



Stroud High School

e-Safety Guidance for Parents



SWGfL 360° e-Safety Mark Awarded 2011
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Technology at Home

We all want to keep our children safe, but online safety is not the only issue affecting young people with access to technology.

Research into young people's bedtime habits has resulted in advice that parents should take televisions, computers, mobile phones, tablets etc out of children's bedrooms as they prevent sleep and harm their performance at school. (The Sleep Council – Nov 2013)

According to a study published in the Journal of Paediatric Psychology, one of the biggest culprits for inadequate and disturbed sleep is technology:

- Losing as little as an hour's sleep can significantly affect a young person's performance at school
- Students who have late nights find maths problems harder to solve and have poorer memory skills
- What students learn during the day is consolidated while they sleep, so they are losing out on two levels
- The study states: "Even modest differences in sleep duration, accumulated over a few days, can affect critical cognitive and emotional functions in children."

Advice for parents:

Take charge of your daughter's use of technology - the earlier you start the easier it will be, and the more it will become part of normal routine. Make some rules eg

- Implement a technology curfew – phones, tablets etc must be turned off during meals, and at least one hour before she goes to bed
- Make bedrooms off-limits for technology - laptops, phones, tablets etc should be left downstairs when she goes to bed
- If she uses her phone as an alarm clock – buy her a traditional one
- Implement parental controls for your daughter's device – our filtered web access in school cannot filter her mobile phone web access
- Insist on being a 'friend' on social media such as Facebook, and 'follow' her on Twitter etc
- Know all her passwords and let her know that you'll periodically check texts, emails and social media accounts – be up front about it

Cyberbullying

"Cyberbullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. **It has to have a minor on both sides, or at least have been instigated by a minor against another minor.** Once adults become involved, it is plain and simple cyber-harassment or cyberstalking. Adult cyber-harassment or cyberstalking is **NEVER** called cyberbullying.

Advice for the young person:

- Don't respond
- Don't retaliate
- Talk to a trusted adult
- Save the evidence
- Block the bully
- Be polite
- Don't be a bully
- Be a friend, not a bystander

Advice for parents:

- Listen to them and take them seriously
- Make sure they are safe, and feel safe
- Don't overreact
- Encourage them not to retaliate
- Gather the facts and save the evidence
- Get them to help solve the problem
- Talk to us if there are school links to the bullying
- Encourage them to reach out to friends

What we will do:

- Respond if there is a link to school, even if it happens outside of school time
- Make students aware of who they can go to for help
- Emphasise that most children don't bully
- Create a positive school climate
- Educate students about e-safety

Sexting

Sexting means sending sexually explicit photos, images, text messages, or e-mails by using a mobile phone or other mobile device.

Most young people are reluctant to talk to adults about it because they are afraid of being judged or having their phones taken away.

Advice for parents:

If your child has shared an explicit photo or video of themselves they may be very upset, especially if it's been widely circulated. If you become aware of this, try to stay calm and reassure them that they have your support and you'll help them by taking the following steps:

Explore the facts

- Find out who the content was shared with initially, who it was passed on to, whether it was done maliciously or was a joke gone wrong

Call the school

- We will be able to help you deal with the repercussions and support your child at school

Report it to CEOP

- If you suspect the image has been shared with an adult, contact the Child Exploitation and Online Protection Centre (CEOP), who are the national policing lead for online child sexual exploitation

Contact the website or provider

- Social networking sites should remove an image if asked.
- If the image has been shared via a mobile phone, contact the provider who should be able to provide you with a new number

Young people can contact ChildLine

- Childline will work with an organisation called the Internet Watch Foundation to get all known copies of the image removed from the internet (**Childline:** 0800 1111)

Parents can contact the NSPCC

- The NSPCC have trained counsellors available for advice and support 24/7 (**NSPCC:** 0808 800 5000)

Child Sexual Exploitation

Child sexual exploitation (CSE) is a form of sexual abuse that involves the manipulation and/or coercion of young people under the age of 18 into sexual activity.

The warning signs:

- Going missing for periods of time/getting home late
- Missing school
- Inappropriate sexualised behaviour or sexting
- Unexplained gifts or possessions
- Reluctance to let their mobile phone out of their sight
- Mood swings/changes in emotional wellbeing
- Secretive behaviour
- Drug and alcohol misuse
- Association with risky adults
- Relationship with much older person
- Sexual health issues resulting from unprotected sex

If you are concerned that your daughter is exhibiting warning signs of sexual exploitation, speak to us - or if you prefer:

'Parents against the sexual exploitation of children' run a national telephone support line staffed by experienced workers on:

0113 2403040

The charity **Family Lives** also offers a wealth of information, plus email support and a national helpline on:

0808 8002222

If you believe it is an emergency dial 999

Who Should I Contact at Stroud High School?

Bullying or Cyberbullying:

Don't forget that there is a significant difference between falling out with friends and being bullied. If your daughter is having friendship problems, whether in school or online, your first point of contact should be her tutor.

Your daughter's tutor may decide to refer the situation to their Year Leader, who may also decide to involve the Pastoral Support Team – rest assured, whether it is a falling out, or actual bullying, we will respond.

Sexting and Child Sexual Exploitation:

Sexting and Child Sexual Exploitation are regarded as Child Protection or 'Safeguarding' issues (see below).

Child Protection/Safeguarding Issues

A child protection or safeguarding issue is anything at all that might lead you to believe that a child is under threat of, or in immediate danger from, violence, exploitation or abuse. Every school has a Designated Safeguarding Lead (DSL) who is trained and experienced in dealing with child protection or safeguarding issues.

At Stroud High School, our Designated Safeguarding Lead is:

Mrs Nadine Moore, Assistant Headteacher

Our Deputy Designated Safeguarding Lead (DDSL) is:

Mr Peter John (Assistant Headteacher)

If your daughter confides in you about friends who you believe may be under threat from any child protection/safeguarding issue please do not hesitate to contact us – she may not want you to, but you could be helping us to protect a vulnerable young person.

Stroud High School's e-Safety and Security, Safeguarding and Anti-bullying policies can be found on our website at www.stroudhigh.gloucs.sch.uk.

Useful Websites to Learn More



www.thinkuknow.co.uk



www.internetmatters.org



www.saferinternet.org.uk



Childnet
International

www.childnet.com



www.digizen.org