SCHOOLS EAST PARTNERSHIP

Raising Aspirations
Broadening Horizons

E-SAFETY GUIDE
INFORMATION FOR PARENTS AND CARERS

www.e1schools.org.uk

E-SAFETY AND OUR CHILDREN

The internet is an amazing tool for us all to use to help communicate and find out information. It can have a fantastic impact on children's learning. In order to ensure children have a positive experience on the internet, it is important we take care to protect them from some of the dangers online.

Many children want to use social media, therefore it is important that we ensure the children in our care use social media responsibly and safely.

Remember: the vast majority of social networks are for those who are older than 13.

Common problems that arise from social media

- Mean behaviour among peers and inappropriate photos or videos being shared that can hurt a child's reputation or attract the wrong kind of attention.

- Your digital footprint: images and messages can be accessible online for a long time and seen by people they were not intended for.

- Weak passwords: make sure they are private and not easy to work out.

- The danger of children interacting with strangers online who may not be who they appear to be. Your child may think they are interacting with another child, however it may be an adult posing as a child. This is often how grooming and exploitation starts.

- There is limited means of enforcing age restrictions on social networking sites. Most social networking sites minimum age is 13: it is important that you monitor closely all the activities your child is participating in online and have meaningful conversations with them.

- Weak privacy settings: make sure every account is set to private and followers are only people known to your child in the real world.

- Children spending too much time online: they may be interacting in a responsible manner, however it is important that children do not have too much screen time - becoming obsessed with anything in the virtual world is unhealthy!

SOCIAL NETWORKING SAFETY

Protect passwords

Explain to your child that passwords should never be shared, not even with their friends. If the home computer is shared, remind them to always log out when they finish their online sessions to develop good online safety habits. It's important to log out of any websites they logged into on a shared computer (to stop other people accessing their information).

Use online safety to connect with your child

Children in particular may feel like parents are disconnected from their perspective and fear conversations about online safety will be awkward or embarrassing. Listen to how your child is using social media. Take their online relationships seriously.

Discuss what information it is appropriate to share online - and what isn't appropriate. Ask them about privacy settings, and suggest that you go over them together, regularly. Set ground rules, and enforce them.

Keep a healthy life balance

As a parent, you are a role model for your child. Demonstrate the importance of a balance between online and other activities by encouraging family activities online as well as offline.

Encourage critical thinking

Take the opportunity to learn about the sorts of situations your child is experiencing online, and use these to identify solutions and encourage critical thinking.

Ask them questions like:

• *Who are you sharing this information with?*

• *Can you trust all the people that see the information on your profile?*

• *How could your Tweet/post be interpreted?*

SOCIAL NETWORKING SAFETY

Think before messaging/tweeting/posting

As parents, you may have seen children say or write things that were not meant to be hurtful but that others found offensive or upsetting.

Help your child evaluate whether or not something is okay to post by reminding them that if they wouldn't say it to the person's face or out loud, they shouldn't say it online either.

The nature of the Internet makes it difficult to completely erase content. Consider having a conversation about how what gets posted online can hurt feelings, affect offline relationships and even jeopardise future opportunities.

It's about respect

It's also important to talk about the Golden Rule: treating others the way you want to be treated. This also applies to using new technologies. Make sure your children know where to go for support if someone ever harasses them. Help them understand how to make responsible and safe choices about what they post - because anything they put online can be misinterpreted or taken out of context.

Spam

Some people take advantage of the fact they can send messages to lots of people in an online community. Users of social networks may find they receive confusing messages from strangers, perhaps trying to sell products or open communication. This is known as spam. If users receive spam, they should block that user so they can no longer communicate with them. If the messages continue, they should be reported to the specific site.

DEALING WITH PROBLEMS

When it has gone too far

Sometimes, people can use social networks to 'bully' other users. If unwanted online behaviour is persistent, it may be rooted in "real world" relationships. If your child is experiencing repetitive cyber-bullying or interpersonal conflicts that are also taking place online, consider taking the following actions:

Coordinate with the school

Many issues can be resolved by working with staff at your child's school or through another authority the school has contact with, such as CEOP. If your child is experiencing repetitive cyber-bullying, please speak to the designated safeguarding lead at your child's school.

If the perpetrators of the bullying are found to be pupils at their school, the situation will be dealt with in the same way as physical bullying.

Report a violation

Get to know the rules and policies of the social media platform your child is using. After reviewing their policies, if you believe an account is violating their rules, you or your child can file a report.

Contact local law enforcement

Social media platforms such as Twitter and Facebook will investigate every report received, but if something has gone beyond the point of a personal conflict and has turned into credible threats, whether it be online or offline, you should contact your local authorities as they are in the best position to assess the threat and intervene or assist as necessary.

Further help and advice

You can seek advice from one of these websites:

Thinkuknow *thinkuknow.co.uk*

NSPCC *nspcc.org.uk*

Childline *childline.org.uk*

Report unsafe / concerning behaviour online to CEOP:

ceop.police.uk/safety-centre

www.e1schools.org.uk

POPULAR SOCIAL MEDIA PLATFORMS

Facebook

Minimum age: 13

Online social media and social networking service.

Instagram/Snapchat

Minimum age: 13

Photo and video sharing social network. Users upload photos and videos of themselves and their friends.

Kik

Minimum age: 13

Kik is similar to WhatsApp, however your groups are not linked to your phone, but to your username or a Kik code'. This makes it easier for people you do not know to chat to you.

Movie Star Planet

Age range 8 - 15 years, however, there is no way to check if you are an adult signing up.

An online game where users can create a famous movie star character to talk to others in the chat room, play games and watch videos.

Be aware:

There is no way to set your account to private.

You can easily talk to strangers – there is no way to stop adults playing.

Musical.ly

Minimum age: 13

Musically is a social network for sharing videos of yourself lip-synching to songs.

Children upload videos of themselves.

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Pinterest

Minimum age: 13

Online interactive pin board. Users can create collections of pin boards using their own images and re-pin things from other people.

PlayStation Network / Xbox Live / Nintendo Network

Master accounts: 18+

Sub accounts: 7 – 17

Play and chat to other people playing games online. Users can chat both online and through headphones.

Roblox

Minimum age: 8

An online game where users can create their own games and try out games other players have created.

Tumblr

Minimum age: 13

A blogging and photo sharing network.

Twitter

Minimum age: 13

Online news and social networking service on which users post and interact with messages known as "tweets".

YouTube

Minimum age: 18, however 13 year olds can set up an account with parental permission.

Upload, view and comment on videos.

WhatsApp

Minimum age: 13

Messaging service. Users can create group chats and add other people using their phone number.

Canon Barnett Primary School

William Davis Primary School

SWANLEA SCHOOL

Stewart Headlam Primary School

Osmani Primary School Reach For The Stars

Kobi Nazrul - PRIMARY SCHOOL -

Thomas Buxton Primary School

Hague Primary School

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