

Baildon Church of England Primary School Online Safety Guide for Parents



2024 Edition

Tips and links for protecting you and your child.

All the weblinks in this guide, along with further advice, can be found on the electronic version of this document on our school website.

We celebrate our place within God's loving family, showing respect for ourselves, others and the world around us. We are a safe, supportive community of inspired, resilient, life-long learners, with a spirit of curiosity, where every individual is provided with the opportunity to flourish and achieve in our ever-changing world.

Support Opportunities Achievements Respect

'Those who hope in the Lord will renew their strength and they will soar on wings like eagles.'

Isaiah 40:31

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Staying Safe in a digital age – Communication with your children is key.

- ▶ One of the most helpful things you can do is **talk** to your child about their internet, gaming and app usage and **develop a bond of openness** from an early age about their online habits. The more you do this and make it commonplace, the more likely your child is to talk to you if they do face an issue.
- ▶ The websites below have tips regarding how to start such conversations and ideas like setting up a Home Internet Agreement.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

<https://www.childnet.com/resources/parent-and-carer-toolkit/>

We teach the children the SMART rules from Reception upwards to help empower pupils and make them aware of what to do in different situations. We recommend you encourage your children to follow these rules at home too.

- ▶ **Safe**: Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.
- ▶ **Meeting** someone you have only been in touch with online can be dangerous. Only do so with your parents or carers permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.
- ▶ **Accepting** emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems as they may contain viruses or nasty messages!
- ▶ **Reliable**: Someone online might lie about who they are and information on the internet may not be true. Always check information with other websites, books or someone who knows. If you like chatting online, it's best to only chat to your real world friends and family.
- ▶ **Tell** a trusted adult such as your parents, carers, teachers, teaching assistants or another grown-up you can trust if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.
- ▶ <https://www.childnet.com/young-people/4-11-year-olds/get-smart/>



Image taken from
<https://www.childnet.com/resources/be-smart-online/>

Safe Searching, parental controls and filtering

- ▶ **Safe Searching:** We recommend using resources such as Swiggle when children are online as it filters adult and inappropriate material.
- ▶ <https://swiggle.org.uk/>
- ▶ **Protecting your computer:** Set up filtering and monitoring settings on your computer and parental controls: most service providers have guides for how to do this. Keep virus protection, spyware , and software updates up-to-date to avoid problems such as ransom ware. Always set secure passwords.
- ▶ <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/>
- ▶ <https://inege.com/online-safety/parental-controls/>

Filters

- ▶ <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>



Reporting Concerns



- ▶ **How to report a concern:** We tell children to talk to a trusted adult, this could be a teacher, teaching assistant, relative or similar person. Our school website has a report box for minor concerns from pupils.
- ▶ <https://baildonce.co.uk/parents-and-pupils/pupil-page/>
- ▶ <https://baildonce.co.uk/safeguarding/online-safety/>
- ▶ However, serious concerns about child-wellbeing can be reported to **CEOP**
- ▶ <https://ceop.police.uk/safety-centre/>
- ▶ A variety of Support Services are available for reporting different issues.
- ▶ <https://swgfl.org.uk/helplines/>
- ▶ **Internet Matters** has links for reporting on specific websites, such as Youtube, Xbox, Tiktok, and Roblox
- ▶ <https://www.internetmatters.org/report-issue/>
- ▶ **What to do if children see illegal images / harmful content:** In school, we advise children to turn off the monitor, or close the screen then talk to a trusted adult about what they have seen online. The websites below have advice regarding how to talk to a child who is upset by what they have seen and how to report illegal content.
- ▶ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>
- ▶ <https://reportharmfulcontent.com/>

Grooming

- ▶ Make sure your children are aware that people are not always who they say they are online. **Including ONLINE GAMING.**
- ▶ Predatory behaviour includes a variety of methods, such as:
 - ▶ bribery,
 - ▶ flattery,
 - ▶ rude games,
 - ▶ threats
 - ▶ blackmail.
- ▶ **Talk** to your children about the risks and what to do if somebody they have communicated with online makes them feel uncomfortable.
- ▶ <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>



Mobile phones

- ▶ **Settings:** When purchasing a new phone, speak to the salesperson and ask them to set up specific locks and settings, this includes location settings to protect your child's whereabouts.
- ▶ <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>
- ▶ <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology/smartphones>
- ▶ **In-app purchases:** be careful with phone settings and explain the risks of clicking links from text messages and games. This can lead to unwanted charges to the account and potentially the downloading of malware to your phone.
- ▶ <https://www.saferinternet.org.uk/blog/how-avoid-app-purchases>
- ▶ <https://www.childnet.com/blog/how-to-avoid-in-app-purchases/#:~:text=Our%20top%20tips%20for%20avoiding%20in%2Dapp%20charges%3A&text=Talk%20with%20your%20children%20about,store%20or%20within%20an%20app>



