

Parents Online Safety

You will be aware the Internet hosts many exciting opportunities for education. The online world is a wonderful place for young people to explore, with unprecedented opportunities for learning and creativity, but just like the real world there are risks and dangers they should be aware of and which we should all act to protect them from. As a school we encourage the use of technology as an important part of our students' development but always want them to spend their time online safely. As a parent/carer you can play a significant part in ensuring this.

Top Tips for Parents:

1. Talk to your child, early and often
2. Explore online together
3. Know who your child is talking to online
4. Set rules and boundaries
5. Make sure content is age-appropriate
6. Use parental controls to filter, restrict, monitor and report content
7. Check they know how to use privacy settings and reporting tools

Websites:

Childnet:
<http://www.childnet.com/parents-and-carers>

CEOP Think U Know Parents:
<https://www.thinkuknow.co.uk/parents/>

Internet Matters:
<https://www.internetmatters.org/>

h2bsafer Safety Centre:
<http://h2bsafetycentre.com/>

NSPCC:
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

Apps:

 NetAware by NSPCC
A simple guide for parents to the most popular social networks, apps and games

 InternetMatters by Internet Matters
This tablet-only app will help parents learn together with their child about online safety issues

 iOS Settings by Apple
Enable password protected Restrictions on iPad, iPhone and iPod touch

 Qustodio Parental Control by Qustodio
Internet monitoring and control for mobile devices including tablets and smartphones

 Zipit by NSPCC
Helps you get flirty chat back on the right track

Cyberbullying Advice

Possible signs of cyberbullying

It is not always easy to spot the signs of cyberbullying as it can happen all the time, which is a feature that makes it different from other forms of bullying. Be alert to a change in your child's behaviour, for example:

- Being upset after using the internet or their mobile phone
- Unwilling to talk or secretive about their online activities and mobile phone use
- Spending much more or much less time texting, gaming or using social media
- Many new phone numbers, texts or e-mail addresses show up on their mobile phone, laptop or tablet
- After texting or being online they may seem withdrawn, upset or outraged
- Not wanting to go to school and/or avoiding meeting friends and school mates
- Avoiding formerly enjoyable social situations
- Difficulty sleeping
- Low self-esteem

Advice for children

The following are some things that parents may wish to consider teaching their children about using the internet safely:

- Make sure you use the privacy settings
- Always respect others – be careful what you say online
- Be careful what pictures or videos you upload. Once a picture is shared online it cannot be taken back
- Only add people you know and trust to friends/followers lists online. When talking to strangers, keep your personal information safe and location hidden
- Treat your password like your toothbrush – keep it to yourself and change it regularly
- Block the bully – learn how to block or report someone who is behaving badly
- Do not retaliate or reply to offending e-mails, text messages or online conversations
- Save the evidence. Always keep a copy of offending e-mails, text messages or a screen grab of online conversations and pass to a parent, a carer or a teacher
- Make sure you tell an adult you trust, for example, a parent, a carer, a teacher, or the anti-bullying co-ordinator or call a helpline like Childline on 0800 1111 in confidence
- Most social media services and other sites have a button you can click on to report bullying. Doing this can prevent a bully from targeting you and others in the future. Many services take bullying seriously and will either warn the individual or eliminate his or her account
- While you are on your mobile phone make sure you also pay attention to your surroundings.

Source: DfE Advice for parents and carers on cyberbullying, 2014

Worried? Need to Report?

1. Report to your Social Network Service
2. Contact school
3. NSPCC
4. CEOP (Grooming)
5. Internet Watch Foundation (Illegal Content)



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