Keeping children safe online

A guide to help parents and carers with e-safety and online safeguarding

Hall Orchard CE Primary school endeavour to keep all children safe online both in and out of school through our e-safety curriculum which is embedded into our Computing and PSHE curriculums.

This guide is designed to give you, parents and carers of our pupils, support on e-safety and links to other avenues of support to keep your children safe online.

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Section 1 – What is e-safety?

E-safety can also be called 'Internet safety', 'Online safety' or 'Web Safety'. E-safety is often defined as the safe and responsible use of technology including the use of the internet, digital devices and communication. In practice, e-safety is as much about behaviour as it is electronic security.

At Hall Orchard, we cover the following topics at an age appropriate level:

- The safe use of the Internet
    - Safe searching
    - The law
    - Digital footprints
    - E-commerce
    - Virus/malware/spyware
    - Creating and managing accounts
    - Creating strong passwords
- Social media
    - Personal safety
    - Privacy settings
    - Photographs
    - Sharing inappropriate material
    - Age restrictions
    - GPS enabled apps
    - Reporting
- Cyberbullying
    - Personal safety
    - The law
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- Copyright and streaming
  - o Music
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  - o Digital content
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  - o The law
- Digital communication
  - o Sending and receiving emails
    - ▪ Unknown downloads or links
    - ▪ Phishing
  - o Blogging
  - o Instant messaging
  - o Picture messaging
  - o Sexting
  - o Accepting friend requests from unknown people

Section 2 - Hall Orchard's Approach to e-safety:

E-safety is a very important part of keeping children safe at Hall Orchard. Our pupils use the Internet on a regular basis as part of their learning across the curriculum At the beginning of the academic year, the children — from Reception through to Year 6 - begin their Computing curriculum with a 4-week e-safety unit which is supplemented each term with further e-safety topics to discuss and explore. In February, Hall Orchard holds an e-safety week around Safer Internet Day to provide further e-safety education to our pupils. This is further consolidated through PSHE, work in class and assemblies.

The purpose is to not only educate pupils on the importance of keeping themselves and other safe online, but what to do if they find themselves in a situation that makes them feel uncomfortable. We want to give the children the skills to be able to make informed choices and to know what to do if they find themselves in a situation.

Every year, we also offer training to parents exploring various e-safety topics at our evening e-safety event. Our most recent training to parents can be found on the VLE or by following this link:
https://prezi.com/4cl3vvleo_zr/?utm_campaign=share&utm_medium=copy&rc=ex0share

Now, more than ever before, we must work together to ensure our children are safe in the online and real world.

The internet is a wonderful tool and is widely available with the increased use of smart phones and tablets. At home, it is becoming increasingly difficult to supervise children whilst they are using the internet and accessing social media due to the rapid advances in technology, the constant emergence of new apps including vault (hidden)

apps, peer pressure and other factors. Therefore, this short guide is to help us to work together to ensure the safety of our pupils.

Contact

It is important for children to realise that new friends made online may not be who they say they are and once a friend is added to an online account, you may be sharing your personal information with them. To help keep your children safe:

- Use strong passwords, fun usernames and avatars
- Regularly check friends lists and privacy settings

If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approached by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.co.uk).

If your child is a victim of cyberbullying, this can also be reported online and offline. Reinforce the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable or if one of their friends is being bullied online.

Conduct

Children need to be aware of the impact that their online activity can have on themselves and other people, and the digital footprint that they create on the internet. It is easy to feel anonymous online and it's important to be aware of who is able to view and share posted information. Remind your children to:

- Stop and Think before you post, once something is online, it can be extremely difficult to remove
- Keep personal information safe and think about what you are sharing

Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done. Also talk about sharing concerns that they might have about a friend or peer's activity online. Remember to take photos or screenshots of the inappropriate content as a record of the incident.

Commercialism

Young People's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within applications.
Encourage your child to keep their personal information private, learn how to block both pop-ups and spam emails, turn off in-app purchases on devices where possible and use a family email address when filling in online forms.

Content

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed through social networks, online games, blogs and websites.
It's important for children to consider the reliability of online material and be aware that it might not be true or written with bias. Children may need your help as they begin to assess content this way.
There can also be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

The school also follows Google's 'Be Internet Awesome' package. As part of this, the children are encouraged to learn through the game, Interland, which teaches children all about different aspects of e-safety in a safe environment. Interland can be found at https://beinternetawesome.withgoogle.com/en_us/interland

Section 3 - The VLE (Virtual Learning Environment)

Increasingly, Hall Orchard is using a Virtual Learning Environment platform to send and receive homework. Our VLE platform is Fronter which can be accessed through the homepage of the school website or by following this link

https://hallorchardprimary-fronter.itslearning.com/

Our VLE is password protected so that materials can only be accessed by those with unique credentials – our teachers, parents and pupils. This is a safe learning environment. All online work is sent through our secure VLE and children need a personal login to access this. Relevant, age appropriate work is only uploaded by teaching staff and most of the learning materials are embedded within the VLE itself. However, teachers will put links to other websites and learning platforms to aid the home learning of our children which take pupils outside of the VLE; these links are monitored regularly by our e-safety lead.

Whilst our staff will check the links before posting them and content will be regularly checked, we cannot guarantee that children will not encounter inappropriate material due to a series of factors. For example, certain cookies on your home computer, a lack of firewall and the lack of strong parental controls can make your child more vulnerable online. This guide will give you tips and support to help keep your children safe online and guide you towards how to report issues if you or your child need to report and raise concerns whilst online.

