



Notes from Parent Forum Meeting

Date: 14 November 2017
Time: 6.00 pm
Location: Portchester Community School - LRC
Present: 10 parents in attendance (all year groups represented)

Updates from last meeting:

- Year 11 final GCSE timetable on school website (provisional).
- Year 11 mock timetable on website.
- Parents have been sent a text re Key Stage 3 Assessment Data – also on school website.
- Open Evening feedback was very positive – over 240 evaluations were collected and reviewed on the night.
- Provisional Eddie numbers for new Year 7 in September 2018 are very positive.
- Three applications for Parent Governor have been received. They are meeting formally with the Governing Body this Friday. One parent remains keen to join from Parent Forum.
- ‘Show my Homework’ was reviewed – increase in homework seen, some with support materials.
- The Headteacher clarified that ‘whole class’ detentions were not an appropriate sanction. The teacher in question has been reminded of this.
- The extra-curricular timetable has been added to the school website and updated.

Trip/sport updates:

- 47 students from Year 8 are booked on the camping trip to France with Mr Barrett.
- Tile Barn and Fairthorne Manor are being looked at for the Year 7 residential.
- Due to new GCSEs and maternity cover in MFL, no formal trips are planned for Key Stage 3 languages.
- Key Stage 4 Euro Disney is planned for February half-term.
- Exchanges with Italy and Turkey through our European Erasmus project are planned for April 2018. They will be ‘Home-Stay’ style and a Parents’ Information Evening is planned for tomorrow (15.11.17).
- PE – rugby training starts after the Christmas break ready for matches after half-term.

Key points raised by parents:

- Notification of meetings clashing with revision (Science).
- Reliability of Wi-Fi access – to be checked.
- Clarification regarding the Year 8/Year 9 Options process required in the New Year.
- SEN – shortage of qualified LSAs currently to cover some needs. School has interviews planned for tomorrow. Situation locally is very difficult.
- Anti-bullying week this week – each year has awareness activities planned.
- Key issue – Internet Safety: Areas covered/resources shared:
 - Are you an over-sharent? Quiz regarding use of children’s images and identity on social media.
 - Just one thing – key advice from experts.
 - Tools and Settings – information for parents regarding home internet/tablets and smartphones/parental controls on web browsers/safety modes on social networks and apps.
 - Information to be added to the school website

Dates for future meetings:

- 16.1.18 - 6.00 pm - 7.00 pm in the LRC.
- 6.3.18 - 6.00 - 7.00 pm in the LRC.
- 1.5.18 - 6.00 pm - 7.00 pm in the LRC.
- 26.6.18 - 6.00 pm - 7.00 pm in the LRC.

Are you an over-sharent?

What do you know about sharenting? What are the risks? And are you doing it too much? Take our quiz to find out. By **Gary Crossing**



1 What is sharenting?

- a The habitual use of social media to share news and images of your children
- b Constantly shushing your child in public
- c Shaming your child by behaving in an embarrassing way

2 How many photos of the average child do you think will be posted online by their fifth birthday?

- a 500
- b 1,500
- c 150

3 How confident are you about using privacy settings?

- a Erm, what are privacy settings?
- b Very – I use them all the time
- c I do know how to use them, but I don't bother



4 Do you ask for your child's permission before you post a picture of them?

- a No, they don't mind – they love counting the 'likes' they get
- b I have never thought about it
- c Yes, in the interest of protecting their privacy

5 Do you expect other parents to ask your permission before they post images of your child?

- a Of course
- b No, I don't mind
- c I never ask other parents, so I'm not bothered

6 How does your child feel about you sharing pictures of them?

- a They're embarrassed but, hey, that's my job as a parent
- b I've never talked to them about it
- c We talk before we post so we can judge how they feel



7 If they asked you to take a picture down would you do it?

- a No, they need to develop a thick skin
- b Definitely
- c I would, but I don't know how

8 What are the risks of sharenting?

- a Revealing too much of your child's private life
- b Your images could embarrass your child or put them at risk of bullying
- c Strangers could steal images and use them



9 Your 13-year-old has just started a Facebook account. Do you...

- a Talk to them about responsible sharing and privacy settings
- b Make friends with them so you can spy on what they are doing
- c Let them get on with it, it's none of your business



10 Your child falls off their bike while learning to ride without stabilisers. You...

- a Reach for your smartphone and film it for posting
- b Run to their aid
- c Didn't see the accident because you were too busy looking at your phone

How did you do?

