Keeping our Children Safe Online

Practical Advice for Parents and Carers







Halley Primary School

Including all learners, achieving their best



e-Safety and our Children



Technology (and understanding the digital world) is part of everyday life.

It's almost certain that your children know a lot more about social media, computers and mobile phones than you do.

This leaflet suggests some simple things you can do to make sure they stay safe.

Your children need to be able to use computers in school and when they enter the job market. Along with smartphones, tablets and games console technology is now a big part of how they relax and socialise.

As a parent or carer it's your responsibility, along with school staff, to keep them safe.

In exactly the same way that you give them space and time with their friends in the real world you let them go online. You also reassure yourself that you and they are aware of how to minimise the risks.

This guide explains:

- The basics for supporting your children's time online.
- How your children are using technology (and their understanding of the digital world) in school.
- How using (and their understanding of the digital world) at home can help children to learn.
- How children can use the Internet safely at home.
- Where to access further information.
- Some popular social media sites and their minimum ages.
- How to deal with problems.

The basics

- Limit time - agree with your children how much time they can spend online. They may need to do homework, listen to music, play games and chat, but let them know that they are offline half an hour before bedtime. They will sleep better.

- Talk to your child and find out which social media and messaging sites they use. These include Facebook, Youtube, Twitter, Instagram, WhatsApp, Viber, TikTok and Roblox and new ones come along all the time.

- Ask them to show you who their online friends are. For school age children these should only be people you or they know in real life such as relatives, schoolmates, neighbours etc. It is very easy for anyone to create a false identity online and start a "friendship" with your child.

- Ask them to tell you which online names and identities they use.

- Become friends with your children online. Tell them to "defriend" or block people they don't know, you aren't sure about. If they are reluctant insist that an adult you trust is one of their friends.

- Ask them to show you their privacy settings. These should allow only trusted people to see images and comments your children post.

- Photograph sharing caution.
  It is impossible to retrieve a photo that has been sent electronically.
  Explain to your children that they must never take or share a photo or video that they would not want you to see or one that would upset or humiliate another person.

- ★ Phone number sharing caution. If your child has a mobile phone they must only share the number with a small number of people. Their friends must be told that they can't pass on your child's number without permission.

- ★ Keep evidence, if necessary. If your child has received upsetting messages these must be kept as evidence if you want further action to be taken.

- ★ Don't respond to abusive language, insults or threats. "Defriend" or block the person responsible.

- ★ Highlight adult support at school. Tell your child that every adult who works in a school is responsible for her or his safety. They must tell a grown up if they are bullied or they learn that one of their friends is doing something that could be potentially dangerous.

- ★ Keep personal details private. They must not put their address, phone number or email address online.

- ★ Never share passwords. School and personal passwords must never be shared with other children. Sharing passwords allows them to take control of your child's account.

- ★ Keep vigilant. Reassure yourself that your child is not visiting unsuitable sites that may expose them to pornography, violent extremism, computer viruses or online bullying.

- ★ Install parental controls. Install family protection software. Most Internet providers supply it free and it allows you to restrict the sites that your children can visit. At Halley we provide technical support and drop in sessions for this using mobile devices so just to ask class teacher or member of staff.

Using technology at school

A high-quality computing education equips pupils/children to use computational thinking and creativity to understand and change the world. Computing has deep links with mathematics, science and design and technology, and provides insights into both natural and artificial systems. The core of computing is computer science, in which pupils are taught the principles of information and computation, how digital systems work and how to put this knowledge to use through programming.

Building on this knowledge and understanding, pupils are equipped to use information technology to create programs, systems and a range of content. Computing also ensures that pupils become digitally literate – able to use, and express themselves and develop their ideas through, information and communication technology – at a level suitable for the future workplace and as active participants in a digital world.

