E-Safety Parent Information Sheet

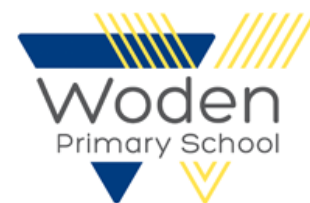Woden Primary School

Now more than ever, children are spending increased periods of time online to work, talk and play. Due to many school closures, children will need to access the internet in order to complete their home learning work. The internet is a wonderful place, when known how to use correctly. It is important that you are aware of the online risks for your child and how to manage them. This information sheet provides you with information and useful links in order to support you and your child to be safer in the online world.

Where can I get E-Safety advice?

Childnet Hot Topics - a collection of advice covering topics like screen time, parental controls, digital wellbeing and live streaming - www.childnet.com/parents-hot-topics

UK Safer Internet Centre advice hub - tailored advice for foster carers, adoptive parents, health care professionals and more - www.saferinternet.org.uk/advice-centre

Tackling difficult conversations - advice and resources on how to talk to children and young people about online safety issues - www.childnet.com/have-a-conversation

Keeping under 5s safe - tailored advice for keeping under 5s safe online - www.childnet.com/under-5s

Digital Parenting - a free online magazine offering information and advice on online issues - www.vodafone.com/content/parents

**Ask About Games** - specific advice and online guides about gaming and PEGI age ratings - www.askaboutgames.com

Phone Brain - information about paid for services such as premium rate numbers and in-app purchases - www.phonebrain.org.uk
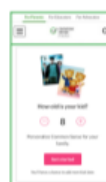
Get It Right From A Genuine Site - get to know which sites are legal for streaming and downloading films, music & games - www.getitrightfromagenuinesite.org

Where can I keep up to date?
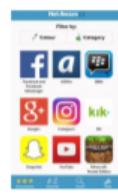
NetAware - online guide and app with advice on popular online services, games and apps
www.net-aware.org.uk

Common Sense Media - online advice and reviews for games, apps, films, books etc
www.commonsensemedia.org

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www.childnet.com

Parent and carer hubs:

Childnet International The parents and carers pages offer key advice on a range of online safety risk and detailed information on how and where to report online content www.childnet.com/parents-and-carers

UK Safer Internet Centre The parents and carers pages offer an advice centre with detailed support for parents, foster carers and adoptive parents, health care professionals and many more. www.saferinternet.org.uk/parents

Child Exploitation and Online Protection Command (CEOP) - A police agency tackling child abuse online, where you can report any concerns about the behaviour of someone online towards a child. www.ceop.police.uk
CEOP's **Think U Know** website has information and resources for children and parents as well as a link to report any concerns. www.thinkuknow.co.uk

STAY SAFE ONLINE

Where can I get step by step guides and checklists?

A Parents' Guide to Technology
www.saferinternet.org.uk/parent-tech
A set of guides highlighting safety tools on popular devices like games consoles, phones, smart TVS and tablets.

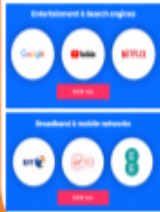### Safety tools on social networks & other online services
www.saferinternet.org.uk/safety-tools
Find out more about the safety features available on popular social networks and apps, like YouTube and WhatsApp.

Internet Matters
www.internetmatters.org
Step by step guides that will help you put in place parental controls on your broadband, phone networks and entertainment services.

Social networking checklists
www.saferinternet.org.uk/checklists
A set of guides to help you use safety and privacy features of popular social networking sites like Facebook, Snapchat, Instagram and Twitter.

Childnet Family Agreement
www.childnet.com/family-agreement
The Childnet Family Agreement provides a framework for setting out expectations for online behaviour and usage.

How to restrict in-app purchases
www.childnet.com/restrict-in-app-purchases
Find out how to restrict in-app purchases within app stores like the Apple App Store and Google Play.

1– Have a conversation and get to know what your child likes to do online and how going online makes them feel. Visit our www.childnet.com/parents-and-carers for conversation starters.

2 – Establish boundaries and routines for the whole family when using technology and going online. This could include where devices are kept, how long they are used and when.

3 – Be clear on strategies your child can use if something worries or upsets them online. This could be how to get support, who to talk to or turning over the device and get help.

Support for parents and carers:

NSPCC - providing help and support for adults who are concerned about the safety or wellbeing of a child 0808 800 5000

O2 & NSPCC - providing help and support with social media, setting up parental controls, privacy settings and much more 0808 800 5002

Family Lives - providing help and support with all aspects of family life 0808 800 2222 For advice: www.familylives.org.uk

Young Minds - providing help and support with young people's mental health and wellbeing 0808 802 5544 For advice: youngminds.org.uk

Support for children and young people:

Childline - providing help and support for under 18s 0800 11 11 or online: www.childline.org.uk

The Mix - providing help and support for 13-25 year olds 0808 808 4994 or online: www.themix.org.uk

Childnet need help - find out where to access support and report online concerns & risks www.childnet.com/parents-help

4 – Get to know the safety features on devices in your home. There are features on devices, wifi, phone networks and entertainment services. See the guides on the right for help.

5 – Be curious not furious. It can be really worrying if your child sees something unexpected or inappropriate online but try to remain calm whilst supporting your child. This reaction will help them to feel that they can come to you again.

6 – Keep the conversation going. It's important to keep talking about online safety. Find quiet moments together or use current news stories as a way of approaching the subject again.

Sharp
Alert
Secure
Kind
Brave