Staying Safe Online

As we start another lockdown we continue to rely even more on online Technology. With Covid-19 we know that many children will be spending more time online. The internet is an integral part of children's lives today. It opens up many educational and social opportunities, providing a wealth of information and experiences. All schools in the Xavier Catholic Education Trust are committed to helping protect children online by teaching them online safety. There are a variety of websites available to help and guide both parents and children on the important topic of e-safety. Why not visit some of them and learn all about staying safe whilst online.

How families can support online safety at home:

Parental controls and filters are not always effective. We advise that children only access online material when they are in a room with a trusted adult or a family area, this will depend on the age and ability of your child.

- Ensure that computers are used in a common / shared space i.e. not used in bedrooms with the door closed.
- Use parental and privacy controls on your child's internet enabled devices and games consoles to help restrict access to inappropriate content. They can also help you manage how much time your child spends online.
- Ensure that there are child filters in place on home internet connection to limit the chances of your child coming across inappropriate material.
- Adjust parental controls to suit your child's age and maturity.
- Read any parental guidance and safety recommendation for games apps or websites before allowing your child to use them.
- Make sure you always logout of your online accounts.
- Check the privacy settings on social media and websites.
- Monitor the amount of screen time that your child is having and encourage breaks away from the screen.
- Set boundaries for how long your child can spend online and what they can do.
- Have conversations about online safety little and often and build it into other conversations.
- Ask questions about what they do online, such as what sites they visit and who they talk to. Do they know where to go for online safety advice.
- Make sure your child knows that they should come to you, or another trusted adult, for help if something happens online that makes them feel scared, worried or uncomfortable.
- Support your child to report and block people online who may have tried to contact them or have sent them nasty or inappropriate messages or content. You can report specific concerns online at:

 https://reportharmfulcontent.com/

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

Websites to visit for online safety information:

 Think U know: www.thinkuknow.co.uk

Thinkuknow is the education programme from The National Crimes Agency's Child Exploitation and online Protection Centre (CEOP). The website is suitable for children aged 5-16 and has a section for parents/carers.

Net Aware NSPCC: www.net-aware.org.uk and www.nspcc.org.uk/onlinesafety

Resources produced by the NSPCC for parents, including Net Aware, a tool which reviews the most popular apps. They also provide advice on 'sexting', online gaming and parental controls. The NSPCC helpline number is 0808 8005002

ChildLine: www.childline.org.uk

The ChildLine website provides information and advice on a wide range of issues including online and offline safety. Advice includes using social media, cyberbullying, online grooming, taking care of your digital footprint and mobile phone safety. The ChildLine helpline is 0800 1111

Zipit App: https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app/

Zipit is an app designed in conjunction with Childline to help young people decline requests for nudes and inappropriate content.

https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/report-nude-image-online/

Another app supported by Childline to assist young people in removing nudes from the internet

UK Safer Internet Centre: www.saferinternet.org.uk

UK Safer Internet Centre provides online safety tips, advice and resources to help children and young people stay safe online. Advice also includes setting up parental controls and what to consider before buying mobile devices.

Childnet: www.childnet.com

Childnet has resources, including videos and storybooks, to help you discuss online safety with your children. It includes advice on setting up parental controls, cyberbullying and setting up a family agreement for safer internet use. It has a parent and carer toolkit. Childnet have produced smart rules for online safety, using Widget symbols; these can be displayed near computers as a visual reminder. They have also produced the STAR SEN Toolkit to explore online safety with young people who have special educational needs.

Internet Matters: www.internetmatters.org

Internet Matters provides advice by age group. Advice incudes setting up appropriate controls and filters on a range of devices, cyberbullying, online grooming and self-harm.

Parent Info: www.parentinfo.org

Parent Info provides information to parents and carers about a wide range of topics including games, apps and tech, health and wellbeing.

BBC "Own It" Website and App: www.bbc.com/ownit and The BBC Own It keyboard and app - Own It - BBC

The BBC Own It Website provide advice for parents and carers and aims to help children aged 8-13 "be the boss" of their online lives. The website has videos and activities to explore with children and includes an app which can be downloaded (for children aged 8+) on children's devices to help them use technology safely and responsibly.

Finally, be alert to any changes in behaviour, language and attitude in your child that may indicate that something is upsetting them online, for example, if your child starts to withdraw from family and friends or becomes secretive about their online behaviour.

If you have any concerns questions or concerns about internet safety, please contact the Designated Safeguarding Lead at your child's school.

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