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What can you do to help protect your children online at home?



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- As a parent you have a key role to play in keeping your child or children safe whilst being online.
- Ash Lea School wants to work with parents to ensure our pupils are as safe as they can be online at home.
- Part of that process means increasing your own awareness of internet safety, the risks, the precautions you can take and how you can use the internet safely.

What are the key risks?

The UK Safer Internet Centre (<https://www.saferinternet.org.uk/>) groups the issues your child may encounter online into four specific categories:

- **CONDUCT** - children can put themselves at risk due to their own behaviour
- **CONTENT** - children can have access to inappropriate and unreliable content
- **CONTACT** - children can be contacted by bullies, or people who will groom or seek to abuse them
- **COMMERCIALISM** - children can be unaware of the hidden costs of the online world



CONDUCT

What to do:

- Talk to your children (if appropriate to do so). Raise their awareness of the risks and the importance of keeping personal information safe, such as their real name, birthday and address.
- Ensure you have enabled the strongest privacy settings on any platforms that they use, this includes mobile phones, tablets, computers and even games consoles. Please find some useful links below.
 - <https://www.internetmatters.org/parental-controls/>
 - <https://support.apple.com/en-gb/HT201304>
 - <https://www.samsung.com/uk/support/mobile-devices/how-to-use-security-settings/>
 - www.internet.matters.org
- Make sure your children understand the importance of telling you if they encounter messages, images or general behavior that they may feel is inappropriate.
- If you yourself notice anything of concern between your child and someone else, investigate the matter and report any inappropriate behaviour.
- Pay close attention to and monitor your child's online activities. Consider installing parental control software
- At school the children do not use the internet without an adult being present; this might be something you would want to consider



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CONTENT

What to do:

- Talk to your children and set rules and expectations.
- Discuss what is appropriate for them to look at online and what is not. This will vary dependent on the age of your child and their level of understanding.
- For certain activities there will be age ratings already attached, such as PEGI ratings for games.
- You should also familiarise yourself with the logos for various aspects of these ratings, in the case of games those that indicate violence, bad language, fear or in-game purchases.
- More information on games can be found at www.pegi.info and all Content Rating methods from Wikipedia https://en.wikipedia.org/wiki/Content_rating





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CONTACT

What to do:

- Review your childrens online “friends” and talk to your children about who they are communicating with online. Many may be real life school friends but often children will meet other people online especially whilst gaming for instance.
- Learn how to block or remove someone from the various friend lists your children may have – any advice / links?
- Make clear the importance of reporting either online or offline any instances of bullying, inappropriate behavior or anything else that has made your child feel uncomfortable

COMMERCIALISM

What to do:

- Place restrictions on in-app purchases.
- Be aware of premium rate services – there can be hidden costs
- Teach your children (if appropriate) how to recognise when “free” games are trying to make you pay for content
- If you do ever make an in-app purchase for your child, ensure that you disable any option to remember your details for future purchases
- Regularly check your bank/card statements for purchase that you do not recognise



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What should I do if I'm concerned about my child?

- Regularly reassure your children that they can come to you for help and to talk about any concerns they may have about what they have seen online.
- If you do have an incident, save any evidence you may have where possible such as by taking screen shots & saving chat logs relating to the incident.
- A lot of online platforms, especially games, have their own reporting process. Ensure you know how to access these services for the games your children are playing and learn about external agencies that incidents can be reported to such as www.internetmatters.org

How do I report my own concerns?

- Report concerns relating to grooming or illegal behavior to CEOP www.ceop.police.uk
- If you believe your child is at immediate risk, or the situation is an emergency, contact 999. Where the situation is not an emergency, the police can be contacted on 101.
- 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 www.iwf.org.uk
- Report Content which incites hatred on the grounds of race, religion, disability or sexuality to True Vision www.report-it.org.uk
- Most online platforms have their own reporting procedures – familiarise yourself with these and utilise them when necessary.



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How does the school help?

Ash Lea School take online safety extremely seriously. We involve all of our staff, governors, parents and pupils in the process of keeping our pupils safe online. We provide information for safe online practices in the school and at home.

Our pupils are taught about online safety throughout the curriculum. Pupils use computers, iPads and other technologies and are taught about a variety of issues such as the importance of e-safety and how & where to report any concerns.

Ash Lea School provides pupils with a variety of posters and leaflets from a variety of sources including the DofE to teach them about online safety, social media and more.

Ash Lea School implements an E-Safety policy. A copy of this policy can be found on the school website and is regularly updated with new information that may be released. The policy can be found here – www.ashlea.notts.sch.uk/e-safety/

Additional support:

Ceops also have some excellent posters about internet safety that we could add to our webpage (I think) ... my computer doesn't like them however.

- https://www.catch-22.org.uk/news/staying-safe-online-poster-hub/?gclid=EAIaIQobChMIge_OkpHq6AIV0u7tCh0r5QokEAAAYBCAAEgKVi_D_BwE
- <https://www.internetmatters.org/schools-esafety/parent-online-support-pack-teachers/>

Any Questions?

If you have any questions or concerns about any of the topics raised in this document, please visit the “Contact Us” page on our website to get in touch.

www.ashlea.notts.sch.uk/contact-us/



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