

Recommendations for parents.

- ◆ Talk to your children about being safe online, it can be very difficult for a child to understand the risks of using the internet.
- ◆ Ensure your child knows the risks of accepting friend requests from strangers online. Explain that once a picture, video or comment is sent or posted online, it can be very difficult to remove it and it can be shared with others, without them knowing.
- ◆ Ensure they know how to report and block people online who may send nasty or inappropriate messages or content.
- ◆ Most importantly, make sure your child knows that they can talk to you and tell you anything that happens online that makes them feel scared, worried or uncomfortable.
- ◆ Be aware of the age restrictions for social media eg Facebook, Snapchat, Instagram .

- ◆ Be aware of Game Age Limits and ensure children are supervised as many games contain adult themes.
- ◆ Use Youtubekids– filtered online especially for children
- ◆ Be aware of group chats and posting selfies , or wearing school uniform in photos.
- ◆ Limit screen time during the school week to aid natural sleep and readiness for school the next day.

Most of all, be aware of **what** your children are doing online, **who** they are in contact with and **what** posts, pictures or videos they may be sharing.

Safeguarding our children online is a priority.

Useful websites

Online Protection

www.ceop.police.uk

BBC online safety

www.bbc.co.uk/onlinesafety



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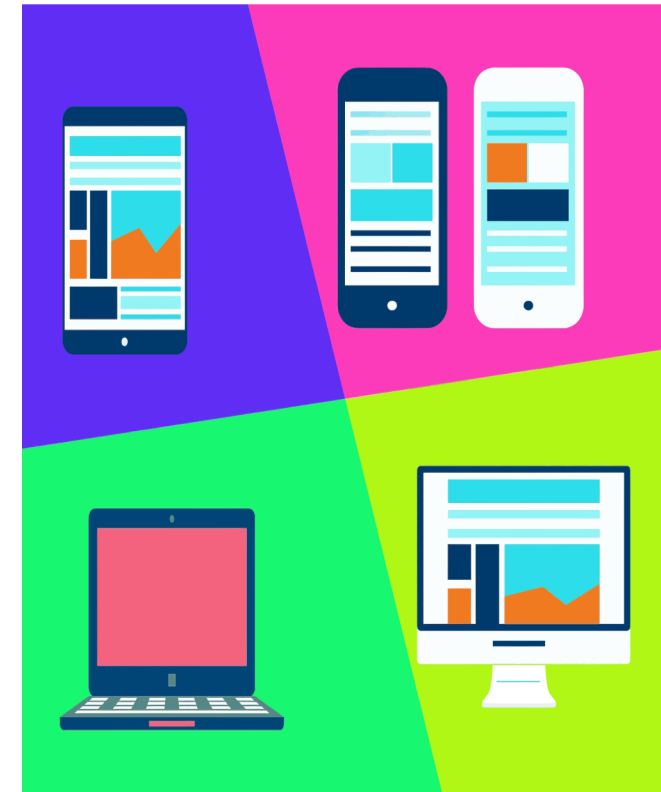
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eSafety



A Parents' Guide to Internet Safety



Why do we use the internet at school?

The internet is a unique and exciting resource. It brings the world into the classroom and has many educational benefits:

- ◆ It gives children opportunities to find up to date information that might otherwise be unavailable in schools.
- ◆ It provides fast and efficient communication.
- ◆ It is an enjoyable resource that encourages independent learning.
- ◆ Using the internet is an essential skill for children as they grow up in a technological world.

What are the potential risks?

The internet is available to everyone. This can bring young people into contact with unsuitable people.

Children should be taught:

- ◆ People they encounter on the internet are not always who they say they are.
- ◆ We never give personal details to a stranger on the internet.
- ◆ We never meet anyone contacted via the internet.

SMART Internet Safety Rules

S **Safe:** Never give out personal information online.

M **Meet:** Only meet people who know or have parents' or carers' permission to do so and only when they are present.

A **Accept:** Never open files, pictures or texts from people you don't know

R **Reliable:** Information on the internet may not be true.

T **Tell:** Tell your parents or carer if someone or something makes you feel uncomfortable, or if you or someone else is being bullied online or by text.

What can school do to ensure internet safety?

Some material on the internet can be inappropriate for children as it may contain unsuitable information or images. Children should be taught to:

- ◆ Tell a teacher or an adult immediately if they find unsuitable material.
- ◆ Tell a teacher or an adult immediately if they are asked to do something that makes them feel worried and/or uncomfortable. The use of the internet is a planned activity and safeguarding has been put in place to ensure children are supervised when online

What information is available for parents?

School policies are available on our school website or at the office, which advise parents on how staff protect children in our school. There are also guidelines on using social media safely for children.