Digital Literacy:

- ★ Word processing
- ★ Databases
- ★ Spreadsheets
- ★ Desktop publishing
- ★ Multimedia presentations
- ★ Drawing and digital art programmes
- ★ Email (computer science and online safety)

Computer Science:

- ★ Computer programming/Coding to learn how to give instructions to a computer to build their own programmes
- ★ Robotics
- ★ Simulations
- ★ Electronic sensors
- ★ Digital cameras
- ★ Website publishing
- ★ Video conferencing
- ★ Networking

Online Safety:

- ★ Internet
- ★ Social Media
- ★ Online grooming
- ★ Online gaming

Using technology at home

How to help your child at home

Technology and understanding the digital world is not just about using a computer. It also includes the use of controllable toys, digital cameras and everyday equipment such as a tape, CD, DVD or MPV player.

Children can develop their understanding of technology and continue to build on their computing skill set by:

- ★ Writing a letter to a relative.
- ★ Sending an email to a friend.
- ★ Drawing a picture on screen.
- ★ Using the internet – search engines to research a class topic.
- ★ Planning a route with a controllable toy.
- ★ Using an online simulation to develop problem solving, e.g. raspberries
- ★ Using interactive games to enhance their learning.

A selection of companies offer school software for use at home.

Benefits of technology

Benefits of using technology at home

How we know that using technology (and understanding the digital world) at home can help.

Many studies have looked at the benefits of having access to a computer and/or the Internet at home. Here are some of the key findings:

- ★ Used effectively, technology (and understanding the digital world) can improve children's achievement.
- ★ Using technology (and understanding the digital world) at home and at school develops skills for life.
- ★ Children with supportive and involved parents and carers do better at school.
- ★ Children enjoy using technology (and understanding the digital world).
- ★ Using technology (and understanding the digital world) provides access.

Benefits of using technology for home learning

Home use of technology (and understanding the digital world) by children:

- ★ Improves technology (and understanding the digital world) skills.
- ★ Offers choice in what they learn and how they learn it.
- ★ Supports homework and revision.
- ★ Improves the presentation of their work.
- ★ Connects learning at school with learning at home.
- ★ Makes learning more fun.

All this can lead to better performance at school and an improved standard of work.

For further information, go to:

Parents Centre:

www.parentscentre.gov.uk/usingcomputersandtheinternet.

From the menu choose either Links by topic or Links by age for details of websites that will support children's learning.

Safe use of the internet at home

Whilst many Internet Service Providers offer filtering systems and tools to help you safeguard your child at home, it remains surprisingly easy for children to access inappropriate material including unsuitable text, pictures and movies.

Parents are advised to set the security levels within Internet Explorer or other browsers with this in mind. Locating the computer in a family area where possible, not a bedroom will enable you to supervise your son or daughter as they use the Internet. Also consider mobile phones and games consoles and other devices that can access the internet.

However, its important not to deny them the opportunity to learn from and enjoy the wide variety of material and games available on the Internet. Instead discuss with them some simple rules for keeping safe online and making sure they understand their importance.

Child friendly search engines

CBBC Search:
www.bbc.co.uk/cbbc/search

KidRex:
www.alarms.org/kidrex

Dib Dab Doo and Dilly Too:
www.dibdabdoo.com/

Kiddle:
www.kiddle.com

Safe Search Kids:
www.safesearchkids.com

Simple safety tips

Key Stage one

- Ask permission before using the Internet and discuss what websites they are using only use websites you have chosen together or a child friendly search engine.
- Only email people they know, (why not consider setting up an address book?)
- Ask permission before opening an email sent by someone they don't know.
- Not use their real name when using games or websites on the Internet, (create a nick name).
- Never give out any personal information about themselves, friends or family online including home address, phone or mobile number.
- Never arrange to meet someone they have 'met' on the Internet without talking to an adult first; always take an adult and meet in a public place.
- Never tell someone they don't know where they go to school or post any pictures of themselves in school uniform.
- Only use a webcam with known people.
- Tell you immediately if they see anything they are unhappy with.

Using these rules

Go through these rules with your child and pin them up near to the computer. It is also a good idea to regularly check the Internet sites your child is visiting e.g. by clicking on History and Favourites.

