



ONLINE SAFETY



ADVICE AND GUIDANCE FOR PARENTS AND CARERS

.....*putting children at the heart of everything we think, say and do.*

SAFEGUARDING STATEMENT

Learning how to be safe online is an integral part of education in today's digital world. The internet is so important for children- they use it to play, learn and socialise. It is a place of fantastic opportunities; however the technology children use can cause worry regarding the potential risks they may face.



At St Peter and Paul's we want to help our parents and children improve their own understanding of issues that may arise online. We want everyone to learn to use the internet and all digital media in a safe and secure way. We expect children to actively learn the responsible use of the internet through our ongoing work on being safe online through age-appropriate understanding of the potential risks.

.....putting children at the heart of everything we think, say and do.

Children have been introduced to SMART, to help keep themselves safe online:

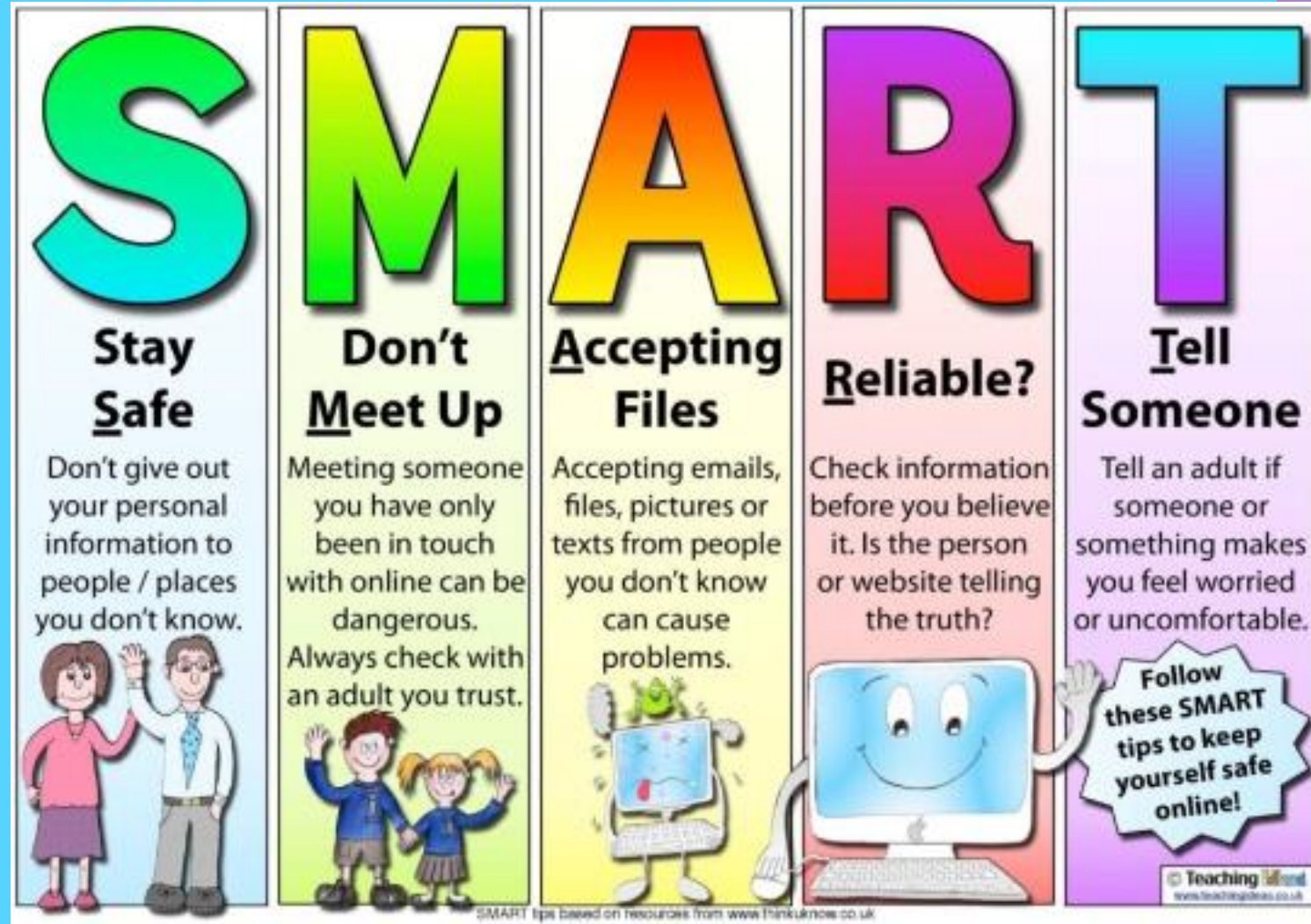
S- SAFE- Don't give out your own information.