0-2 points
Unaware
Dear, oh dear – hashtag poor sharenting skills.

3-7 points
Almost there-ent
You clearly have some knowledge, but there is room for improvement.

8-10 points
Share genius
Well done! You are a responsible sharent. Your children will be proud.

Score a point for each correct answer.
1) a; 2) b; 3) b; 4) c; 5) a; 6) c; 7) b; 8) All three; 9) a; 10) b

Sharenting: the facts

71%
of parents upload five or more images of their child each week on social media

9%
of parents shared an image of their child in the womb

21%
of parents have set up a social-media account for their child

13%
say they share photos of their children to gain social media followers

32%
of parents have never asked their child if it's OK to share a photo of them

Source: <http://parentzone.org.uk/article/average-parent-shares-almost-1500-images-their-child-online-their-5th-birthday>

Do you sharent as well as you parent?

It's illegal in France, but flourishing in the UK. It's the practice of sharing those parenting moments that would once have stayed between you and your family, but are now broadcast to a potentially global audience.

Who are you sharing family pictures with?
When you decide to share a picture with your loved ones,

that doesn't necessarily mean you want to include *their* loved ones and friends. Check your privacy settings are set to 'friends only' if you don't want the world to see them; though remember, any images can be screen shot and passed on without your knowledge.

Does your child care?
It's easy once they're old enough to ask, but when

children are little, it's down to you to decide what images you share. How do you think they will feel when they're old enough to have an opinion? In the end, only you can make that judgement call.

Vlog on?
If you decide to join the thousands of parents who are vlogging, blogging and generally throwing open

the doors of family life, check you are keeping them safe. Are they traceable because you've left location-tagging turned on the images? Are they in school uniform, letting the world know where your children are five days a week? We tell our children to think before they share. The same advice applies to parents.
Vicki Shotbolt,
CEO Parent Zone



"Talk to your child about the risks of sexting and how to keep safe. If sexting goes wrong and a sexual image is shared, it can be devastating for the child and support from parents is crucial. Childline provides confidential advice for children on the phone and online 24/7, and can even help get a sexual image removed from the internet."

John Cameron OBE, Head of helplines, Childline, the free and confidential advice service for children www.childline.org.uk
Telephone: 0800 1111; Parent helpline: 0808 800 5000

"Explore with your child how they can report to their favourite site/app. It can be reassuring for both of you, and it's an opportunity to reiterate to your child that they can come to you if something online has made them feel worried or upset."

Marie Smith, Head of Education, CEOP, the child protection branch of the National Crime Agency www.thinkuknow.co.uk



"Don't let devices get in the way of your parenting or let the tech make you feel you're not in control. The parenting techniques you use to get them to do their homework or eat their veg work for digital rules as well."

Vicki Shotbolt, CEO, Parent Zone, the UK's leading parenting organisation specialising in the digital world www.parentzone.org.uk



"Parents need to know the modern troubles today's kids face. So, get out there and explore the sites and apps your kids use. If you know nothing of Snapchat or 4chan you won't be as ready or capable to help."

Jamie Bartlett, author, *The Dark Web*, and director of The Centre for the Analysis of Social Media for the UK cross-party think-tank, Demos



"Encourage your child to watch **Catfish: The TV Show*. Each episode, the presenters check the identity of someone a young person has befriended, often romantically, on social media. It's the best thing I've seen for explaining to kids in their own language that people they meet online may not be who they say they are."

Eleanor Levy, editor, Parent Info, a free news and advice service for parents that schools can run on their own website www.parentinfo.org. **Catfish: The TV Show* is rated 12. See p40 for our article explaining ratings.

Just one thing

If you could give parents one piece of advice to keep children safe online, what would it be? Megan Rose asked the experts

"There are no set guidelines for how much screen time is appropriate for children, but there needs to be a balance. Don't be afraid to have rules, like 'no tablets at the dinner table'. For younger children, use tech to help; the Forest app lets you grow a beautiful forest the longer you leave your device alone. And lead by example – make time to be a gadget-free family."

Carolyn Bunting, CEO, Internet Matters, an independent, not-for-profit e-safety organisation www.internetmatters.org



"Be curious and ask your children to talk about, or better still, show you, the services they are using and why they love them. Starting the conversation is key, both to help ensure that children know how to stay safe and respect others online, but also so they turn to you if someone or something online is making them feel uncomfortable."

Will Gardner, CEO, Childnet International, and a Director of the UK Safer Internet Centre www.childnet.com



"From time to time, sit down with your children, gather in all their devices and ask them to take you through every app explaining what they do, who they speak to or connect with and which websites they visit. If your parental antennae start to tingle, delve deeper."

John Carr, internet safety and security expert, and member of the executive board of the UK Council for Child Internet Safety

Parental controls on your home internet

Most UK broadband providers offer free whole-home parental controls, which apply to any device that connects to your broadband via your home hub.

Sky's parental controls are turned on by default and you have to choose to turn them off. If you're with one of the other broadband providers, you turn the controls on yourself. Contact your provider to find out how to do this, and bear in mind that these controls only work on your Wi-Fi network, not when you're using 3G or 4G to get online. You can find out more about parental controls on mobile devices on p43.



Vodafone

Available to anyone with Vodafone Broadband, Vodafone parental controls are free and accessible from within your online account. They protect all devices connected to your Wi-Fi and prevent access to inappropriate online content, such as violence, gambling, and adult material, as well as to websites that contain viruses or malware.

Having set up parental controls from your account, you can use the Vodafone Broadband app to set up a family network to control your children's access to Wi-Fi at home and set time limits. Go to Google Play or the App Store to download the Vodafone Broadband app for free.

To find out more: vodafone.uk/home



Sky

Sky Broadband Shield works on all devices connected to your Sky home broadband and comes at no extra cost.

You can customise your settings in three steps:

- Choose a rating: PG, 13 or 18
- Use the Watershed feature to set restrictions at certain times of the day
- Add specific websites that you would like to block.

To find out more: vodafone.uk/sky



BT

BT Parental Controls let you manage internet access on all devices connected to your BT Home Hub and BT Wi-Fi hotspots (for example, cafés and other public spaces).

Available for free, they include strict, moderate and light filters, an option to restrict access to specific websites and a homework-time setting that blocks social media, gaming and homework cheat websites.

To find out more: vodafone.uk/bt



Virgin Media

Virgin Media Web Safe works on any device connected to your home Wi-Fi. Provided free in broadband packages, it lets

you block websites that are unsuitable for younger users. In addition, you can install F-Secure SAFE on up to five devices to protect your children from inappropriate content, viruses, identity theft and malicious websites whether they are at home or out and about.

To find out more: vodafone.uk/VirginMedia



TalkTalk

TalkTalk's HomeSafe works as a web filter to all devices connected to your TalkTalk router. The free package includes Kids Safe, which lets you block inappropriate sites you'd rather children didn't see. You can also use it for Homework Time, restricting the hours they can go on certain websites, while Virus Alerts lets you browse safely.

To find out more: vodafone.uk/TalkTalk

Parental controls in your web browser

You can change the settings on the browser you use to access the internet. If you use more than one, don't forget to change the settings on each one.

Chrome

Supervised user accounts on Google Chrome allow you to block certain websites, see

which ones your child has visited, turn on SafeSearch and prevent apps being installed.

To find out more: vodafone.uk/chrome

Internet Explorer

Microsoft's Content Advisor enables you to prevent your child from seeing websites containing nudity, violence

and inappropriate content. To find out more: vodafone.uk/IE

Firefox

The parental controls in Firefox filter web content that may be inappropriate or offensive for children. To find out more: vodafone.uk/firefox



Parental controls on your child's smartphone and tablet

Parental controls on smartphones and tablets can block access to websites containing adult content. Mobile phone companies can filter content rated 18+ at the network level – check with your mobile provider whether this filter is on or off.

The UK's main mobile providers (e.g. Vodafone, EE, O2 and Three) automatically block 18+ rated content through the Active Choice network-level filtering system.

But remember, these filters only work when the device is connected via the mobile network, not Wi-Fi. Your mobile's operating system may also include safety features and you can set restrictions on the App Store and Google Play (see below).

Android (eg LG, Sony, Samsung, Huawei, HTC, Motorola)

The restricted user feature lets you manage which apps, games and other content your child can access and gives you the choice of disabling certain features, such as location and camera. To find out more: vodafone.uk/cnet

iOS (eg iPhone and iPad)

You can enable restrictions on your child's iPhone or iPad and select on or off for



features such as FaceTime, in-app purchases and Safari. To find out more: vodafone.uk/applesparentalcontrols

Windows Phone (eg Microsoft Lumia)

The My Family option helps you to manage the apps and games your child is able to download to their phone. You can also set up Kid's Corner on your own Windows Phone so that, if your child borrows it, they can only access age-appropriate content and not get to the rest of your stuff that you want to keep private. To find out more: vodafone.uk/microsoftmyfamily
To set up Kid's Corner: vodafone.uk/kid

App store restrictions

You can set up parental controls on the App Store (see vodafone.uk/apps) and Google Play (see vodafone.uk/googleplay)

to prevent your child downloading apps that are age inappropriate.

How can Vodafone help?

Vodafone Secure Net protects you and your family against harmful websites and viruses that could damage your mobile data and devices, steal your data or cause you to lose personal content like photos, music and videos.

You can also block inappropriate websites by age on your child's device and restrict mobile use to certain times of the day. To find out more: <https://securenet.vodafone.co.uk>

Vodafone Content Control prevents access to online content and services rated 18+ on Vodafone's mobile network.

Content Control is in place on all devices Vodafone offers. The age-restricted content bar only works on Vodafone's mobile network, not on Wi-Fi, and proof of age (18+) is required if you wish to remove it from your device. To find out more: vodafone.co.uk/control

Third-party parental controls

You may decide to use a dedicated parental control solution to do things like block inappropriate content and set time limits. Some of these require you to pay a subscription; others are free. If you already have a security suite on your computer, check whether it includes parental controls as you may not need a third-party solution.



F-Secure
F-Secure (paid for)
To find out more: vodafone.uk/fsecure

Qustodio
Qustodio (free)
To find out more: vodafone.uk/qustodio

Norton
Norton Family (paid for)
To find out more: vodafone.uk/norton

Kaspersky Security Cloud
Kaspersky Security Cloud (paid for)
To find out more: vodafone.uk/kaspersky

McAfee
McAfee (paid for)
To find out more: vodafone.uk/mcafee

Safety and privacy controls on social networks and apps

Many social networks and apps have a minimum age of 13. Young people can have a positive experience by making the most of built-in tools to protect their privacy and safety.

f
Facebook
Minimum age: 13
What can you set? Decide who sees your posts and Timeline, unfollow, unfriend and block people. To find out more and report concerns: vodafone.uk/Facebook


Instagram
Minimum age: 13
What can you set? Make photos and videos private and block people. To find out more: vodafone.uk/Instagram To report concerns: vodafone.uk/InstaReport


kik
Kik
Minimum age: 13 with parental permission; 18 without
What can you set? Manage who can talk to you,

mute users in Video Chat and block people. To find out more and report concerns: vodafone.uk/Kik

w
Whisper
Minimum age: 13 with parental permission; 18 without
What can you set? Block people and hide your location. To find out more: vodafone.uk/whispergetstarted To report concerns: vodafone.uk/whispersupport




WhatsApp
Minimum age: 13
What can you set? Control who sees your information, who you interact with, what you see and what you share. To find out more and report concerns: vodafone.uk/WhatsApp


Snapchat
Minimum age: 13
What can you set? Choose who can send you Snaps, decide who can view your Stories and block people. To find out more: vodafone.uk/snapchat To report concerns: vodafone.uk/snapchathelp


Twitter
Minimum age: 13
What can you set? Protect your tweets so that only approved followers see them, choose whether to share your location, unfollow, mute and block people.

To find out more: vodafone.uk/twitter
 To report concerns: vodafone.uk/TwitterReport

ASKfm
ASKfm
Minimum age: 13
What can you set? Allow or block anonymous questions, delete questions and answers from your profile and block people. To find out more and report concerns: vodafone.uk/AskFM

ooVoo
ooVoo
Minimum age: 13
What can you set? Prevent certain people from contacting you, block

incoming calls, prevent people from seeing your photos and set video-call privacy options. To find out more: vodafone.uk/oovoofaq To report concerns: vodafone.uk/oovooreport

Yellow
Minimum age: 13 with parental permission; 18 without
What can you set? Choose who you talk to and hide your city so that people don't know your exact location. To find out more and report concerns: vodafone.uk/yellowsafety

Telling it like it is

As tech-savvy as children are, they're often unaware of what they agree to in the T&Cs of apps and other services. To highlight this, Anne Longfield, the Children's Commissioner of England and Wales, had Instagram's terms and conditions rewritten into child-friendly language by top law firm Schillings as part of its recent Growing up Digital report. To find out more, see www.childrenscommissioner.gov.uk/publication/growing-up-digital

Safe mode on video-sharing, TV and film services

Lots of online services offer video, TV and movie content. Some use password and PIN combinations to restrict viewing, based on age ratings. Some allow separate profiles for younger users so they can only view child-friendly content (these work only if the adult chooses the password and PIN and keeps them secret). Some platforms have dedicated children's versions, which only carry age-appropriate content. Look for the Just for Kids symbol.

YouTube
YouTube
 YouTube's Restricted mode helps to screen content you wouldn't want your child to see. YouTube also offers YouTube Kids, specifically for children. It contains only age-appropriate videos and includes parental controls and a timer.

To find out more: vodafone.uk/YouTube
 For more about YouTube Kids: vodafone.uk/youtubekids


BBC iPlayer
 The Parental Guidance Lock lets you control what your child can access. The free BBC iPlayer Kids app contains age-appropriate content, such as CBeebies and CBBC, and a Safety Lock, and it has no in-app purchases or adverts. Since spring 2017, you need a password to access BBC iPlayer. To find out more: vodafone.uk/bbc For more about BBC iPlayer Kids: vodafone.uk/bbckidssafety

NETFLIX
Netflix
 There are four maturity levels in Netflix parental controls

(Little Kids, Older Kids, Teens and Adults/All Maturity) to help you control what your child watches. To find out more: vodafone.uk/netflix


Amazon Video and Amazon Prime
 Amazon's PIN feature lets you set purchase and viewing restrictions on each of your registered devices. To find out more: vodafone.uk/amazon Amazon produces special child-friendly editions of its Fire tablet with special features for families.

Apple TV
 Turn on Restrictions to manage access to app purchases, movies, multiplayer games and other content on your Apple TV. To find out more: vodafone.uk/appletv


Sky TV
 Using PIN-protected parental controls, you can restrict the content your child can watch on Sky TV. The Sky Kids app lets you set up a child profile with shows tailored to their age, and set time limits. To find out more: vodafone.uk/SkyTV To find out more about Sky Kids: vodafone.uk/skykids

TalkTalk
TalkTalk TV Store
 This has been integrated with the parental controls in the Xbox 360 and Xbox One. Safety features are also available in the Windows 8.1+ app. To find out more: vodafone.uk/TalkTalkTV


Live-streaming services


Skype
Minimum age: 13
What can you set? Hide your age, date of birth and gender, only allow people in your contact list to get in touch and block people. To find out more: vodafone.uk/Skype To report concerns: vodafone.uk/SkypeReport


Facebook Live
Minimum age: 13
What can you set? Decide who sees your live stream and Timeline, unfollow, unfriend and block people. To find out more and report concerns: vodafone.uk/Facebook


Periscope
Periscope
Minimum age: 13
What can you set? Hide your location, set private broadcast so only people you invite can watch your broadcasts, restrict chat to only people you follow and choose whether to share your broadcast on Twitter. To find out more: vodafone.uk/pscphelp To report concerns: vodafone.uk/pscpreport


YouNow
Minimum age: 13 with parental permission; 18 without
What can you set? Use a nickname, hide your location and block people. To find out more: vodafone.uk/YouNow To report concerns: vodafone.uk/YouNowReport


Musical.ly
Minimum age: 13 with parental permission; 18 without
What can you set? Make your account private, let only friends direct message you (direct.ly), block users and hide your location. (To live stream content made using musical.ly, you need to use live.ly.) To find out more and report concerns: vodafone.uk/musically


Live.ly
Minimum age: 13 with parental permission; 18 without
What can you set? As you need a musical.ly account to use live.ly, the settings are the same as above. To find out more and report concerns: vodafone.uk/musically

Remember...
 If your child sees anything inappropriate or sexual on a live streaming service, they should report it to the app or website administrators. If they are the subject of inappropriate sexual contact or approach by another person, they should tell an adult they trust and report it immediately to CEOP at www.ceop.police.uk/ceop-report