Westfields

JUNIOR SCHOOL

An E-Safety Guide for Parents

The internet is perhaps the greatest innovation of our time, and it offers children endless possibilities to learn, create, and communicate, but with that comes the inevitable challenge of ensuring children stay safe. At Westfields Junior School we want to work in partnership with our parents and families to promote safe use of the internet by teaching our children the skills and values they need for today and in the future.

What issues could be affecting our children?

Inappropriate Content — Cyberbullying — Online Grooming — Sexting

Online Reputation — Self-Harm — Online Pornography — Radicalisation

Parent Checklist

- ✓ **Put yourself in control**
  Make use of the parental controls on your home broadband and any internet enabled devices. You can find out how to do this on your broadband provider's website, by visiting internetmatters.org or saferinternet.org.uk/advice-centre.
- ✓ **Search safely**
  Use safe search engines such as swiggle.org.uk or kidz-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.
- ✓ **Agree boundaries**
  Be clear about what your child **can** and **can not** do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.
- ✓ **Explore together**
  The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they are visiting and share with them.
- ✓ **Check suitability**
  The age ratings that come with games, apps, films and social networks are a good guide to whether they are suitable for your child. The minimum age limit is 13 years old for several social networking sites, including Facebook and Instagram. Would you let your child watch an 18 film? Many games of an 18 rating are played by under 11s!

Teach your child some simple rules

Learn about it:

• Make sure your child knows not to share personal information – refer to SMART Rules.

• Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin.

• Use privacy settings wherever they exist to keep information private.

• Be a good online friend and do not say nasty things, even if it is just a joke!

• Use secure and legal sites to download music and games.

• Check with an adult before downloading attachments and pop ups for suitability and viruses.

• Use Public Friendly WiFi when out and about to filter inappropriate content.

• Help your child to better understand the different online platforms they use and judge the quality and reliability of online resources.

Tips for meaningful conversation

Start a conversation when your children will be more receptive and engaged, such as on the way from or to school.

Be sensitive and encourage them when they share their online experiences with you.

Talk about online grooming as you would **'stranger danger'** and explain that people they meet online might not be who they say they are.

Make sure they know they can come to you if they are upset by something they have seen online.

Ask them for advice on how to do something online and use this as a conversation starter.

If your child talks about an issue with you, stay calm and listen without judging them.

Ask them about things online which might make them uncomfortable.

Teach your children that the same safety restrictions should be applied to online gaming, smartphones, tablets and smart TVs, as these all have access to the internet and could potentially share personal information if restrictions are not applied.

Talk about why your digital footprint matters. It paints a picture of who you are and once shared you lose control of it.

Check they know the rules!

5 Top Tips to Help Manage Children's Screen Time

1 Set a good example with your own device use

Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.
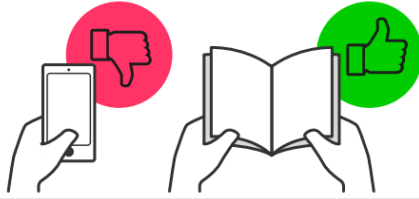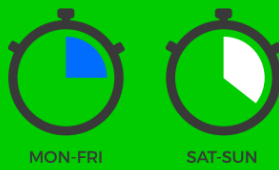
2 Talk together about the time they spend online

Understand what they're doing, and explain your concerns.

3 Agree an appropriate length of time that they can use their device

Put in place a family agreement to set some boundaries and don't break them.

MON-FRI   SAT-SUN

4 Get the whole family to unplug and create 'screen free' zones at home

5 Use technology and apps to help manage screen time

For example, the **Forest app** enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The **iPad's 'Guided Access'** limits the time you can access any given app, which can be great for younger children.

Useful safe websites for links across the curriculum, including games and general resources:

http://www.bbc.co.uk/schools/parents/
http://www.topmarks.co.uk/
http://www.woodlands-junior.kent.sch.uk/Games/
http://www.bgfl.org/bgfl/15.cfm?s=15&p=251,index
http://www.bbc.co.uk/schools/
http://durham.schooljotter.com/coxhoe/Curriculum+Links

Useful links for more information…

https://www.saferinternet.org.uk/
https://www.ceop.police.uk/safety-centre/
http://www.parentscentre.gov.uk/
www.thinkuknow.com
http://www.getnetwise.org/
https://www.childnet.com/
http://www.bbc.co.uk/webwise/
http://www.iwf.org.uk/
http://www.internetmatters.org/age-guides/videos.html
http://facebook.com/safety
https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/
https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider
https://www.bullying.co.uk/cyberbullying/