M- MEET- Don't meet up with people you have met online.

A- ACCEPTING- Only open messages from people you trust.

R- RELIABLE- Only talk to real world friends and family when online.

T- TELL- Tell a trusted adult if something you see online makes you feel uncomfortable.





Safer Internet Day 2023

Together for a better internet

Tuesday
7 February

Theme for online safety day-: **Want to talk about it?**

Making space for conversations about life online

- Digital Resilience Toolkit – Introduction about children being online
- Set up Safely
- Make an agreement about when everyone can go online in the home and what is suitable or not suitable
- What help is out there, its so difficult to keep up?
- Further Information for parents to access

THEME FOR ONLINE SAFETY DAY

https://www.youtube.com/watch?v=rl_gZTQ9F7w



I remember my school days

DIGITAL RESILIENCE TOOLKIT: SUPPORTING 6 - 10 YEAR OLDS | INTERNET MATTERS



What does your child love doing online?
What services and devices do they use?



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.

Online bullying

Also known as 'cyberbullying' - takes place online or using technology.



Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarrassing photos or exclusion from group chats.



Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.



Advice on online bullying

Discuss online bullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:



Do save the evidence



Do report to your school/ the police



Do use online tools to report and block the perpetrator.



Don't deny your child access to a device or service. They may feel punished when they're already the victim.



Don't retaliate.

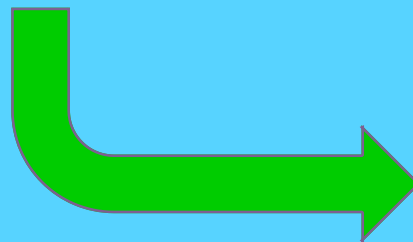
SET UP SAFELY

As a parent you have some decisions to make about how you want your child to engage online and on social media and what measures you want to put in place to help protect them:

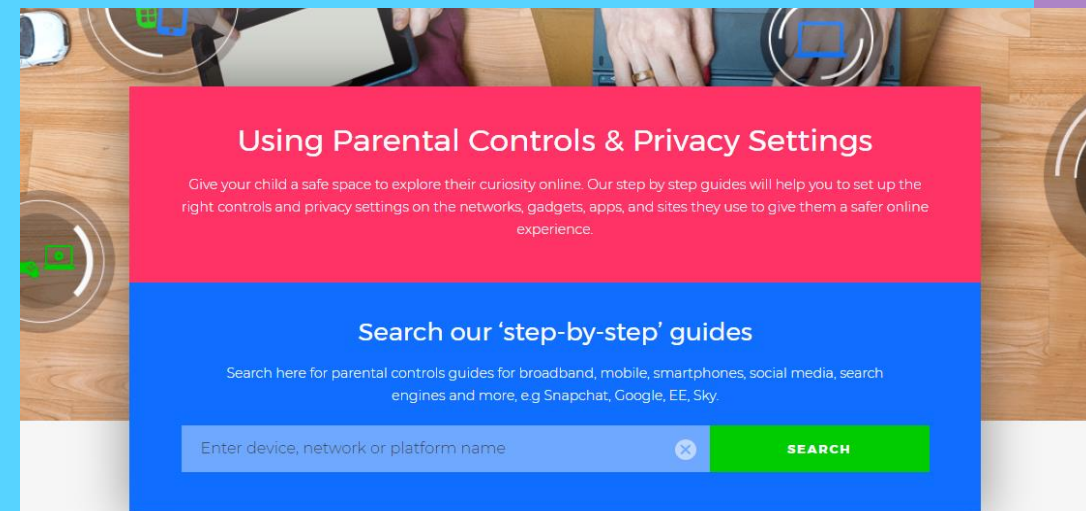
Set up their device

Whatever device you choose, there are **free controls** you can use to stop your child from purchasing and using certain apps, seeing certain content, or limiting what they can share with others, like their **location** for example.

