The Abbey CE VA Primary School Guide to Online Safety for Parents

November 2020

- ☺ Keep virus and firewall software up to-date
- ☺ Talk together and have fun learning together
- ☺ Remember that passwords should be kept private and not shared with others. Many eSafety incidents relate back to the sharing of passwords
- ☺ Involve everyone and agree your family guidelines and rules. Remember that sometimes what is acceptable for a Year 6 child is not necessarily acceptable for a Year 4 child
- ☺ Regularly discuss online safety and go online with your children. **Communication** is the key to 'staying safe' online
- ☺ Enable your 'browser safe' search option and or consider using internet filtering software, walled gardens and child-friendly search engines. Critically view all content as some websites are not what they appear
- ☺ Keep the computer in a communal area of the house, where it's easier to monitor what your children are viewing. Do not let children have webcams, or similar, in their bedroom.
- ☺ **Remember any image, sound or text can be copied and viewed by everyone**
- ☺ Talk to your children about why they should not give out their personal details. If they want to subscribe to any online service then create a family email address to receive the mail
- ☺ We all love to chat and children are no different. Encourage your children to use moderated chat rooms and never to meet up with an online 'friend' without first telling you
- ☺ Time spent online should be monitored to help prevent obsessive use of the internet. Children benefit from experiencing a range of activities, many of which will be offline

- ☺ Encourage your children, and in fact all family members, to tell you if they feel uncomfortable, upset or threatened by anything they see online
- ☺ Have proportionate responses if the family guidelines are not followed

Using Images Safely and Responsibly

We all enjoy and treasure images of our family and friends. However, we do need to protect and safeguard all children and staff in our school, including those who do not want to have their images stored online.

Online Images and Video

What should we think about before adding online any images or video? There are always risks? What are they?

Facts

- ☺ Once online any image or video can be copied and stay online forever
- ☺ Some children are at risk and MUST NOT have their image put online. Not all members of the school community will know who they are
- ☺ Some people do not want their images online for personal or religious reasons
- ☺ Some children and staff may have a complex family background which means that image sharing online can have unforeseen consequences

We must all
'Think Before We Post'
online

Useful Web Sites for Parents

☺ www.thinkuknow.co.uk - The Child Exploitation and Online Protection (CEOP) Centre has set up its own educational website which has been designed and written specifically for children, young people, teachers, parents and carers.

☺ https://www.childnet.com/parents-and-carers A non-profit making organisation working directly with children, parents and teachers to ensure that the issues of online child protection and children's safe and positive use of the internet are addressed.

☺ www.getsafeonline.org/ A beginners guide to using the Internet safety, including a quiz and some video tutorials about how to 'stay safe' on-line.

☺ www.bullying.co.uk - One in five young people have experienced bullying by text message or via email. This web site gives advice for children and parents on bullying.

☺ https://www.vodafone.co.uk/mobile/digital-parenting - Vodafone have developed this website in conjunction with mumsnet. It is very accessible and provides information and guidance to parents with understanding their child's digital world and get more involved. There is even an on-line test to see how much you know!

☺ www.internetmatters.org - Lots of guidance and articles for parents about keeping their children safe online.

☺ www.nspcc.org.uk/keeping-children-safe/online-safety/

Do you know that Facebook is for people over the age of 13?

- Preview your profile to see how it looks to others. This can be done by using the 'View As' feature in the Timeline and Tagging section of the settings.
- Make sure that you are not a victim of 'Fraping' (other people using your account details to make posts etc.) Have a **strong password** and **logout** when not using Facebook.
- Check your **privacy settings** – do you know who can see your phone number or post on your timeline?
- Turn **Facebook 'chat'** on and off to control who knows you are online (bottom right-hand corner of browser.)
- Edit the privacy settings of the **Apps** you use.
- **Review posts and photos** that you are tagged in before they appear in your profile by editing your 'timeline and tagging' settings.
- Check before adding content, including photos, that you have the right to do so. **Facebook expects you to do this.**
- Always be nice online, just as you are in the real world. **Facebook does not tolerate bullying or harassment.**
- **Report abusive or offensive content** that you believe breaks Facebook T & C by using the **"I don't like this post"** at the top right of the post. Reports are anonymous.
- Only make online friends with people you know and trust in the real world. You can easily '**unfriend'** a friend - they will not know.
- Create a **Facebook group for your family** so that you have a private space to keep in touch, share photos and learn about Facebook together.
- Read the **Terms & Conditions** to make sure you know what **Facebook expects** from you!