Please reassure your child that you want to keep them safe rather than take Internet access away from them. Create a dialogue and a relationship of mutual respect as far as the Internet is concerned.

Key Stage Two

- Use websites recommended by teachers and use a student friendly search engine.
- Consider who created a website and possible bias within information.
- Only email people they know (why not consider setting up an address book?).
- Exercise caution before opening an email sent by someone they don't know.
- Use Internet chat rooms, websites, instant messaging etc. with caution and know how to block and report unwanted users.
- Not use their real name when using games or websites on the Internet, (create a nick name).
- Never give out any personal information about themselves, friends or family online including home address, phone or mobile number.
- Never email your school name or a picture in school uniform (even to a friend).
- Never arrange to meet anyone alone, and always tell an adult first and meet in a public place.
- Only use a webcam with people they know.
- Tell an adult they trust immediately if they encounter anything they are unhappy with.
- Report concerns to the Child Exploitation & Online Protection Centre (CEOP).
- Avoid using websites they feel they could not tell you about.
- Be aware comments they make on Blogs and Wikis can be viewed by others.

Popular social media sites

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.

Pinterest

Minimum age: 13

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

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.

TikTok

Minimum age: 13

A media app for creating and sharing short videos.

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.

Viber

Minimum age: 13

Calling and messaging service.

WhatsApp

Minimum age: 13

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

Dealing with problems

When it has gone too far

Sometimes, people can use social networks to 'bully' or frighten 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 Halley Primary School or through another authority the school has contact with, such as CEOP. If your child is experiencing repetitive cyber-bullying, please speak to a member of the designated safeguarding team (details can be found on the safeguarding page of our website). If the perpetrators of the bullying are found to be pupils of the school, we will deal with the situation in the same way we would physical bullying.

Get support in Tower Hamlets

If you think your child may be putting her or himself at risk online, support is available from the Family Information Service (020 7364 6495) and the Support for Learning Service (020 7364 6440).

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

www.thinkuknow.co.uk

NSPCC

www.nspcc.org.uk

Childline

www.childline.org.uk

You can report unsafe or concerning behaviour online to CEOP:

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

Digital safety rules for all

- ★ Stop screen time 1 hour before bed time. This helps your child's mind to unwind, and their brain to relax from the glow and stimulation of being active on the screen.

- ★ No mobiles or tablets in the bedroom.

- ★ Parents, your children are sneaky! They will go on their devices when they are meant to be a sleep.

- ★ Do not sleep with phones under your pillow. Hopefully you can enforce the above, but older children (13+) may now want to use their phones as alarms etc. Remind them phones must be on tables next to them, and not under pillows. Phones need to breath when on charge. Under pillows means it can't, this can lead to the battery overheating and the phone exploding.

- ★ A child legally cannot own a mobile phone until they are 18. Parents are responsible for their child's use.

- ★ Fortnite is a 12+ rated game (other online games have age ratings too). The language some other users use while playing is not child friendly. Children then don't understand and use this with their friends in the playground.

- ★ All games have graphic content that is not age appropriate for younger children. Use PEGI age ratings on games. If you not sure you can go to the PEGI website to check why this game has this age ratings.

Parental control App

The best Parent Control App available at present is Familytime.io.

The App works on all platforms (Android, Apple, Windows) and parents can turn off devices remotely, use GPS to track their children, secure message groups.

They can also read and see all messages on app or text that are sent and received by their children. As well as pictures and videos taken, sent and received too.

Glossary

App

An application, especially as downloaded by a user to a mobile device.

Avatar

A character/animation you can use to represent yourself online (e.g. in chat rooms) and in computer games.

Blog

An online journal.

CEOP

The Child Exploitation and Online Protection Command, or CEOP Command, is a command of the UK's National Crime Agency (NCA).

Chat rooms

An area on the Internet or other computer network where users can communicate, through text-based messages, typically dedicated to a particular topic.

Computer Science

The study of the principles and use of computers.

