

## Online Safety Guidance

Please read this document to support you in safeguarding your child when they are working, playing, browsing or interacting online.

### **Risks**

Being alert to the risks is paramount and during this time of increased online activity and isolation, children and young people are particularly vulnerable to being targeted and exploited online. These risks include:

- online groomers and predators
- extremists (including groups and individuals that promote hate, radical views, conspiracy theories and spread misinformation)
- criminals
- bullies

### **Behaviour**

You know your child best. Changes in their behaviour, small or extreme, could be an indication that they are being targeted or exploited online.

Have they become more distanced from you?

Are they increasingly secretive?

Are they constantly using or checking a device?

Are they using language or making reference to things you would not expect them to know?

### **Protective Factors**

Engage in an open conversation with your child. Check in with them and ask about what they are viewing, who they are speaking to and how they are feeling. There is advice on how you might approach this in the links below and Childnet's top 10 tips are on the next page.

Childnet <https://www.childnet.com/parents-and-carers/have-a-conversation>

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

# 10 Key messages to share with your child

However and wherever you have a conversation with your child, here are 10 top tips you can share to support them in staying safe online.

1. **"You can always come to me if you need help."** This is the most important thing to let your child know, and a way to give them confidence to speak to you when they need support.
2. **"What would you do if this happened...?"** Give your child strategies to deal with upsetting experiences online.
3. **"Remember that not everyone is who they say they are online."** Remind your child to always tell an adult if anyone they only know online makes them feel uncomfortable, or asks to meet up or share personal information or images.
4. **"Keep your personal information safe, and other people's too."** This includes full names, contact details, and real-time locations.
5. **"Be respectful to others online."** Remind them if it's not okay offline...
6. **"Think before you post."** Help your child to be aware that their online actions can have consequences for themselves and others.
7. **"Remember to ask if it's okay."** Asking for, and receiving permission from others online is important before sharing images, adding people into group chats, etc.
8. **"Remember not everything is true online."** Help your child to be a critical thinker to find accurate information.
9. **"The things other people post online might not always show what their life is really like."** Reassure your child that nobody's life is as perfect as it may seem online, and judging yourself against other's online lives isn't a fair comparison.
10. **"Recognise how going online makes you feel and take a break when you need to."** Your child may need support in doing this, such as timers and reminders.

Parental controls help you to block or filter upsetting or inappropriate content and to control purchases within apps. You can install parental control software on your child's and family's phones, tablets, games consoles, laptops and your home internet.

Internet Matters step-by-step guides <https://www.internetmatters.org/parental-controls/>

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

## Remote Learning

Class Dojo, Zoom and Teams are being used by the school to interact and share learning with parents, carers and children. There is no need for children to use email addresses, photographs or personal information to access these facilities.

It is worth making sure that you have virus and malware protection software installed on devices and that your wireless network is secure and password protected.

The school can loan laptops to students following an online safety agreement being read, agreed and signed by the parent or carer.

## Useful Websites and Resources

Net Aware <https://www.net-aware.org.uk/> Tells you all you need to know about specific apps, games and social media sites.

Common Sense Media <https://www.commonsensemedia.org/> Similar to Net Aware but also includes information about films and TV shows.

Thinkuknow <https://www.thinkuknow.co.uk/parents/> and Parent Info <https://parentinfo.org/> Information about keeping your child safe online.

Let's Talk About It <https://www.ltai.info/> and Educate Against Hate <https://educateagainsthate.com/resources/top-tips-guide-parents/> Keeping children safe from online radicalisation and extremism.

CEOP <https://www.ceop.police.uk/safety-centre/> and Internet Watch Foundation <https://www.iwf.org.uk/> Tools for reporting online sexual abuse, grooming or images.

# childline

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