

Helping Families be Internet Safe at Home


At Wray Common we strive to ensure that our children are equipped with the necessary skills and knowledge to deal with the online world and mobile technologies responsibly and safely. E-Safety is entwined within our school curriculum so that it has a strong presence throughout each academic year.

The online and mobile technology world is an exciting environment for children, however, can be an extremely dangerous place if a child isn't supported, guided and trained to prevent and deal with inappropriate situations.

Openness and trust is key to being safe online. Children shouldn't want to shy away from telling their parents that they have seen something 'bad' online or on a social networking app for fear of losing their access to a phone or tablet.

Please take a look at our online resources below and watch out for our regular updates in the School Newsletter. You may also wish to make an appointment with your child's class teacher or the Computing Lead – Mr Burgess, if you require more advice or have any concerns.

Parental Controls	Tips for Safe Internet Use	Available Support
<p>Restrict your child's access to unsuitable websites and limit the amount of time they can use the internet by using parental control software. There are several ways to do this:</p> <ul style="list-style-type: none"> • Many internet service providers such as Sky, Virgin and BT internet include parental options with your broadband package. • Use the inbuilt parent controls that are part of Windows or Mac operating systems. • Download one of the many apps that give extra control over smartphones and tablets. • Don't forget that modern games consoles have internet access - there are parental controls available for most of today's consoles, and offered as settings within each game. 	<p><u>Unsuitable Internet Content</u> Sadly, some of the most innovative, exciting websites on today's internet can be damaging for your child due to the type of content that can be accessed through them.</p> <p>You may want to think seriously about whether you want your child to have access to YouTube, Facebook, Skype (with webcams) and so on.</p> <p>A rule of thumb should be that if you are not sure what your child is accessing then try it out yourself, and restrict all use to family rooms within the house. Play and share online games with your child. Find out what they do online. If you are happy for them to play these games let them know, if you are not, explain why. Suggest some games that you, and they, may prefer.</p>	<p>Childnet International has produced guidance for parents and carers on looking after the digital wellbeing of children and young people. This includes having an awareness of how being online can make children and young people feel, and how they can look after themselves and others when online. The guidance includes: age specific information about how children and young people are interacting with the internet; top tips to support young people at this age; and ideas to help start a conversation about digital wellbeing.</p> <p>https://www.childnet.com/teachers-andprofessionals</p>
<p><u>Microsoft Parental Controls</u> http://windows.microsoft.com/enGB/windows7/products/features/parental-controls</p>	<p>If your child has a phone, text them and share the details of your family life with them – times and places, etc. Build up</p>	<p><u>Consent online: resources</u> The UK Safer Internet Centre has developed a series of resources for 3-18-year-olds focusing on the</p>

<ul style="list-style-type: none"> • Control the times children can use the PC/laptop • Control the programmes they can use, games they can play • Monitor online activity 	<p>communication channels. Show them that you are online too.</p>	<p>topic of consent online and how consent is asked for, given and received in different circumstances. The resources feature a pack for parents and carers. https://www.saferinternet.org.uk/safer-internetday/safer-internet-day2019/understanding-consentdigital-world</p>
<p><u>Which? Parental Control Advice</u> http://www.which.co.uk/baby-and-child/childsafety-at-home/guides/parental-control-software/</p>	<p>Encourage responsibility – their online actions have real life consequences. If you are suspicious that your child is chatting with people who they don't know or sharing / being the recipient of unwanted messages and photos, ask to see their phones, laptops, etc.</p>	<p>Digital Parenting Magazine http://www.vodafone.com/content/parents/digitalparenting/magazines.html</p>
<p><u>How to set up parental controls in your browser settings</u> UK Safer Internet Centre http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls</p>	<p>Ensure that you know when and where your child is accessing the internet and from which device. Remember that smart phones, tablets and laptops all have built in cameras and webcams.</p>	<p>Parent's and Carer's Guide to Video Game Ratings http://www.videostandards.org.uk/VSC/games_ratings.html</p>
	<p>Facebook and Twitter accounts all have an official minimum age older than primary school age. This is for a reason – many primary school children do not have the sophisticated social skills required to sustain communications of this sort.</p>	<p>PEGI Ratings Site The Pan European Game Information ratings for video games explained http://www.pegi.info/en/index/</p>
	<p>Limit the amount of time your child spends on the internet/games console to that which you feel is acceptable.</p>	<p>Ask About Games Where parents make sense of video games http://www.askaboutgames.com/</p>
	<p>Install parental control software on their account and on other devices that they use. Ensure everyone in your family is aware of the Report Abuse icon and what it stands for.</p>	<p>CEOP's safer internet website With an area for parents and carers http://www.thinkuknow.co.uk/</p>
		<p><u>Understanding Cyber Bullying</u> A Parents' Guide</p>

		<p>http://www.bbc.co.uk/schools/parents/cyber_bullying/</p> <p><u>Cyber Street Wise</u> The 'Cyber Streetwise' campaign aims to change the way people view online safety and provide the public and businesses with the skills and knowledge they need to take control of their cyber security. The campaign includes a new easy-to-use website and online videos.</p> <p>https://www.cyberstreetwise.com/#!/street</p>
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