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English Martyrs and St Augustines Catholic Voluntary Academies.

Parent Pocket Guides
E-Safety

"We grow and learn as a family in the footsteps of Jesus"

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E-Safety Pocket Guide

The Internet is a useful tool and has become integral to our day to day lives. It is there to support educational and social opportunities and gives us access to a wealth of information and experiences.

As you would protect your child in the real world, it is now as important to maintain that vigilance in the virtual world too. At English Martyrs we take great care to ensure children are aware of the safest practices at school and at home. If your child understands the risks and can make sensible and well informed choices online, they will get the most from the internet and be safe while doing so.

Every year English Martyrs takes part in Internet Safety Day, Ways to stay safe and e-safety rules are part of our ICT curriculum and daily teaching practice.

How we can work together to protect children online.
Gaming:

Gaming is great fun for children and there are more and more opportunities for your child to play online and interact with others. Children will often spend extended periods of time playing games and chatting to people. It is suggested for that reason, the computer your child uses to go online is in a family room. This enables parents/carers to monitor the games that are being played and the virtual contact they are having with others.

At school we teach children that they should not share any personal information with another person online and encourage them to use a made up name as their user name.

Children are taught and should be actively encouraged not to accept cheats or file downloads from people they don't know in the real world. Children are also encouraged to tell a trusted adult if they feel uncomfortable by another person on the internet.

Social Networking

In a world of Facebook and Twitter, children are more and more accustomed to chatting online and being part of online social groups.

The children have agreed to the following rules:

- DON'T give away passwords
- DON'T give away school details
- DON'T share personal information
- DON'T talk to strangers
- DON'T tell people where you are going to be
- DON'T believe everything you read on the internet
- DON'T give away friends information
- DO think before you post—remember the 'Granny rule'
- DO use child friendly search engines
- DO share hobbies and pets
- Do share your favourite things, eg books, films, music
- DO chat to REAL friends
- DO only post sensible photos
- Do ask adults to check privacy settings
- DO use the Internet in a room where there are other members of your family
- DO report abuse

If you see something online that makes you unhappy or uncomfortable, MINIMISE the screen and tell an adult who will know how to deal with it.

Support and Guidance

The ICT co-ordinator can offer help and support and may liaise with the ICT and Safeguarding Governor if necessary.

Other sources include these websites:

www.thinkuknow.co.uk (Think U Know)

www.ceop.police.uk (Child Exploitation and Online Protection Centre)

Www.iwf.org.uk (Internet Watch Foundation) Specialist general advice for parents:

www.nspcc.org.uk, www.barnardos.org.uk, www.beatbullying.org

Help your child adjust the account settings for their profile and check that 'no picture forwarding' options have been checked in the settings so that photos of your child cannot be circulated by others. We suggest that if your child has an account where you hold the password and account details until they at least reach the age required for the network. We also recommend that you review the security and privacy settings regularly to ensure your child's profile is secure after any programme updates.

Mobile Phones:

Children are now given phones more frequently, especially as they get older and walk home on their own. This is a great way to ensure you can keep contact with your child and also be able to pick them up if there are any problems.

Children can have a lot of fun with phones; using ringtones, games, videoing and photos. Many phones also have access to the internet which may need to be monitored. Many network providers sell phones with filtering software already installed on the phones. It is worth checking if your child's phone has these capabilities. If you are unsure then check with the mobile operator.

At **English Martyrs** we do not permit phones to be used during the day and if you wish your child to come to school with one then they should have it turned off and given to the office for safe keeping. It is also expected that children will only use their phones sensibly and with consideration to others. Photos of other children should not be sent on to others and communication between themselves and others should be polite.

Cyber bullying:

Some older children have been bullied by text messages, phone calls, instant messaging conversation, social networking sites or even been filmed by mobile phone during a physical assault .Cyber bullying using the Internet and / or mobile phones can be particularly invasive as it comes into what should be a safe place – home. The child may find it very difficult to 'escape' such bullying. It is recommended that children under the age of 18 should not have an instant messaging account or,social networking site etc. unless it is carefully monitored. phones and game consoles.

Parents should keep the computer in a public space, not in the child's bedroom and also consider other devices in the home such as mobile phones.

Youtube

This can be a brilliant site to look for information and ideas. However content is not always suitable. For this reason it is recommended that you monitor the use of this site. It is possible to enable filters when using this site to help with this.

School e-safety rules

The children at English Martyrs are taught e-safety rules from the very beginning of their education and these are reinforced each time they use the devices in school.

There are certain rules that they have to follow in order to use the devices and access the internet.

Year 6 Mobile devices

As the children get older it may be that they have their own iPads or tablets and other mobile devices that they can use. There are times when the older children, with parental permission, may be asked to bring the devices to school to use. The children understand that they need to follow the school rules when using the devices in school.

Top Tips for keeping your child safe:

- **Talk to your child about what they're up to online**. Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them, if they know you understand they are more likely to come to you if they have any problems.
- **Watch Thinkuknow films and cartoons with your child.** The **Thinkuknow site** has films, games and advice for children from five all the way to 16.

- **Keep up-to-date with your child's development online**. Children grow up fast and they will be growing in confidence and learning new skills daily. It's important that as your child learns more, so do you.
- **Set boundaries in the online world just as you would in the real world**. Think about what they might see, what they share, who they talk to and how long they spend online. It is important to discuss boundaries at a young age to develop the tools and skills children need to enjoy their time online.
- **Keep all equipment that connects to the internet in a family space**. For children of this age, it is important to keep internet use in family areas so you can see the sites your child is using and be there for them if they stumble across something they don't want to see.
- **Know what connects to the internet and how**. Nowadays even the TV connects to the internet. Make sure you're aware of which devices that your child uses connect to the internet, such as their phone or games console. Also, find out how they are accessing the internet – is it your connection, or a neighbour's wifi? This will affect whether the safety setting you set are being applied.
- **Use parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.** Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start and they are not as difficult to install as you might think. Service providers are working hard to make them simple, effective and user friendly.