

Keeping Children Safe Online




Our Guide for Parents and Carers

In school, we teach children the necessary skills to keep themselves safe online. We do this using our online safety curriculum, which can be accessed from the curriculum page of our school website. We recognise that online safety is a vital aspect of keeping our children safe and with increased digital device usage in recent times, the need to ensure that our children are safe online has never been so crucial.

We recognise that parents/carers play a vital role in helping to keep children safe online. We have produced this guide to help parents/carers further support their children at home and elsewhere outside of school.

What are the Risks?

Online risks can be categorised under the 4 Cs. The below table breaks down online risks for children into the four categories of **content**, **contact**, **conduct** and **contract**.

 CORE	Content Child as recipient	Contact Child as participant	Conduct Child as actor	Contract Child as consumer
Aggressive	Violent, gory, graphic, racist, hateful and extremist content	Harassment, stalking, hateful behaviour, unwanted surveillance	Bullying, hateful or hostile peer activity e.g. trolling, exclusion, shaming	Identity theft, fraud, phishing, scams, gambling, blackmail, security risks
Sexual	Pornography (legal and illegal), sexualization of culture, body image norms	Sexual harassment, sexual grooming, generation and sharing of child sexual abuse material	Sexual harassment, non-consensual sexual messages, sexual pressures	Sextortion, trafficking for purposes of sexual exploitation, streaming child sexual abuse
Values	Age-inappropriate user-generated or marketing content, mis/disinformation	Ideological persuasion, radicalization and extremist recruitment	Potentially harmful user communities e.g. self-harm, anti-vaccine, peer pressures	Information filtering, profiling bias, polarisation, persuasive design
Cross-cutting	Privacy and data protection abuses, physical and mental health risks, forms of discrimination			

With these risks in mind, we want to provide parents/carers with the tools to help keep children safe online outside of school.

We hope that you'll find this document useful.

The SMART Rules

We refer to the SMART rules when teaching the children about online safety.



Be smart on the internet

Childnet International
www.childnet.com

S SAFE Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R RELIABLE Information you find on the internet may not be true, or someone online may be lying about who they are.

t TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.
You can report online abuse to the police at www.thinkuknow.co.uk

THINK UK KNOW

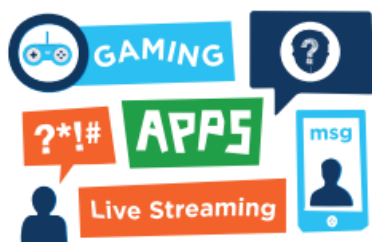
www.kidsmart.org.uk

KidSMART

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

Childnet International © 2009 Registered Charity no. 1087172

Online Safety Guidance for Parents



Pick up a copy of this checklist along with other
Online Safety materials at swgflstore.com

We are a not-for-profit charitable trust providing schools
with fast reliable internet connectivity and services,
learning technologies to improve outcomes, and
toolkits for being safer online. We are also
coordinators of the UK Safer Internet Centre.

Find out more at swgfl.org.uk



Apps

Apps can be a positive place for young people to socialise
with peers. Many enable instant messaging, social
networking and image sharing.

Some, like YouTube, can also be a great creative outlet. But
consider:

- Privacy settings and age relevance
- Talking to them about the content they share
- Discussing the consequences of sharing messages and images.

UKSIC:

saferinternet.org.uk/advice-centre/social-media-guides

SWGfL:

swgfl.org.uk/online-safety-resources

Internet Matters:

internetmatters.org/advice/apps-guide



Instant Messaging

Instant Messaging is a great way to socialise and keep up to date
with what's going on right now. However there is a risk of
unsolicited contact. If your child is using messenger services you
should:

- Look at the privacy settings
- Ensure they understand that they may be talking to people
they don't know and the risks this brings
- Talk to them about what is and isn't appropriate to send.

CEOP

ceop.police.uk/safety-centre

Connect Safely:

connectsafely.org/guides-3/



Online spaces, games and media form a large part of life for young people growing up today. They offer platforms to connect with others and to learn.

Risks

Of course there are risks associated with being online, as there are with all aspects of life. These include:

- Exposure to inappropriate content
- Sharing too much personal information
- Connecting with harmful people and
- Spending unhealthy amounts of time online.

Have a conversation

One of the best ways to help young people stay safe online is to talk to them about what they do.

If you understand the situations they encounter you'll be better placed to offer them advice on how to deal with them.

UK Safer Internet Centre advice centre for parents and carers: saferinternet.org.uk/advice-centre/parents-and-carers
South West Grid for Learning: swgfl.org.uk/magazine
Vodafone Digital Parenting: vodafone.digitalparenting.co.uk
London School of Economics Parenting for a Digital Future: blogs.lse.ac.uk/parenting4digitalfuture/

Bullying

Remember, it's not the technology that's the problem, it's the bullies' behaviour. Support young people by:

- Talking about bullying issues
- Making sure young people know that they can turn to you for support
- Reporting any incidents - it will help your child and others too.

UK Safer Internet Centre tips:
saferinternet.org.uk/cyberbullying-tips

Anti Bullying Alliance:
anti-bullyingalliance.org.uk

ENABLE Anti-bullying Programme:
<http://bit.ly/23SHU3Q>

Cybersmile:
cybersmile.org/advice-help/category/advice-parents



Gaming

Gaming is fun but be aware that it can be all consuming. Some things to consider:

- Use the gaming consoles' safety settings
- Agree with your child how much time they can spend playing online
- Pay attention to the PEGI (age) ratings and what they mean
- Remember that some online games have inbuilt chat functions
- Be aware that your child might use servers or 3rd party applications to access interactive online communities.