<u>Section 4 - Are you considering private tuition or online support?</u>

You may have thought about private tutoring or additional support from online companies. Many of these organisations are offering webcam tuition.

If you have considered additional support from online companies or tutors, it is vital that you ensure that you are safeguarding your child. Ensure that you are securing online support from a reputable organisation and/or individual who can provide evidence that they are safe and trusted to have access to children. Do they have a fully up-to-date DBS certificate?

Section 5 - What can I do at home to protect my child?

Children will – purposely or accidently – encounter material online that is inappropriate and it is important that they make the right choices when this happens by informing a trusted adult, closing the application or website and reporting issues which make them uncomfortable such as cyberbullying. Encourage children to remind themselves of the e-safety learning they've had in school and to apply these skills effectively.

Here are some tips to keep your child safe online whilst at home:

- Take control - have regular discussions with your child about what they are doing and accessing online. Get involved in the apps and websites they are accessing – this will bring you closer together but also allow you to monitor and regulate their digital footprint and activity.

- Check the PEGI ratings (age ratings) of games and apps that they have access to. Research these apps yourself – do they have GPS tracking? Do they have in-app purchases? Is there instant messaging or direct messaging features? Is the app or game secure?

- Use websites like www.net-aware.org.uk to check whether apps are appropriate and what the potential dangers of the apps are.

- It is important that you regularly monitor your child's internet search history and have regular discussions with your child about what they are doing online, just as we would in school. If a child is deleting their internet search history, this should raise alarm bells.

- Think about whether you let children take their digital devices to bed with them. Also, you can restrict the Wi-Fi available after certain hours to maintain control.

- Agree boundaries - create an online contract with rules about what they can and can't do online, and how long they can spend on digital devices.

- Set strong passwords to stop children accessing material that is inappropriate or from buying things without your permission on the App Store or other online content platforms.

- Set strong parental controls - it is important that the appropriate parental controls are set through your internet service provider (ISP). http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls

  Further information on Privacy Settings and Safe Searching can be found here: https://www.internetmatters.org/parental-controls/interactive-guide/

- Encourage the use of safe search engines designed for children such as www.swiggle.org, www.kidrex.org or www.kids-search.com.

- Look out for apps like 'Vault' as these enable users to hide photos, messages and other content so they can be difficult to monitor.

- Don't panic:

  o There is so much information available to you — see the next section.

  o Take back control

  o Have open and honest conversations with your children.

Section 6 - Where can I go to get support to help keep my child safe online?

There are lots of resources that you can access to support you to keep your children safe online and when using digital devices.

Below are some useful links to help parents and carers:

- Thinkyouknow (advice from the National Crime Agency to stay safe online)
- Internet matters (support for parents and carers to keep their children safe online)
- Parent info (support for parents and carers to keep their children safe online)
- LGfL (support for parents and carers to keep their children safe online)
- Net-aware (support for parents and careers from the NSPCC)

Other useful Links for Parents and Children

- *Think U Know* – containing internet safety advice for those aged from 5 to 16, along with parents and teachers, this site is produced by CEOP (the Child Exploitation and Online Protection Centre).
- *Internet Matters* – This site provides advice for all age groups and has a report an issue button, connecting you to agencies who can provide help.
- *NSPCC* – The NSPCC has partnered with O2 to launch a telephone service offering helpful advice
- *BBC Webwise* – Lots of questions answered with useful tutorial video
- *Vodafone Parents* – Vodafone have lots of fantastic practical advice for parents. You can also read their 'Digital Parenting' magazine.
- *Internet Safety Zone* – Look in the 'Under 13s' section for useful safety advice and information.

- *Know IT All*– lots of useful advice for keeping yourselves and your children safe on the Internet.
- *Bullying UK*– Information and advice about bullying for children, parents and schools.
- *Kidscape*– An organisation which helps to prevent bullying and child abuse.
- *Childline* – ChildLine is the free helpline for children and young people in the UK.

Section 7: Fun e-safety websites for Children

Safe Surfing With Doug

Find out about safe surfing with Doug and his friends.

Kidsmart

Kidsmart gives you lots of advice on how to stay safe online. There's a section for kids under 11 years old and a separate section for those over 11 years old. 4 great games will test your online safety knowledge.

McGruff

McGruff is a Crime Dog - world famous for his advice on how to stop crime before it happens, and for his great sense of humour! Some of his work involves teaching children how to stay safe online. Check out the different areas of the site – there's so much to learn!

Newsround Quiz – Internet Security

Test your knowledge of internet safety with this quiz from CBBC Newsround. There's also further information if you're not sure on anything.

Safe Kids Quiz

The Online Safety Quiz is your chance to show that you know how to be a safe Internet surfer. Answer each question and, when you get it right, you'll go to the next question.

Section 8: Reporting Safeguarding Concerns

If children encounter inappropriate content on our VLE, links provided through our VLE or on other websites, please report them immediately by emailing: reception@hall-orchard.leics.sch.uk with the subject – Safeguarding or call our school office immediately on 01509 412188 and ask to speak to a senior member of staff.

Inappropriate content can also be reported to other agencies:

UK Safer Internet Centre - https://www.saferinternet.org.uk/

Childline - https://www.childline.org.uk/ or call 0800 1111

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

Lots of websites also have the CEOP Report Abuse button to report cyberbullying, grooming, abuse and inappropriate content.

It is worth pointing this out to children to remind them.

Finally, as a school, we put the safeguarding and protection of children first. If we can offer any other guidance or if you have any questions related to e-safety, please let us know.