Selfies and the law

- ▶ There have been increasing issues regarding children sending inappropriate images of themselves using phones and other devices.
- ▶ Sending, creating, possessing, downloading and storing illicit images of a person under the age of 18 is against the law and you can be prosecuted.
- ▶ This website explores reasons why children might send nude selfies along with useful advice and videos.
- ▶ <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>
- ▶ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>

This tool helps **remove** unwanted images from the internet

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/report-remove/>

Image taken from Schoolhours website



Bullying

▶ According to the NSPCC, Cyberbullying can include:

- ▶ sending threatening or abusive text messages
- ▶ creating and sharing embarrassing images or videos
- ▶ trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- ▶ excluding children from online games, activities or friendship groups
- ▶ shaming someone online
- ▶ setting up hate sites or groups about a particular child

▶ Signs of cyber bullying can include

- ▶ being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
- ▶ not doing as well at school
- ▶ asking for, or stealing, money (to give to whoever's bullying them)
- ▶ being nervous, losing confidence, or becoming distressed and withdrawn
- ▶ problems with eating or sleeping



Image taken from
<https://www.nspcc.org.uk/>

Bullying – Advice for parents

- ▶ Take **screenshots** of any unpleasant messages your child receives and create a trail of evidence – **but be wary of any illegal content** as you may inadvertently **break the law if you take a copy**.
- ▶ Report it to school for further support.
- ▶ Social media sites, such as Facebook have ways to report issues directly to them.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

- ▶ The link below provide more advice.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/>

The BBC was useful links for pupils

<https://www.bbc.co.uk/bitesize/articles/zyb43j6>

Contact from unknown people



- ▶ Record the details of any such messages.
- ▶ If necessary, block the person.
- ▶ You can report any serious concerns using CEOPs.
- ▶ <https://ceop.police.uk/safety-centre/>
- ▶ <https://learning.nspcc.org.uk/research-resources/briefings/grooming/>
- ▶ If you experience “cyberflashing” the website below provides useful support
- ▶ <https://saferinternet.org.uk/online-issue/cyberflashing>

Gaming- PEGI age restrictions

- ▶ All games have an image code which indicates their content and age suggestions.
- ▶ <https://pegi.info/parental-controls>
- ▶ Popular games, such as Grand Theft Auto and Call of Duty, are meant for adults and contain scenes of a graphic nature unsuitable for children.
- ▶ Common-sense Media is a site dedicated to reviewing the content of games and movies to provide parental advice.
- ▶ <https://www.common sense media.org/game-reviews>
Ineqe also has useful resources and guides
- ▶ <https://ineqe.com/online-safety/online-safety-for-parents/>



Online gaming: Online risks

- ▶ If playing online, who is your child talking to?
 - ▶ Are they real life friends, or online friends?
 - ▶ Does your child know how to report any misuse or worries using their games?
 - ▶ There is a risk of unwanted contact and grooming when playing online if their chat facilities are not set-up correctly by an adult.
- ▶ <https://www.internetmatters.org/resources/online-gaming-advice/>
- ▶ <https://saferinternet.org.uk/online-issue/gaming-2>
- ▶ <https://www.childnet.com/help-and-advice/gaming/>
- ▶ **In app purchases:** be careful what is clicked on, links often lead to accidental purchases being made. Games, such as FIFA, also have a risk of pupils paying for updates and upgrades: always log out of online shopping sites in case your child makes purchases from your account.
- ▶ <https://www.saferinternet.org.uk/blog/how-avoid-app-purchases>
- ▶ Live Streaming provides risks such as inappropriate images being shown
- ▶ <https://saferinternet.org.uk/online-issue/livestreaming-2>

Online gaming: Other Risks

- ▶ **Free web games:** make sure the game is appropriate. Be careful that your child does not click on any downloadable links. Be careful about communication from people your child does not know.
- ▶ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>
- ▶ <https://www.common sense media.org/lists/free-online-games-for-kids>

Limit time: there is a risk of addiction: encourage your children to limit their time and stay off the computers for up to an hour before bedtime. The light from screens impacts on sleep patterns and it takes time for your child's brain to calm down having been active. Setting a family agreement can be a healthy way of controlling the amount of screen time in your house.

- ▶ <https://www.childnet.com/resources/family-agreement>
- ▶ <https://ineqe.com/online-safety/screen-time/>

Social media This is a term for websites and apps which allow users to upload images, comments, videos and links about their life. Most social media sites require users to be 13 years old to use them.