UK Safer Internet Centre guides:
saferinternet.org.uk/gaming

PEGI:
pegi.info

Common Sense Media:
commonsensemedia.org/reviews

Ask About Games:
askaboutgames.com



Live Streaming

Broadcasting online brings an instant thrill that can be addictive. Encourage young people to think about:

- Body image - talk to them about how they want to be perceived online and who their audience might be
- Privacy - how do they protect it? You can't edit something that is going out 'live'
- Age appropriate - is the site they're using appropriate for them? Most social media sites are aimed at 13 year olds and upwards. If not, is there a way to make it safer for them (e.g. YouTube Kids).

SWGfL body image blog:
swgfl.org.uk/magazine/bodyimage

Internet Matters:
internetmatters.org/parental-controls/entertainment/

YouTube Kids Parental Guide:
support.google.com/youtubekids/



It is important that when we talk about online safety with our children we ensure that they see the internet as a positive resource. We need children to feel empowered by possibilities and not frightened by the risks.

We recommend considering the following:

1. Where in the house does your child access the internet?

Having access to a device connected to the internet is great but if children are using it in the house, do you know exactly what they are doing at all times? Are they visible to you while using the internet or are they accessing it alone in their room? We recommend making sure that you can see your child when they are using any digital device that is connected to the internet.

2. Create a set of 'Internet Rules' for your home.

Having an agreed set of rules and boundaries for internet use in your home is a great way of children knowing what they should and should not do. Get them involved in the creation of this! Praise your child for following the rules.

3. Can your child talk to you about online safety?

The key to successful online safety at home and in school is open communication. Children need to feel that they can approach the adults that they trust and talk to them openly about any situation that they may be facing. Does your child know that if they accidentally access something that they shouldn't that they will be met with support from the adults that they trust rather than being told off? Just as children make mistakes while learning to read and write, they will make mistakes with being online too.

4. Should they be playing that game?

'Keeping up with the Joneses' is a very apt expression for why we let our children play games that just aren't suitable. PEGI ratings are there for a very good reason. If the rating for a game is above their age, they should not be playing it.

5. Do they really need a YouTube channel?

YouTube is a fantastic creation and it is important not to lose sight of that fact. Many of our children will no doubt become YouTubers in the future. However, like most social media sites, it has an age rating of 13+ for many reasons. An accidental share of personal information, a negative comment or copyrighted material could land them in a lot of bother. Do you know if your child has a YouTube channel? Do you know what they are uploading? Do you know what they are commenting on? **If your child make YouTube videos, ensure that they are not wearing their school uniform in any of their uploads.**

6. Do you have filtering or monitoring software?

Having filtering software in place reduces the risk of children accessing inappropriate material but it doesn't guarantee this. This is why we need to equip children with the skills that they need to use if anything goes wrong online.

7. Do you know what your child likes to do online?

Take the time to know your child's online life. Find out what they enjoy doing online, their favourite apps, their favourite websites and even if they are talking to other people online.

To access a wealth of practical resources, visit [Parent online safety support for primary schools | Internet Matters](#)

Here, you will find information covering a range of issues.

Parent support

Primary school resources

Access our parent resources and other advice to keep parents informed on online safety. In addition our parent pack, you'll find resources from a range of organisations to support you.

[VIEW PARENT PACK](#)



A guide to Apps & Social Media

The number of apps and social media channels your child could be exposed to grow all the time, as does an app's functionality. We recommend you visit Net Aware to read the latest and **most current advice on over 70 apps** to ensure you know what they do, how you can limit their features as well as recommended age restrictions.

<https://www.net-aware.org.uk/>

The apps included are:

- Fortnite
- Instagram
- Snapchat
- YouTube
- Minecraft
- Clash of Clans & Clash Royale
- Kik
- Friv
- Dubsmash
- Wink
- YOLO
- TikTok

And many, many more

You could also try...

<https://www.commonsensemedia.org> — Search for an app or website and get all the information you need about its suitability for your child.

Useful resources and links

Thinkuknow <http://www.thinkuknow.co.uk>

Thinkuknow is an education programme from the National Crime Agency's CEOP Command. Since 2006, it aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them.

Internet Matters <https://www.internetmatters.org/advice/esafety-leaflets-resources/>

A comprehensive web resource with a wide array of tips and advice on how to navigate the online world with your child. Some of their guidance we attach below but you can find even more by visiting the link.

National Online Safety <https://nationalonlinesafety.com/resources/platform-guides/>

National Online Safety's mission is to make the internet a safer place for children. They aim to do this by equipping school staff, parents and children with the knowledge they need to understand online dangers and how best to react should an incident arise. The link above provides up to date information about a wide variety of social media apps and platforms your child might be using.

NSPCC <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

The NSPCC are the first to admit that the internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe? That's where the NSPCC come in. Whether you're an online expert or you're not sure where to start, their tools and advice will help you keep your child safe.

Childnet <http://www.childnet.com/parents-and-carers>

Childnet International is a registered UK charity that aims to make the internet a safe place for children and young people. Packed with resources it is a great resource for parents.

CEOP <http://ceop.police.uk/safety-centre/>

Child Exploitation and Online Protection (CEOP) is part of the National Crime Agency and their website can be used to report if you are worried about online abuse or the way someone is communicating online.

BBC <https://www.bbc.com/ownit>

The BBC have a website and app called [Own It](#). The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

SafetoNet <https://safetonet.com/>

SafeToNet is technology that educates children "in-the-moment" as they use their device. It is a safeguarding assistant that helps them become responsible and safe digital citizens. Its power lies in a smart keyboard that detects risks in real-time. It steers children away from trouble by filtering harmful outgoing messages before they can be sent and any damage can be done.

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