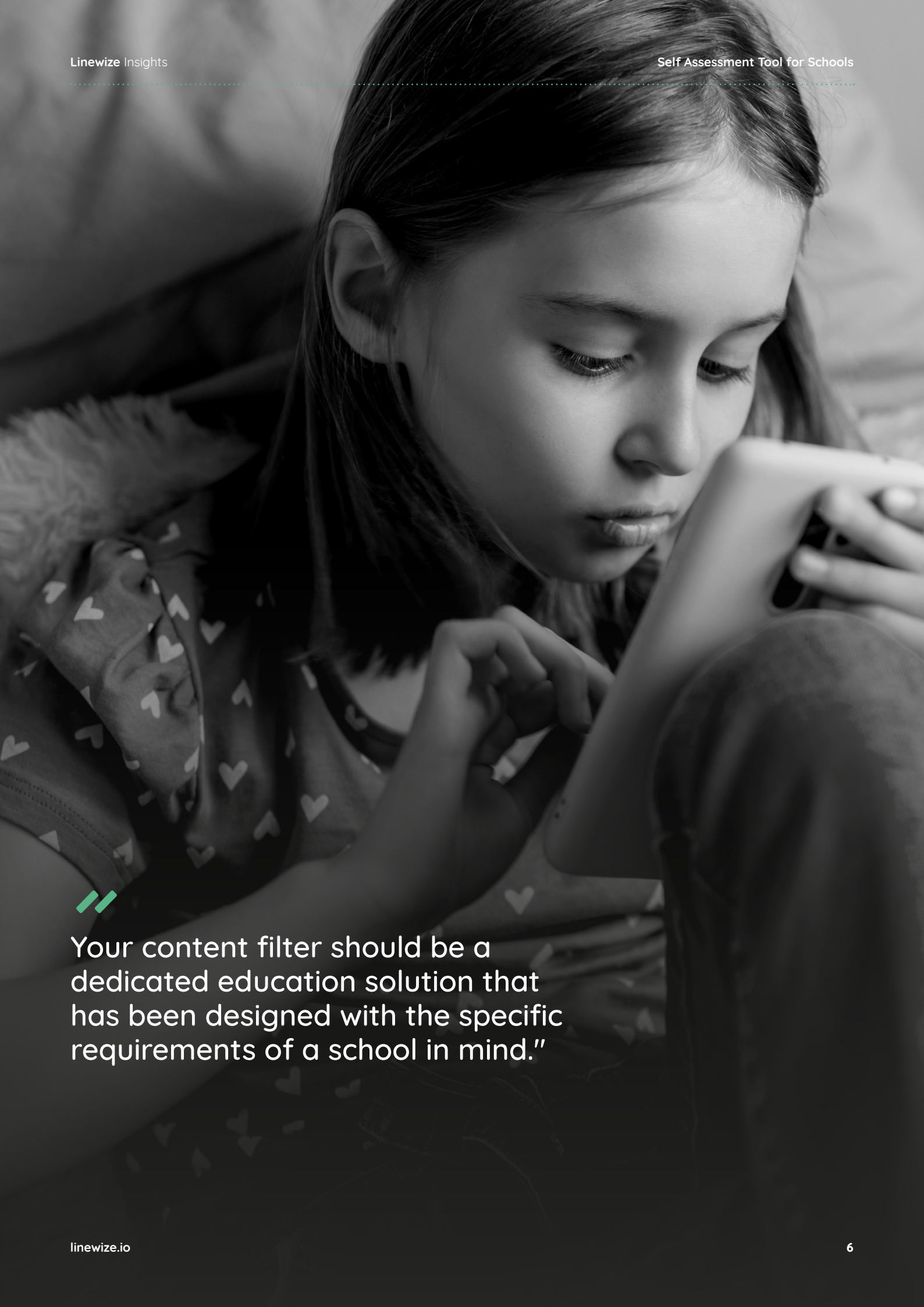
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Classroom Internet Management

The internet is now an essential, everyday part of all aspects of a child's education. An IT department's job should be to ensure that the internet that is available in a classroom is safe - but each teacher should have the ability to manage how it is used to support learning in their classroom. Classroom management tools allow teachers to reduce digital distractions and maximise academic learning time.

Question	Yes	No
Do your teachers have visibility of how the internet is being used in their lessons?		
Are they able to determine what can and can't be accessed in their lessons when students are online?		
Do they have the ability to support each individual learner and their specific online needs in the classroom?		

Individual students will have different requirements in terms of managing their internet use. Often, it will vary from subject to subject as students lose concentration in lessons that are less aligned to their interests. If opening the internet causes a teacher to be unable to support each of these individual students, its value as a learning resource becomes questionable, and the risk of negatively impacting a student's learning outcome rises significantly.



"Your content filter should be a dedicated education solution that has been designed with the specific requirements of a school in mind."

Early Detection and Intervention

Early detection and intervention measures can support a child's wellbeing by allowing you to target your efforts at the students that most need your attention, and before issues become serious.

Without knowing which student requires help, and what type of assistance they need, a school might invest time and effort into broad, all-encompassing programs and initiatives whilst students in most need of support fly under your radar.

It can be broken down into three key categories;

1. Reporting
2. Proactive Risk Monitoring
3. Active Student Voice

Reporting

Reporting is an essential component in supporting a child's wellbeing. Without reporting, early detection and intervention cannot occur. Reporting should always follow 3 simple rules - right information, right person, right time. If reporting and alerting does not meet all 3 of these criteria, your staff can quickly become disengaged with it and might miss the one student that urgently needed assistance.

