E-Safety Parent's Workshop
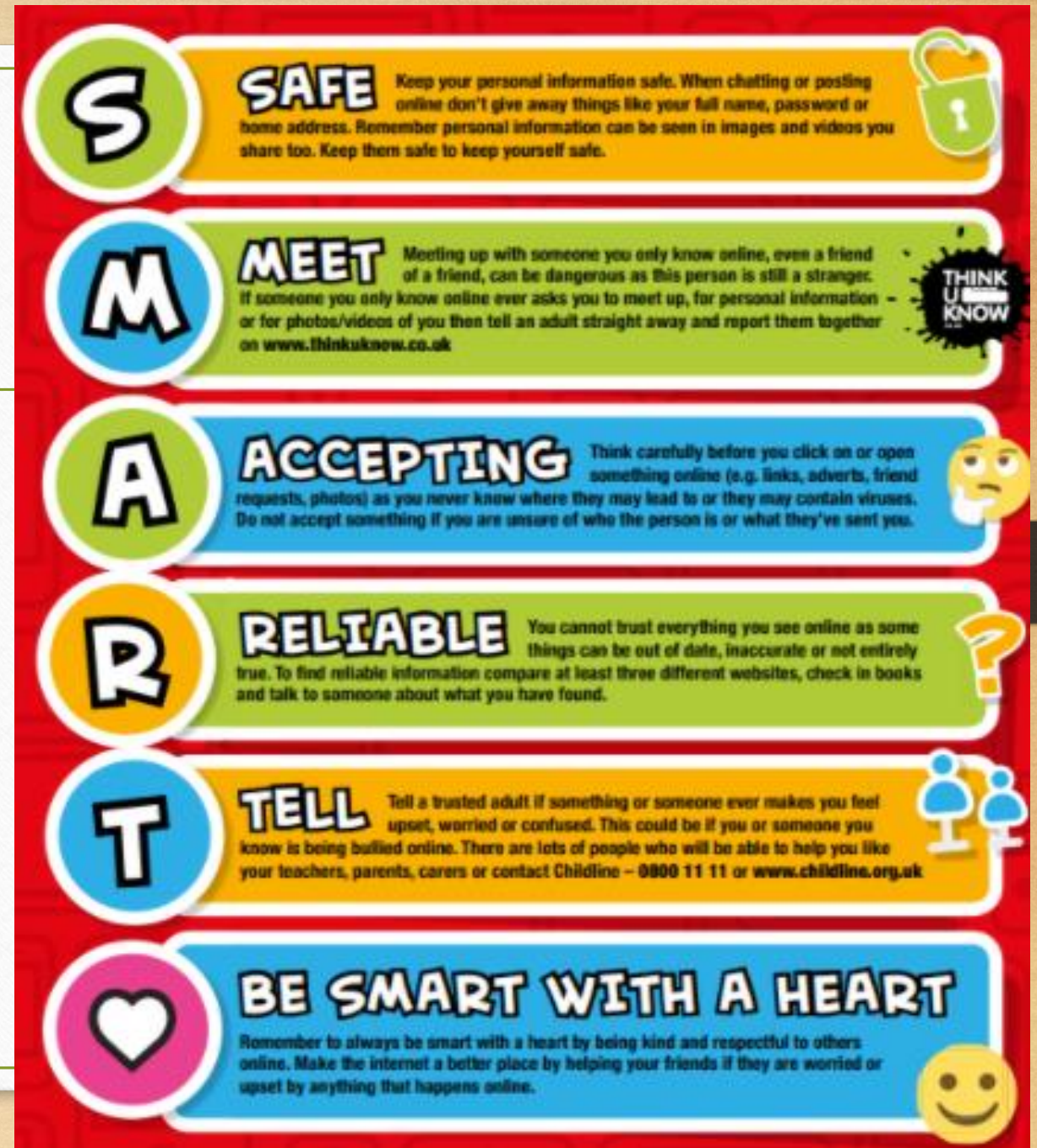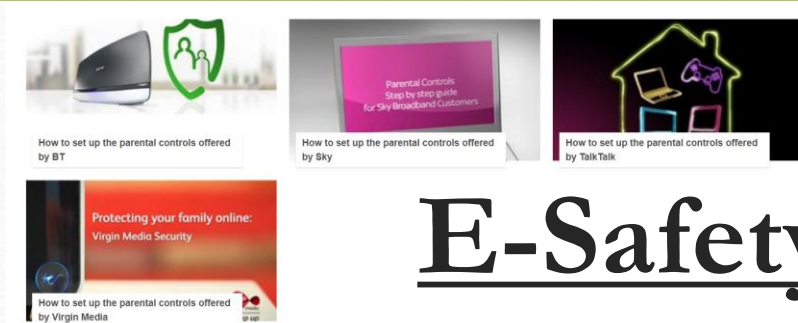
E-safety at School