<https://www.internetmatters.org/parental-controls/>



MORE THAN 9 IN 10 PARENT AND CARERS OF 5-15S WHO USE PARENTAL CONTROL SOFTWARE CONSIDER IT USEFUL



What are parental controls?

SOCIALISING ONLINE (SAFELY)



Getting the low down on sites, games and apps

You will probably use social networks yourself, but you might want to know about new ones that your child is using, or wants to use. Use them yourself and set up your own account so you can experience what your child might see. There are also a number of [child-friendly social networks](#) they could use while they get ready for the likes of Snapchat and Instagram.

Privacy settings



Spend time together looking at the **privacy settings**. It's always best to assume that default settings are public and should be changed accordingly.

Advice on [using privacy settings](#) on the most popular social apps.

<https://www.internetmatters.org/resources/social-media-advice-on-popular-apps/>

SHARE AWARE (SAFELY)



- Your child should not have their location on when using any device.
- Make sure that your children do not have school uniform on when uploading videos, film in their bedroom or share personal details.
- Check what your child wants to upload is safe first.
- Make sure you check who your child is talking to, and speak with them to check they feel safe and the conversations online are safe.



SET UP SAFELY



Blocking software

There are a range of new apps and software that **block, filter and monitor** online behaviour. You'll need to decide as a family whether this is the right approach for you, taking into consideration your child's age and maturity, and their need for privacy.

Negotiating the gaming world

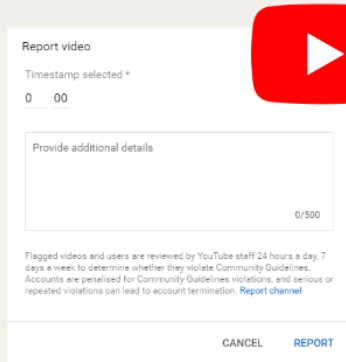
In some games like Minecraft people deliberately try to intimidate other players. In multi-player games where gamers talk to one another – you might find **abusive language, harassment** and there have been instances of **grooming**. It's vital therefore that your child knows how to report abuse and talks to you if something is causing them concern.

FACTS- (30th May, 2016- Internet Matters Team)

- 1/3 of teens who have made new friends online have met their new friends while online gaming
- 25% of online games players aged 12-15 chat through the game to players they don't know
- 1 in 7 of all 3-4s and half of 5-15s play games online

Making a report

Look out for these symbols on the post, comment or user profile you want to report



Report video

Timestamp selected *

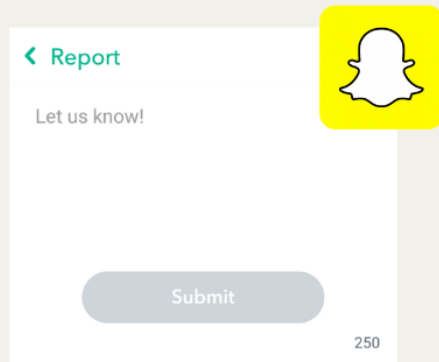
0:00

Provide additional details

0/500

Flagged videos and users are reviewed by YouTube staff 24 hours a day, 7 days a week to determine whether they violate Community Guidelines. Accounts are penalised for Community Guidelines violations, and serious or repeated violations can lead to account termination. Report channel

CANCEL REPORT

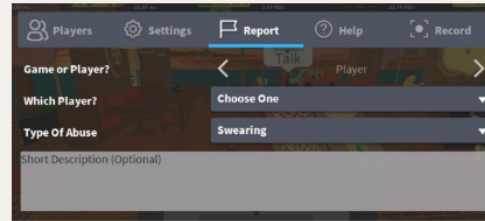


Report

Let us know!

Submit

250



Report

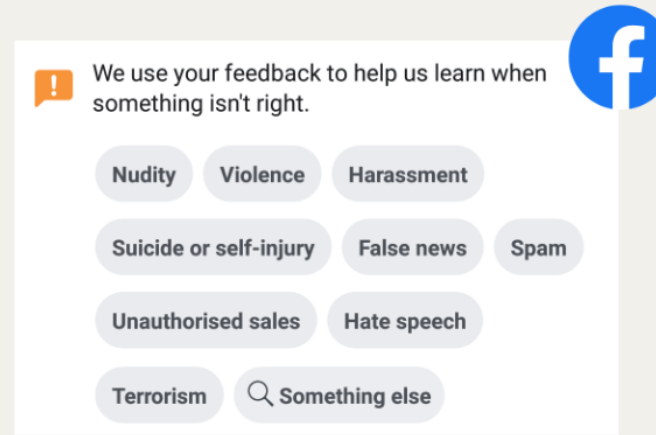
Game or Player?