Cyberbullying

The use of technology, particularly the internet and mobiles, deliberately to upset someone else.

Defriend/Unfriend

To remove (someone) from a list of friends or contacts on a social networking website

Electronic sensors

A device designs to indicate or measure something about the environment which it is operating.

e-Safety

Staying safe online and not giving out personal information to strangers.

Fortnite

A hugely popular 12 + rated online video game developed by Epic Games and released in 2017.

GPS

Global Positioning System - a global navigation satellite system used for things like in-car navigation.

Glossary

Grooming

The process of befriending a child with the intent of sexually abusing them.

History

Browsing history is the information that Internet Explorer stores on a computer/ smart phone/tablet as you use the Internet.

Instant Messaging / Messaging

The process of sending short real-time messages over the Internet.

Internet Explorer

Internet browsing software which allows users to view and navigate web pages on the Internet.

Online gaming

The action or practice of playing video or role-playing games on the Internet.

Parental Controls

Tools that help parents to protect their children online and on other devices - e.g. by controlling which websites they can visit or from whom they can receive email.

PEGI

Or Pan European Game Information.
A European video game content rating system established to help European consumers make informed decisions when buying video games or apps through the use of age recommendations and content descriptors.

Pornography

The portrayal of sexual subject matter for the exclusive purpose of sexual arousal.

Programming

A way of giving computers instructions about what they should do next. These instructions are known as code, and computer programmers write code to solve problems or perform a task.

Robotics

The design, construction, operation, and application of robots, as well as computer systems for their control, sensory feedback, and information processing.

Glossary

Screen time

The amount of time spend looking at/using a mobile phone, tablet, computer, games console TV or other screen.

Search engine

A tool that searches for information on the Internet, such as Bing or Google.

Simulations

The use of a computer for the imitation of a real-world process or system.

Smart phone

A mobile phone with advanced features like email and internet access.

Social media

Websites and applications that enable users to create and share content or to participate in social networking.

Social networking

An online community, such as Facebook or Instagram.

Spam

Unsolicited email or text messages.

Streaming

A way of delivering data (e.g. music or video) over the internet.

Tag

A way of assigning a piece of information or an image to a particular person.

Violent extremism

Beliefs and actions of people who support or use ideologically motivated violence to achieve radical ideological, religious or political views.

Webcam

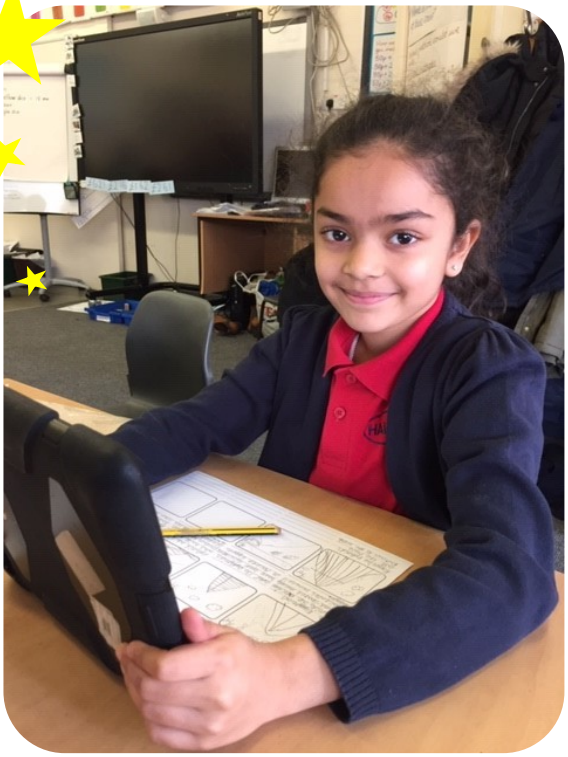
A small video camera built in to or attached to a computer or laptop.

Wiki

A website or database developed collaboratively by a community of users, allowing any user to add and edit content.

Wi-fi

Wireless technology installed in computers and mobile devices.



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