Question	Yes	No
Do your non-technical staff receive regular reports about students' digital activities, behaviours and wellbeing trends, highlighting students of concern?		
Do your non-technical staff receive real-time alerts when students of concern exhibit certain behaviours or reach out for help?		
Can you receive reports and alerts about a cohort, a class, or even an individual student?		

Your school staff are time poor and stretched. Surfacing information that is relevant to their teaching and that allows them to take a meaningful next step is the ultimate goal of a robust reporting system. A system that is rife with false positives, or meaningless information offers little value.

Proactive Risk Monitoring

Proactive risk monitoring goes further than typical internet activity reporting. It specifically highlights students whose digital activities could cause them some form of harm, and allows you to detect and intervene in these activities before they become a serious issue.

Question	Yes	No
Do you have monitoring or reporting systems which allow you to proactively identify students who are using their devices in a way that could cause them to come to harm?		
Do your current systems produce false positives or require a lot of investigation?		
Do your current systems focus just on the school network and when students are online?		

The majority of systems that identify worrying activities and behaviours focus solely on internet searches and website visits, looking for concerning/offensive words or phrases. If you are not looking beyond the web browser, you may miss the early indicators of risk to a student's overall wellbeing.

Active Student Voice

Student voice increases engagement and builds positive relationships across schools – the cornerstone of any wellbeing strategy. Schools should be providing students formal and frequent opportunities to be heard and to feel included. More importantly when student voice is prioritised, it fosters a culture of respect which, in turn, promotes an increase in help seeking behaviour.

Question	Yes	No
Do you have a formal way of measuring and recording data on how your students are feeling?		
Do you feel you do this frequently enough?		
Are you able to use this data to understand and support the needs of individual students who require help?		

Reporting and monitoring tools can provide meaningful, objective data which can allow a school to make evidence-based decisions. However, if you are not listening to how students themselves are feeling - and doing so regularly - you are missing the subjective information essential to getting a holistic understanding of their total wellbeing.

Education and Engagement

Having the right tools and the right information is essential for a digital wellbeing strategy to be effective.

But without considering the education needs, and engagement strategies for your whole school community, knowing how and when to use these tools and information to best support each individual child's wellbeing becomes impossible.

It can be broken down into three key categories;

1. Student Education
2. Staff Engagement
3. Community Empowerment

Student Education

Although approaches may differ, most schools already conduct sessions for their students on online safety. However, these sessions are often generic and delivered to multiple groups. To make these impactful, schools need to consider the following 5 critical elements: relevance, timeliness, delivery method, frequency and efficacy.

Question	Yes	No
Are the sessions/programs that you run for your students based on their developmental age and expected digital experiences?		
Are you aligning the content of sessions to what you are seeing in your monitoring and reporting tools?		
Can you assess the efficacy and impact of your digital safety education programs and activities?		
Do students have multiple education opportunities throughout the year?		

Education programs that focus on the digital world that we'd like children to live in, and not the digital world that they are already growing up in, will not give them the support or guidance they need when they face challenges. We need to provide safe environments that allow students to put the theory into practice, and to ensure they're fully equipped to deal with whatever, and whoever, they encounter online.

Staff Engagement

A student's everyday wellbeing is the responsibility of everybody in a school and digital wellbeing is no different. It is an essential element of any school's digital wellbeing strategy to empower staff with the knowledge and understanding they need to take meaningful actions – from starting a conversation to selecting the right intervention. Engagement brings buy-in, and buy-in strengthens provision.

Question	Yes	No
Do your staff have the same visibility and responsibility for each of your students' digital wellbeing issues as they might with more conventional wellbeing issues?		
Are your staff comfortable with how to engage a student in conversations about digital behaviour?		
When you run online safety sessions for your students, are you actively considering the learning needs of your staff in this space?		

If your staff are receiving the right reports and alerts but have not been trained on what to do with the information contained within them, a student is unlikely to receive the interventions or help they need.

Community Empowerment

Whatever measures you put in place as a school to support and protect your students, must be extended to your parents and guardians so they can support and protect their children. A holistic wellbeing strategy needs to empower your community to be an instrumental partner in the digital safety and wellbeing of your students, to provide them with a consistent and aligned approach to how you guide their digital journey.

Question	Yes	No
Are you providing your community with knowledge and education (info updates, workshops/ seminars, etc.) to help them engage their children in conversations around digital wellbeing?		
Are you doing this regularly?		
Are you reaching every parent or guardian?		
Do you have the ability to give your parents access to information about their child's digital activity?		

A true digital wellbeing framework needs to adopt a proactive approach to support a child's digital journey. If a school is not empowering their community, then the digital wellbeing issues and challenges that start forming outside of the classroom will remain invisible until they become critical issues that you are forced to react to.



Final Question

Is your strategy **student centric** or child centric?

About Linewize

Linewize was founded on a clear set of intentions: To guide and protect each and every child's digital journey.

As the leading and largest global provider of digital wellbeing and safety solutions, our aim is to help schools and their communities have the necessary insight into a child's total wellbeing. We combine digital safeguarding technologies, education consultants, child psychology expertise, engaging evidence-based learning experiences and awareness initiatives to help schools build positive digital cultures and to close the gaps in their digital wellbeing strategies We believe that by working together, we can keep children safe, support their journey to academic success, and give them positive life chances.

Our team can provide you with valuable insights and guidance, and help you implement the best options for your school's specific needs.

Book a Consultation



Linewize is a unique response to the challenge of today's connected learning environments, supporting the integration of technology, education and engagement to create cyber safe communities where students thrive.

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Linewize is part of Qoria, a global technology company, dedicated to keeping children safe and well in their digital lives. We harness the power of connection to close the gaps that children fall through, and to seamlessly support them on all sides - at school, at home and everywhere in between.

Find out more
www.qoria.com