Which Player? Choose One

Type Of Abuse Swearing

Short Description (Optional)

ROBLOX



We use your feedback to help us learn when something isn't right.

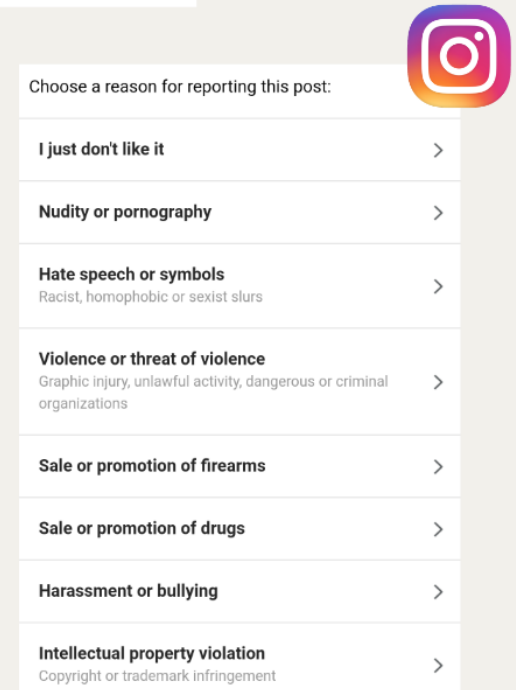
Nudity Violence Harassment

Suicide or self-injury False news Spam

Unauthorised sales Hate speech

Terrorism Something else

Choose a reason for reporting



Choose a reason for reporting this post:

- I just don't like it
- Nudity or pornography
- Hate speech or symbols
Racist, homophobic or sexist slurs
- Violence or threat of violence
Graphic injury, unlawful activity, dangerous or criminal organizations
- Sale or promotion of firearms
- Sale or promotion of drugs
- Harassment or bullying
- Intellectual property violation
Copyright or trademark infringement

Fill out the form with as much detail as possible and press send to inform the platform's safety team.

Follow up inadequate responses to reports on other services here:

The screenshot shows the 'Report Harmful Content' website. At the top left is the logo with an exclamation mark and the text 'REPORT HARMFUL CONTENT'. To the right are two buttons: 'Report' (red) and 'Advice' (blue). Below this is the heading 'We can help you report:' followed by eight circular icons in a 2x4 grid, each with a label underneath: Threats (crosshair), Impersonation (person), Bullying or Harassment (two people), Self Harm or Suicide Content (hand with knife), Online Abuse (speech bubble with @!*), Violent Content (fist), Unwanted Sexual Advances (hand with heart), and Pornographic Content (XXX). A 'Find out more' button is centered below the icons. A red banner at the bottom of the grid contains the text: 'If you or the person you are helping is in immediate danger please contact the police dialling 999'. Below the banner are two columns of text and logos. The left column features the 'ACT' logo (Action Counters Terrorism) and text: 'Action Counters Terrorism: If you've seen something online that supports, directs or glorifies terrorism, report it here.' Below this is a 'Report Terrorist Activity' button. The right column features the 'IWF' logo (Internet Watch Foundation) and text: 'We are unable to take reports of sexual images of under 18s. You can report sexual images of under 18s online directly to the Internet Watch Foundation.' Below this is a 'Report Child Sexual Abuse Imagery' button.

reportharmfulcontent.com

Report any suspected grooming to CEOP:



The screenshot shows the CEOP website homepage. At the top left is the CEOP logo with the text "Child Exploitation and Online Protection command" and "A National Crime Agency command". At the top right, there is a link "If you need to hide this site quickly, just click here" and a "Quick exit" button with a red icon of a person running. The main heading asks, "Are you worried about online sexual abuse or the way someone has been communicating with you online?" Below this, it says "Make a report to one of CEOP's Child Protection Advisors". There are three columns of content: "Should I make a report to CEOP?" with a sub-heading "If you're worried about online abuse or the way someone has been communicating online, let CEOP know.", "What happens when I make a report?" with "One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.", and "How can CEOP help me?" with "Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support." At the bottom center, there is a yellow button that says "Make a report" with a pencil icon. Below the button, it says "If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely".

