

How Can You Help to Protect Your Children Online?

Handout for parents

You have a key role to play in keeping your child safe online. The school wants to work with parents to ensure pupils are as safe as they can be online.

Use the information provided on this handout to reinforce and further your e-safety knowledge so you can help to keep your children safe online.

The key risks

Conduct – children putting themselves at risk due to their own behaviour, e.g. sharing too much information online.

Content – children having access to inappropriate and unreliable content, e.g. content inappropriate to their age.

Contact – children being contacted by bullies or unwanted people, e.g. this can involve cyber bullying incidents or people contacting children who seek to groom or abuse them.

Commercialism – children being unaware of the hidden costs of the online world, e.g. apps that are initially free but then ask you to pay in order to reach the next stage or level.



Combatting the key risks

Conduct

Top tips:

- Tell your child they must keep their personal information safe and not share this information online.
- Ensure your child knows how to report any online activities that have concerned them or made them feel uncomfortable.
- Investigate and report any behaviour you feel is inappropriate.
- Monitor your child's online behaviour – consider installing parental control software.



Content

Top tips:

- Set expectations and rules for what is appropriate for your child to access online – familiarise yourself with different age ratings and read guidance for parents on different online platforms.
- Ensure your child knows that it is illegal to download some online content.
- Consider installing parental controls and filters to block inappropriate content.



Contact

Top tips:

- Review your child's 'friend' list regularly and make sure you know who your child talks to online.
- Show your child how to block or remove someone they don't want to talk to and how they can report these people.



Commercialism

Top tips:

- Encourage your child to 'think before they click'.
- Consider placing restrictions on in-app purchases.
- Talk to your child about the costs associated with different online platforms.
- Keep an eye on phone bills, credit/debit card statements and other payment methods.



Reporting concerns

If your child raises a concern with you:

- Reassure them that they can always come to you for help.
- Save any evidence relating to a concern or incident, where possible.
- Ensure your child is aware of the reporting processes for different online platforms.

If you want to report your own concern:

- If the situation is an emergency, contact 999.
- Report concerns relating to grooming or illegal behaviour to the CEOP (<https://www.ceop.police.uk/safety-centre/>).
- Report criminal online content (including child sexual abuse images, criminally obscene adult content and non-pornographic child sexual abuse images) to the Internet Watch Foundation (IWF) (<https://www.iwf.org.uk/>).
- Report content which incites hatred on the grounds of race, religion, disability or sexuality to True Vision (<http://www.report-it.org.uk/home>).

- Ensure you are familiar with the reporting procedures for different online platforms, and utilise them where necessary.



If you want to talk to the school:

- Contact [your daughter's Student Support Manager](#).

The school's role

Pupils are taught about online safety across the curriculum. They are taught about a number of different issues, such as the importance of e-safety and how to report concerns.

The school implements an E-Safety Policy - a copy of this policy can be found on [the school website](#). Alternatively, you can request a copy from [the school office](#).

If you have any queries relating to the school's online safety policies or how we promote e-safety to your children, do not hesitate to ask.

Steps to take now

- Have a discussion with your child and encourage them to tell you about their online activity – make sure you continue to have these discussions.
- Create a family agreement which establishes boundaries for your child and your expectations – an example agreement can be found on Childnet (<http://www.childnet.com/resources/family-agreement>).
- Make sure your child is aware of how to report any of their concerns and that they feel comfortable to tell you about any concerns they have. Also, tell your child they can speak to any member of staff in school, such as their form tutor.
- Consider using filtering software to block inappropriate content and familiarise yourself with the privacy settings of the online platforms your child uses – Childnet runs through the different ways to set up parental controls (<http://www.childnet.com/parents-and-carers/hot-topics/parental-controls>).
- Familiarise yourself with age ratings for games and apps, and the different features of other online platforms – Net Aware runs through many of the most popular online platforms (<https://www.net-aware.org.uk/networks/?order=-popularity>).

If you're looking for more information

There are a number of different organisations that can help you to reinforce and further your knowledge, including:

- NSPCC Net Aware <https://www.net-aware.org.uk/>
- NSPCC <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- UK Safer Internet Centre <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- Childnet International <http://www.childnet.com/parents-and-carers/>

The school is always available to talk to if you have any questions regarding the safety of your child online.