- ▶ **Personal settings and your digital footprint:**
- ▶ Protect your children; protect yourself.
- ▶ Check privacy settings, who can see what you are sharing?
- ▶ We recommend putting your privacy settings to "friends only" as well as keeping secure passwords.
- ▶ However, be careful what you share: posts, images and memes can be copied via screenshots and, potentially, downloaded by anyone with access to your account.
- ▶ This could make a bad impression of you and put your children at risk as well as embarrassing them when they are older.
- ▶ It also creates a digital footprint on the web of your behaviour for all to see.
- ▶ <https://www.saferinternet.org.uk/advice-centre/social-media-help>
It is also worth being aware of online misinformation
- ▶ <https://ineqe.com/online-safety/misinformation/>

TikTok, Snapchat, Facebook, Twitter and Instagram

- ▶ There is a risk regarding what you share and who sees it especially if privacy settings are not strong enough.
- ▶ Facebook has recently been less used by children, who prefer messaging or videoing apps on phones and tablets such as TikTok. However, be mindful about what **you** post and **your privacy settings**. Images of your children could be accessed by others online, putting your child at risk. It is also important to talk about online friends, the difference between real life and people they have never met.
- ▶ [https://www.thinkuknow.co.uk/parents/articles/Reporting-to-social-media-sites-/](https://www.thinkuknow.co.uk/parents/articles/Reporting-to-social-media-sites/)
- ▶ **Have a chat:** if your children have set up accounts, what are they using?
- ▶ Be open and honest.
- ▶ Discuss their safety, are they aware of the risks? Make sure you, and they, are aware about how to report any issues.
- ▶ <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/have-conversation>

New apps and social media sites

- ▶ Children tend to be ahead of adults in terms of discovering new apps and sites.
- ▶ Currently, resources such as whatsapp are very popular for image sharing and messaging.
- ▶ Other apps, such as Whisper and Snapchat allow the messages to *disappear after being sent* although by taking screen shots people can keep a record of what has been sent.
- ▶ Other apps pose other risks - by allowing users to find other people utilising the app within a mile radius.
- ▶ Have a chat, ask them what they are using and discuss the risks of sharing images, including legal complications regarding cyber bullying and nude selfies.
- ▶ **ineqe** has guides regarding a variety of apps and social media sites and advice regarding their safety whilst **Commonsense Media** has parent reviews of apps, games and sites.
- ▶ <https://ineqe.com/online-safety/online-safety-for-parents/>
- ▶ <https://www.commonsensemedia.org/blog>

Video Apps

- ▶ **YouTUBE and TikTok** are popular and many children set up YouTube accounts about their interests such as Minecraft.
- ▶ Video making Apps such as TikTok or streaming apps such as twitch can pose risks including inappropriate content and children recording videos that are inappropriate, or may put themselves at risk.
- ▶ Pupils can also accidentally share personal details, such as uploading videos of themselves in school uniforms – signposting where they can be found each day.
- ▶ <https://swgfl.org.uk/magazine/a-parents-guide-to-youtube-restricted-mode/>
- ▶ <https://ineqe.com/2021/07/01/youtube-shorts-need-to-know/>
- ▶ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/>

Social Media Online Bullying

- ▶ Always take screen shots of any messages or comments made and create a trail of evidence.
- ▶ Online bullies can be traced through IP addresses (if necessary).
- ▶ Report it to the school if required. They have a legal obligation to provide support.
- ▶ Social media sites, such as Facebook have ways to report issues directly to them. You can also block users causing problems.
- ▶ The links below demonstrate how to report specific social media sites, such as snapchat.
- ▶ <https://www.nationalbullyinghelpline.co.uk/social-media.html>
- ▶ <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-social-media/>
- ▶ <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/>

Tablets

- ▶ **T**ablets provide a variety of entertaining and engaging apps and learning opportunities.
- ▶ However, be aware of any potential risks associated with these devices.
- ▶ Advice from the American Academy of Paediatrics recommends that children, over the age of two, should have no more than an hour or two a day screen time, while infants under two should have no screen time whatsoever.
- ▶ <https://saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology/tablets>
- ▶ <https://www.internetmatters.org/resources/tech-guide/laptops-tablets-for-children/>

Useful Videos

- ▶ **KS1 and FS** <https://www.thinkuknow.co.uk/parents/jessie-and-friends/>
- ▶ <https://www.childnet.com/resources/smartie-the-penguin>
- ▶ <https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision>
- ▶ **KS2** https://www.thinkuknow.co.uk/8_10/watch/
- ▶ An animation designed to support children with learning needs
- ▶ <https://www.youtube.com/watch?v=TriCpe3J5Ss>
- ▶ An animation about online gaming risks
- ▶ https://www.youtube.com/watch?time_continue=56&v=wcwn5x-jE4

Baildon Church School

E-safety Guide for Parents

- ▶ We hope this guide supports you with any concerns you may have.
- ▶ Please take the time to talk to your children on a regular basis about their use of the internet, gaming and social media in order to help discuss any potential risks they may face.
- ▶ For any further information, please visit the school website, or contact the school directly.
- ▶ Baildon, Shipley, West Yorkshire BD17 6TE tel: 01274 598540, fax: 01274 530018, email: office@baildonce.co.uk
- ▶ <https://baildonce.co.uk/parents-and-pupils/online-safety/>

