E-Safety

HELPING TO KEEP YOUR CHILDREN SAFE ONLINE

ST GILES' C OF E (A) INFANT SCHOOL

Aims

- E-safety in the Computing Curriculum
- Reflect on the potential risks of internet use for children
- Be aware of the importance of communication with children about the time they spend online
- Understand how to find out about setting up parental controls on home and mobile devices
- Know what to do if your child encounters problems online

Statistics

- One in three children are internet users
- Almost one in four of 8-11 year olds and three in four 12-15 year olds has a social media profiles
- One in four children has experienced something upsetting on a social networking site
- One in eight children have been bullied on social media
- **'It could happen here'**

Age Restrictions

- The minimum age for the following accounts is 13+

Facebook

Instagram

Snapchat

Tiktok

Twitter

Wink

- The minimum age to play 'Fortnite' is 12

E-Safety in the National Curriculum

Within the Digital Literacy strand of the Computing Curriculum, by the end of Key Stage 1 pupils should be able to:

- Use technology safely and respectfully, keeping personal information private
- Identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

E-Safety at St. Giles'

All children have signed our child friendly
Acceptable Use Policy.

We discuss e-safety regularly as part of our
Computing lessons and teach a stand alone
e-safety lesson every term.

We use stories such as the Digiduck series to
Teach internet safety issues in an age appropriate way
https://www.childnet.com/resources/digiduck-stories/

St.Giles' C of E (Aided)
Infant School

Online Safety Acceptable Use Policy

I will stay safe online because

• I will tell a grown up every time I am going online.

• I will be kind online.

• I will keep information about me safe by keeping it to myself.

• I will only talk to people online who I know in real life.

• I will tell a grown up if something online makes me unhappy.

Children Online: Potential Risks

- **Contact**: children can be contacted by bullies or people who groom or seek to abuse them
- **Content**: age-inappropriate or unreliable content can be available to children
- **Conduct**: children may be at risk because of their own behaviour, for example, by sharing too much information
- **Commercialism**: young people can be unaware of hidden costs and advertising in apps, games and websites
- Cyber bullying
- Grooming
- Access to inappropriate websites (via pop-ups)
- Losing control over pictures and video / Giving out too much information online
- Viruses, hacking and security

Social media | NSPCC

Hidden Risks of Gaming

Many online games have communication features which allow their users to interact anonymously e.g. Minecraft (all devices) and World of Warcraft (PC).

Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information e.g. World of Warcraft.

Some game consoles allow internet access as well, so it is important to be aware of their communication features.

https://www.askaboutgames.com/

https://www.nspcc.org.uk/preventing-abuse/keepingchildren-safe/onlinesafety/online-gamingstay-safe-avoid-risks/

https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/

Tips for Parents

- Keep the computer in a high-traffic area of your home.

- Establish limits for which online sites children may visit and for how long.

- Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.

- Surf the Internet with your children and let them show you what they like to do online.

- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.

- Check the browser search history on a regular basis.

Parental Controls

- Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

- Parental controls can help you to:

- plan what time of day your child can go online and how long for

- create content filters to block apps that may have inappropriate content

- manage the content different family members can see.

Use Parental Controls to Keep Your Child Safe | NSPCC

Communication is Key

- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.

- No filter or parental controls tool is 100% effective, and many of the risks that children face online are because of their own and other's behaviour.

- Create a family agreement for internet use, such as on: https://www.childnet.com/resources/family-agreement/

- Use the NSPCC and LEGO 'Build and Talk' activities https://www.lego.com/en-gb/sustainability/children/buildandtalk/?locale=en-gb

Conversation Starters

- What are your favourite things to do online?

- What is personal information? Why should you keep it private?

- What could you do to be safer online?

- What would you do if anyone online asked to meet you face-to-face?

- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?

- How many people do you have on your buddy/contact list(s) and who are they?

- Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?

- Do you know how to block others in chat rooms and Instant Messenger? Can you show me how to do this?

- Go to http://www.netsmartz.org/InternetSafety for further examples.

What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.

- ALWAYS keep records of abusive messaging.

- Report abusive or inappropriate behaviour to the website and if serious, to the police. Keep the school informed too.

- If you come across illegal content, such as images of child abuse, you can report this to the Internet Watch Foundation at www.iwf.org.uk

Be a trusted adult

Listen without judgment or shame

Help and take action

Remain calm when a child reaches out

Respect their boundaries

Help them identify other trusted adults they can reach out to

Be kind to yourself; it is ok to have strong emotions, but try to remain calm

NetSmartz

TIPS FOR MANAGING CHILDREN'S SCREEN TIME

Balance screen time with other activities. While your children may be getting more time on screens during this time, just be sure to balance this time with screen-free activities.

Keep meals media-free to promote meaningful conversations and improve dietary patterns.

Model good behaviours by setting time aside every day to fully engage with your family without screens nearby.

Keep mobile devices and charging stations out of the bedroom to promote healthy sleep patterns.

Avoid using screens as a reward or punishment to control behaviour. This can cause children to place high value on screen time and desire more of it.

Use screens for **creating human connection,** such as a video call with grandparents.

Guelph Family Health Study

UNIVERSITY of GUELPH

Useful Websites

- https://www.thinkuknow.co.uk/parents/

- http://www.saferinternet.org.uk/advice-andresources/parents-and-carers

- http://www.childnet.com/parents-and-carers

- https://www.nspcc.org.uk/preventing-abuse/keeping-childrensafe/online-safety/

- http://www.kidsmart.org.uk/parents

- http://www.netsmartz.org/Parents

- https://kidshealth.org/en/parents/social-media-smarts.html