Did you know that Instagram is for people over the age of 13?

- **You should be 13 or over to use Instagram**. This is clearly stated in the Terms of Service, though age is not asked when a user signs up for an account.
- When you create a new account, by default your posts are public. Anyone can follow you and see your photos and videos. If your posts are private you have to approve other users before they can see your posts. Existing followers can continue to see your posts.
- Anyone can see your profile picture, username and bio, even if your posts are private.
- You can tag people in content that you share on Instagram.
- Instagram lets you share photos and videos to other social networks.
- Think before you post.
- Be respectful to others and do not post images or videos of other people, or tag them in a photo, without their permission.
- Even if your posts are private, you should not post images and videos that you would not want to be seen by the public, just in case. Remember it is easy for someone to copy or share what you post.
- Be careful not to share personal information in comments, photos or videos. For example, a photo of someone in their school uniform could tell the world where that person goes to school.
- If you need to block or report a user, tap on their user name and then this button: You are then given the option to block a user or report as inappropriate.
- If you want to delete your Instagram account you should log in to the Instagram.com website, click on your username, select **Edit Profile** and from there you can choose to delete your account.

Sending friend requests or messages to Abbey School staff is
NOT ALLOWED on social media.

We have a school rule that we have to ignore them. Staff can only talk to children in person at school.

A conversation starter Kit for you and your child...

Questions parents may want to ask their children to start a conversation about internet use and staying safe online.

1. What do you like to do most online?
2. Do you play online games with friends you know in the real world, or do you play with anyone?
3. Do you tell your online friends your secrets or things you wouldn't tell them in the playground?
4. What is the age rating of the game you are playing? Can I play/watch the game with you?
5. The minimum age to be able to open an account on Facebook, Instagram and many other social networks is 13 years. Ask your child/ren what age they pretended to be and why?
6. Do you know your online friends in the real world? Are you always nice to your online friends?
7. If someone online says or does something to frighten or upset you would you know what to do?
8. Would you let a stranger in the street ask you personal questions in the real world? Do you let a stranger online ask you personal questions? If yes, is it time to change?
9. Can you show me how to change Facebook privacy settings? Are your settings as private as possible?
10. Has anyone ever said something nasty to you online?
11. Were you frightened or scared?
12. Would you know what to do?

Here are some things you may want to do to help your child/ren 'Stay Safe' in the online world

1. Set ground rules and agree which websites they can visit.
2. Agree time limits and regular breaks. *Remember letting children play video games just before bedtime may stop them sleeping well and have an impact on their learning.*
3. Find out how to set the parental controls and safe search. Contact your Internet Service Provider (ISP) to see what controls they may offer as part of the service. *Remember none of these are 100% effective and supervision is always advised.*
4. Check the home page of your child/ren's favourite social network, game and so on. Is there a section with information for parents? This will give you an overview of the website and its suitability.
5. Spend 30 minutes watching your child/ren play an online game so that you can see the content and be happy that it is suitable.
6. Check the age ratings of games at PEGI www.pegi.info/en/index/ *Remember video games ratings are all about the content and not the difficulty of the game.*
7. Say **NO** to your child playing any game that has a rating of 18 years and above or using websites that you think are unsuitable.
8. Talk to your child/ren about their privacy settings and ask them to show you how to change these settings. Encourage your child/ren to only have online friends that know in the real world.
9. Tell your child/ren what to do if they ever feel frightened or scared when online or using their mobile phone.

What can parents do right now?

Get involved in your children's internet use. Discussing the opportunities and risks with children involves helping them to see for themselves how they might get into and out of difficulty.

 • Agree rules as a family about not disclosing personal information – such as your full name, email address, phone number, home address, photos or school name – time spent online, and contacting people via the internet.

• Create a family email address for registering online.

• Bookmark your family's favourite websites. Add www.ceop.police.uk to your favourites if you ever need to report online abuse to the police.

• Encourage children to talk to someone they trust if they feel worried or upset by something that happens online.

• Make use of available filtering and monitoring software. These can help to block inappropriate material but remember they are not 100% effective and are no substitute for adult involvement and supervision. For more advice see: www.getnetwise.org

• Make sure your children know the SMART rules. Childnet's SMART rules have been written especially for young people to remind them how to be careful online: