



E-Safety Information for Parents/Carers

E-Safety is an important part of keeping children safe online. We have security measures in place in school which are constantly monitored to help safeguard pupils from any potential dangers. E-Safety is taught to all pupils explaining and demonstrating how to stay safe and behave appropriately online, however, we can only be successful in keeping children safe online if we work with you to ensure the E-Safety message is consistent.

The widespread availability and use of social networking apps gives your child opportunities to understand, engage and communicate with audiences in new ways, however, it also makes them extremely vulnerable to exploitation, grooming or abuse if they are not taught about the dangers of social media and gaming, and are not supervised by adults when using the Internet.

Children are accessing a greater amount of content online than ever before, and it is important to remember that a great deal of that content may be inappropriate for young people under 18. Services like Facebook and YouTube have a minimum age limit of 13.

In order to protect your child when they are gaming or using social media, it is essential that you discuss with them the dangers and warning signs of dangerous content. You will find children can accidentally or deliberately be exposed to unwanted or unpleasant content or comments online and there are steps you can take at home to minimise this risk.

What can parents/carers do?

Ground Rules

Discuss as a family how the internet will be used in your house. Consider what should be kept private online (personal information, photos etc.) and decide rules for making and meeting online friends. Make sure you know what your child is doing online as much like you would offline.

Online Safety

Install antivirus software, secure your internet connection, and use Parental Control functions for computers, mobile phones and games consoles to block unsuitable sites or contacts.

Remember that parental control tools are not always 100% effective and sometimes unsuitable content can get past them, so don't rely on them alone to protect your child. Parental software which allows you to monitor your child's activity online is available and can be extremely effective.



Location

Think about locating your computer in a supervised family area. Always supervise the use of webcams which allow voice or video chat. Consider your child's use of other devices that allow internet access such as Mobile Phones and Games Consoles.

Dialogue

- Talk to your child and ask them to show or even teach you how they use the internet, learn which websites or tools they like to use and why. Learning together can often open opportunities to discuss safe behaviour with your child.
- Always ensure your child knows how to block or report people online who send nasty or inappropriate messages or content. Encourage your child not to retaliate or reply.
- Make sure your child knows they must tell an adult they trust if they see something online that makes them feel scared, worried, or uncomfortable.
- It's essential to be realistic, banning the internet or technology will not work and it often makes a child less likely to report a problem. Education around safe use is essential.

FIVE GOLDEN RULES FOR YOUR CHILD!

1. Use a nickname, not your real name when online.
2. Keep your personal information safe, share it with only people you know.
3. Use websites that are suitable for your age and remember that you are still talking to strangers.
4. Be nice to others online, in the way you would expect other people to be nice to you.
5. Tell an adult if you see or hear something that you think is not right.

This grid may be useful in reminding your child about online safety:

Stay SMART Online				
S	M	A	R	T
Stay SAFE!	Don't MEET up!	ACCEPTING	RELIABLE	TELL someone!
Don't give your address, phone number, social media handles, or school name to online strangers.	Don't meet someone you met online without checking with a parent or guardian first.	Don't accept friend requests or files from people you don't know.	Stop the spread of misinformation by relying on trustworthy sources, family, and friends.	If you see something, speak up! If something seems off, tell a responsible adult.



Popular Gaming Software



Xbox has security features for children, including parental controls, content restrictions and web filtering.

Parental controls:

- ✓ Prevent unauthorised purchases
- ✓ Limit access to inappropriate content
- ✓ Restrict chatting with strangers online
- ✓ Set age limits for games, movies, TV shows, and music
- ✓ Content restrictions
- ✓ Control what content your children can access on Xbox
- ✓ Limit access to mature games, movies, TV shows, and music
- ✓ Web filtering
- ✓ Block or approve purchases, websites and online content
- ✓ Protect your child from sites and search results that are too mature

You can set parental controls for each of your children's profiles on Xbox One X and Xbox One S. You can also manage these settings on Windows and Xbox mobile apps.



PlayStation has security features for children, including parental controls and account restrictions. PlayStation also has a team of moderators who review reports of misconduct on the network.

Parental controls:

- ✓ **Manage content access:** Limit what games, apps, and features your child can access
- ✓ **Set spending limits:** Control how much your child can spend on the PlayStation Store each month
- ✓ **Restrict play time:** Limit how long your child can play
- ✓ **Control photo and video sharing:** Decide if your child can share photos and videos with other users
- ✓ **Set age-based restrictions:** Limit access to content based on age rating
- ✓ **Account restrictions:**
 - Create sub-accounts
 - Link a sub-account to your account to give you control over your child's account
 - Set a passcode
 - Create a passcode to prevent your child from changing the parental controls



Popular Social Media Sites



Facebook is a popular social networking website where users can create profiles, connect with friends and family, share photos, videos, updates about their lives, and engage with others by posting text, liking or commenting on content, all in one online space; essentially, it's a platform to stay in touch with people you know online. Facebook is targeted at older teenagers and adults.

Negative Impact.

- Privacy concerns
- Addiction and time consumption
- Cyberbullying and online harassment.
- Spread of misinformation.
- Social comparison anxiety

Positive Impact.

- Staying connected with friends and family
- Organizing events
- Reconnecting with old acquaintances
- Sharing news and information.



Instagram is an American photo and video sharing social networking service It allows users to upload media that can be edited with filters, be organised by hashtags, and be associated with a location. Posts can be shared publicly or with preapproved followers.

Negative effects:

- Low self-esteem and unrealistic expectations: exposure to highly filtered photos
- Comparing oneself to others on Instagram
- Cyberbullying
- Addiction
- Mental health concerns: studies have linked heavy Instagram usage to increased anxiety, depression and stress
- Unrealistic expectations

Positive effects:

- Social connection
- Creative expression: Users can share photos and videos showcasing their artistic talents and hobbies.
- Community building: Joining interest-based groups
- Awareness raising: Instagram can be used to raise awareness about important issues and social causes.
- Positive self-image: Sharing personal experiences can foster a sense of belonging and accep



TikTok is a social media app that allows users to create and share short videos. It was launched in 2016 by a Chinese company called ByteDance. To give you an idea of its popularity, it has over a billion active users in 150 countries. TikTok is available for people at least 13 years old.

While on the surface it seems like a harmless app filled with dance, singing and life hacks, it can be very dangerous for young people. In the past years there has been growing concerns about the impact it has on children and young people's mental health and wellbeing.

For some people TikTok has been said to contribute to low confidence and self-esteem, especially when it comes to the way we look. Young people are being exposed to videos featuring people with the 'perfect' body and the 'perfect' life. TikTok also makes it extremely easy for young people to share images of themselves with potentially millions of people.

What should I look for?:

- User profiles which talk about 'trading' or swapping pictures/videos
- Use of emojis that are commonly considered to be sexually suggestive (such as the aubergine)
- Hashtags, such as #tradefortrade, which clearly suggest the user is looking to trade illicit content
- The lyrical content of some songs – parents have raised concerns that it's not always age-appropriate
- Users cannot exchange images and videos via in-app messaging, but once they've made contact, they move on to another platform to trade, such as Snapchat.

What can I do?:

- Control who can view your child's videos
- Set your child's account to 'private' (<http://support.tiktok.com/knowledge-base/setting-up-a-private-account>) so that your child can control who sees their videos or keep them completely private. Your child will be able to approve or deny people as 'fans' and will only be able to accept messages from followers.

Remember:

- Accounts are set to 'public' by default. Public profiles can be viewed by anyone
- Even with a private account, your child's profile information can be seen by all users. Make sure your child doesn't reveal personal information on their public profile.



Snapchat can be extremely dangerous for young people as it can be used to send and receive indecent or inappropriate images, videos or content that disappear after a few minutes.

Snapchat can also be fun as your child can add filters to alter their face, they can draw on their pictures and even send short messages that vanish too. It's a way to share quick moments with friends.

Snapchat's minimum age requirement is 13, but parents should assess their child's readiness to use the app.

Supervision: Parents should monitor their child's use of the app, discussing safe online behavior and the importance of privacy.

Guidelines: Suggest setting some ground rules with your child about how and when you can use Snapchat.

Make sure you and your child are signed up for our parental controls, **Snapchat's Family Center**, where you can see which friends your child is talking to, view their privacy and safety settings, and set Content Controls.



Discord is one of the most dangerous of all the top gaming apps young people tend to use. Police, Social Workers and Mental Health Workers encourage young people not to use this site as it would appear to put them at a much higher risk of being groomed or being subjected to highly inappropriate and indecent images or content.

Discord says it's invested in tools to protect teens and remove harmful content. However, some say that Discord's design model makes it difficult to protect users from abuse and harassment.

Children can join different "servers"; special rooms for people with similar interests e.g. a Minecraft server where you can talk to other Minecraft players, and you can even share funny pictures and videos with each other. However, there are many different servers and many of these are extremely unsafe for children to enter.

Key points to teach you child about Discord:

- They can send text messages to their friends just like on their phone, but they can also talk to them using voice or video calls.
- Servers are like different clubs or groups where people with similar interests can hang out together.
- Discord can be used for anything, but many people use it to chat while playing games with friends.



WeChat is a messaging facility via smart phones. The users can send instant messages, photos, and voice messages. It also has a feature where the user can connect with people they don't know in their local area. WeChat states that it is not for users under the age of 13. The following is an extract from WeChat's privacy policy:

"If you are under the age of 13, you must not use our services. If you are between the ages of 13 and 18 (or the relevant age in your jurisdiction where you are considered a minor), your parents or guardian must agree to these Terms (both for themselves and on your behalf) before you can use our services."



YouTube

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. The video service can be accessed on PCs, laptops, tablets and via mobile phones.

Positives of YouTube

You can create effective videos of lectures, demonstrations, and more quickly and easily with minimal video equipment. With many young people using smart phones, video is a great platform to reach them with regard to their learning. YouTube is highly optimized for mobile devices and many students already use it.

Disadvantages of YouTube

Some videos may contain inappropriate or offensive content, and users may also be exposed to potential cyberbullying or other online threats. **Data privacy:** YouTube collects a significant amount of data on its users, which it may use for targeted advertising.

Website for more information: www.thinkuknow.co.uk