- Discussed in all classes
- E-Safety units of work in each year group
- E-Safety focus as part of Anti-Bullying Week
- E-Safety support from our Digital Leaders

SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information – or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

E-Safety at Home

The link below contains guidance on how to ensure your parental control are in place on your home network. It includes guidance for the major internet providers.

https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider
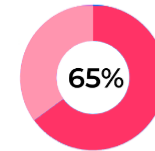
Parental Controls

What are parental controls?

Parental controls are the names for a group of settings that put you in control of what content your child can see. Combined with privacy settings, these can help you protect your children from inappropriate content, online grooming, cyberbullying and other online safety issues.
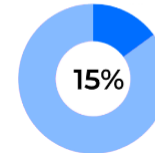
Remember that parental control settings are only one part of online safety. Make sure to keep having regular conversations about their online lives to stay on top of any issues that come up.
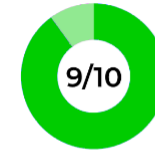
9/10 More than nine in ten parents of 5-15s who use parental control software consider it useful [1]

65% 65% of young people aged 11-16 are in favour of the controls [2]

15% 15% of Teens say parental controls and restrictions should only be taken away once they're over 18 years of age [3]

How to set parental controls

Many parents are put off using controls and settings as they think they will be difficult to set up, or complicated to use. With our step by steps guides, we can help make it simple and straightforward.

Smartphones and other devices

Select the device from the dropdown list

VIEW ALL

Entertainment & Search engines

Select the device from the dropdown list

VIEW ALL

Broadband & mobile networks

Select the device from the dropdown list

VIEW ALL

Social media

Select the device from the dropdown list

VIEW ALL

Gaming console

Select the device from the dropdown list

VIEW ALL

Key internet safety issues

The internet is a fantastic place for children to learn, create and have fun, but they may occasionally have to deal with a variety of sometimes challenging issues.

These might include cyberbullying, the pressure to take part in sexting, encouragement to self-harm, viewing pornography, along with various others. But there are positive things you can do to equip yourself and your child, support them in resolving any issue they may face.

We've created a number of advice hubs to help you learn more and deal with these issues with your child.

Cyberbullying

Cyberbullying is one of the most far-reaching issues facing children today. Support your child with expert advice.

SEE ADVICE HUB

Fake news & misinformation

With so many sources of information online, it can be hard to keep up with what is real and what is fake online.

SEE ADVICE HUB

Inappropriate content

Learn how to protect your child from a range of inappropriate content that they may have a negative impact on their wellbeing.

SEE ADVICE HUB

Online grooming

As children become more relaxed about talking to strangers online, it's important to talk about the potential risks and how to stay safe.

SEE ADVICE HUB

Online pornography

Online pornography and sexualised imagery are easily accessible on the internet, learn how to protect your child from stumbling across it.

SEE ADVICE HUB

Online reputation

A child's online reputation can be affected by what they publish and post online. See tips to help them develop a positive digital footprint.
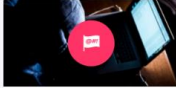
SEE ADVICE HUB

Privacy & Identity theft

A child's identity can be stolen just like an adult's can, so it's important to ensure your child understands the importance of personal data privacy.

SEE ADVICE HUB

Radicalisation

Children can be introduced to ideas online that may be considered extreme and become radicalised, see what you can do to prevent this.

SEE ADVICE HUB

Screen time

Learn more about the impact screen time can have on children and how to make the most of it to support your child.