Child Exploitation and Online Protection command
A National Crime Agency command

If you need to hide this site quickly, just click here

Quick exit

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

Make a report

If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely

ceop.police.uk

A FAMILY AGREEMENT

HOW WE KEEP SAFE ONLINE

FAMILY AGREEMENT-THINGS TO CONSIDER

Things to consider...

Devices

- Which devices are we allowed to use and when?
- Are we allowed to use our own personal devices?
- Are there any areas of the internet which we are not to use, eg games or social networks
- How long can we spend online or on a device?
- What do we do if a notification appears on a device? Eg not clicking 'accept' before checking with an adult
- When is it okay to download files, games or apps?

Keeping safe

- What information is ok for us to share online? Eg reinforcing not to share a clubs location online or names of other players
- Who will we talk to if we feel uncomfortable about anything we have seen or heard online or on a device?
- Which websites are okay for us to use?
- Should we open links from people we don't know?

Social networking

- Does everyone know the age requirements to be on social networks?
- Who can I post images and videos of online?
- Do I know why it is important to be private and how to set this up?
- What information is ok to share about our organisation/ group? Eg name, location, names of members etc
- Do we use online groups for our organisation and are there any rules we should follow?

Positive online behaviour

- How can I be a good friend on the internet?
- What will I do if I receive frightening or bullying messages?
- Do I know where the report and block buttons are online?

Keeping Safe:

The Do's and Don'ts while online, different ages means you may want to have different access to more grown up sites (*once you know how to be safe*)

Social Networking- Do you as the parent/carer agree with the sites? What are you happy for your child to access?

Positive behaviour- How do we behave online and what to we do if someone behaves poorly towards us?

Healthy Lifestyle-How long are we using it daily, when and where do we use it?

FAMILY AGREEMENT

Online safety agreement

The internet is a very important part of our lives today and setting up an agreement can help ensure that everyone within your organisation/ group are safe when navigating the online world. It gives you the opportunity to discuss together how to behave in a positive way and what to do when things go wrong. Bear in mind it is difficult to have complete control over anyone's internet usage, however an online safety agreement is a great way to set clear expectations for positive and safe internet use.

Please note this agreement is to support your organisation in working to keep young people safe online and should never be used in place of a safeguarding policy or acceptable use policy.

Top tips

- 1 Try to focus on promoting positive behaviour and the choices we can make online which will have a positive impact on others
- 2 Set clear boundaries about what may be unsafe or inappropriate online and include situation promises which may change based on the device, person or app
- 3 Include all members of your organisation or group and make sure everyone is happy with the agreement
- 4 Review your agreement in the future if your group changes or their needs change

Starting questions

Who is this agreement for?

What do we use the internet for?

Why are we creating this online safety agreement?

Agree a time and day that everyone is available

Prepare some snacks or organise a treat for afterwards

Be clear that parents have the final say.

We agree to...

Eg, we will only go online during the agreed times

Who is responsible for this?

Eg, Everyone in blue team

How long will our agreement last for?

Who do we talk to if we are worried about something or someone online?

What happens if someone doesn't follow the agreement?

Eg, revisit the agreement and discuss how it was broken and what changes can be made for the future

Signatures

Date:

Final thoughts

FOR PARENTS AND CARERS

INFORMATION AND GUIDANCE ON HOW TO KEEP EVERYONE ONLINE SAFE IN THE HOME

- **Understanding what it means to be online and how to make sure we are all safe**
- <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>
- <https://www.thinkuknow.co.uk/parents/Listing/?cat=72,70,69,68,67,66,74&ref=4765&keyWord=>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

- **How to report to the police and agencies when we have been exposed to inappropriate material or activity**
- [Reporting when my child has been exposed to inappropriate online material and activity](#)
- <https://www.ceop.police.uk/safety-centre/>

- **How to keep devices in the home safe, and information about the internet**
- <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- <https://www.internetmatters.org/>

THANK YOU

Please take the leaflets from the table on your way out.

If you have any worries or questions regarding social media or internet safety please get in touch with us.