SEE ADVICE HUB

E-Safety in Foundation

How young is too young to start talking to my child about online safety?

It's never too early to start taking action to keep your child safe online. As soon as your child starts talking about or exploring the online world, you should start conversations with them about their online activity and put support in place.

Research has found that children form 'digital habits' during early development (such as using devices after bedtime). Therefore, it is important for parents to support children to develop positive – and lasting – digital habits from an early age.

1. **Explore together:** Explore your child's favourite apps and websites with them. This can be a fantastic way to find out what your child enjoys doing online, as well as having fun and learning together.

2. **Talk to your child about their online experiences:** Start and continue regular conversations with your under 5 about what they enjoy doing online, introducing online safety messages. These conversations can be a great way to reinforce the message that if your child sees anything online which makes them feel worried, they can tell you or another adult they trust.

3. **Supervise your under 5 while they're online:** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult can supervise. Children under 5 **should not** access the internet unsupervised in private spaces, such as alone in their bedroom or bathroom.

4. **Parental controls:** Make use of the parental controls available on your home broadband and any internet enabled device in your home. You can find out more about how to use parental controls by visiting your broadband provider's website, or by viewing advice/step-by-step guides available on the *internet matters site*. If you need any help setting up parental controls, you can also call up the NSPCC/O2 Helpline or visit an O2 store.

E-Safety Tips for Parents: Under 5

5. **SafeSearch:** The use of 'SafeSearch' is recommended for use with young children. Most web search engines will have a 'SafeSearch' function, which allows you to limit the material your child can see when they're online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog. It is important to understand that no 'SafeSearch' function is 100% effective, and this cannot be used alone to protect your child from being exposed to age inappropriate material.

6. **Set boundaries:** As a family you can agree a set of rules, such as locations in the house where devices can be used, times of day your child can use devices, or which age appropriate apps or websites they can access. On devices you do not wish your under 5 to access, use passwords and keep these out of reach of your child.

7. **Lead by example:** Modelling the digital habits you expect from your child (for example, no tablets during meal-times) can be an effective way of supporting young children to develop their own positive digital behaviours from an early age.

Below is a link to a short E-safety video called 'E-Safety Tips for Parents: Under 5.' The interactive, stop motion animated video has useful advice and tips for parents of 0-5s, so that you can help them to stay safe online.
https://www.youtube.com/watch?v=ySbDYUmPasU

E-Safety in KS1

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your child has better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online. Issues that your child may encounter on the internet will vary depending on their age and online activities.

We have grouped potential online risks into these 4 categories. –

Conduct: Children need to be aware of the impact that their online activity can have on both themselves and other people

Content: Some online content is not suitable for children and may be hurtful or harmful.

Contact: It is important for children to realise that new friends made online may not be who they say they are and that they are not to share personal information.

Commercialism: Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes

https://www.youtube.com/watch?v=sz4EyUMUTro

Be SMART

Video Lessons

E-Safety Tips for Parents: 6-10

internet matters.org

Watch later   Share

learn about it / talk about it / deal with it

YouTube

The link below contains six easy-to-follow videos to work through together with children aged 6-9 years old. Each video has:

• simple, clear online safety advice specifically tailored for children aged 6-9 years old,

• 10-15 minutes of fun activities, games and discussion points,

• narration from an experienced member of the Childnet education team,

• optional follow-up activities to extend children's learning.

Please note: due to the format of this resource and to encourage meaningful discussion, we would strongly advise that children watch the video lessons together with an adult. https://www.childnet.com/resources/video-lessons

E-Safety in KS2

We believe that the key to developing safe and responsible behaviours (Online Safety), not only for pupils but everyone within our school community, lies in effective education. We know that the internet and other technologies are embedded in our pupils' lives, not just in school but outside as well, and we believe we have a duty to help prepare our pupils to safely benefit from the opportunities the internet brings.

Social Media Our school position is that children should not be using social media, they should be 13 years old before using Social Media sites and applications.

Below is a link to a short E-safety video called '**E-Safety Tips for Parents: 6-10**.' The interactive, stop motion animated video has useful advice and tips for parents of 6-10s, so that you can help them to stay safe online.

https://www.youtube.com/watch?v=sz4EyUMUTro

Y6 moving into Secondary School

With the Year 6's getting ready to move onto secondary school, the below link is parents of Year 6 children. It is focused on E-safety tips for parents of children 11-13 years old.

https://www.youtube.com/watch?v=0iKPd6lZYuA

Further Resources

Internet matters – provides on line videos and resources for parents, around the subject of e-safety.

https://www.internetmatters.org/schools-esafety/primary/parent-support/

UK Safer Internet Centre- provides a wealth of resources for all age groups, from videos, leaflets and help guides.

https://www.saferinternet.org.uk/advice-centre/parents-and-carers/resources-parentsand-carers

Think U Know – is an interactive site for children to explore how to stay safe on-line.
https://www.thinkuknow.co.uk/8_10/

CEOP – Child Exploitation and Online Protection command

https://www.ceop.police.uk/safety-centre/

Childnet – contains a range of resources, videos and posters.

https://www.childnet.com/resources/be-smart-online

The School Website

E-Safety: under children tab

Internet Safety: Under Admissions and Key Information tab

E-Safety

Always be careful when you are using the internet. It can help you to keep in touch with your friends and help your education – but it can also cause harm – to you and to others.

Remember help is always available at school if you are having any problems online.

Don't be afraid to talk to your teacher or another adult at school.

If you or anyone you know is worried about Child Exploitation, Online Protection or anything related to Internet safety please click the link below which will take you to the CEOP reporting website:

CEOP

Think You Know - Age 5-7

Think You Know - Age 8-10

Think You Know - Age 11-13

E-Safety Leaflets

Foundation E-Safety Leaflet - June 2020

Key Stage 1 E-Safety Leaflet - June 2020

Key Stage 2 E-Safety Leaflet - June 2020

Home / About Us / Parents and Community / Admissions and Key Information / Children / Contact Information

Internet Safety

At our school, we like to ensure that Internet use supports St Teresa's educational aims and that responsibilities to pupils are met. Our policy sets out the ways in which Internet services should be used, the standards of behaviour we expect from all users and the sanctions for misuse. To ensure all electronic communications technologies are used safely means educating pupils on risks and responsibilities and is part of the 'duty of care' which applies to everyone working with children; therefore making this another aim of this policy.

Please click here to access our documents relating to Safeguarding and e-Safety.

Online Resources for Parents and Carers

Parent Information and Factsheet: Who to contact and what to do to keep your children safe online. Parent Factsheet

Supporting Young People Online: Keeping the Internet an inspiring and positive place. Information and Advice

Conversation Starters: Some helpful advice on how to talk to your children about their internet use. Conversation Starters

Parent Info: Expert information to help children and young people stay safe online http://parentinfo.org

A Parents Guide to Technology: The UK Safer Internet Centre has created this guide to answer commonly asked questions and introduce some of the most popular devices used by children, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly. www.saferinternet.org.uk/parent-tech

Internet Parental Controls: The four big internet providers - BT, Sky, Talk Talk and Virgin Media - provide their customers with free parental controls that can be activated at any time. Video tutorials on how to download and use these controls are available on the UK Safer Internet Centre website. www.saferinternet.org.uk/parental-controls

Where to Report/Get Help

Need Help? Information about what to do if a child comes to you for help and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour. www.saferinternet.org.uk/need-help

Child Exploitation and Online Protection: A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online. www.ceop.police.uk

CEOP's Think U Know website contains information for children and parents, as well as a link for children to report abuse online. www.thinkuknow.co.uk

Internet Watch Foundation: Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk

NSPCC: If you have concerns about the safety of a child then contact the NSPCC helpline on **0808 800 5000** or email **help@nspcc.org.uk**. Children can talk to someone for advice and support at any time by contacting ChildLine on **0800 1111** or chatting to a counsellor online at www.childline.org.uk

Family Lives: A national family support charity providing help and support in all aspects of family life. Useful advice and information is available online at www.familylives.org.uk and they provide a free confidential helpline on **0808 800 2222**

Parent Port: A website run by the UK's media regulators, allowing you to report content unsuitable for children found in a programme, advert, film, video game, newspaper/magazine or other forms of media. www.parentport.org.uk