Eastbrook School

Online Safety

Information for Parents and Carers

What is Online Safety?

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child is staying safe?

What apps are children using?

Instagram – shares pictures and videos **MIN AGE 13**

Snapchat – send messages to others for up to 10 seconds **MIN AGE 13**

YouTube – allows to watch, create and comment on public videos **13**

Facebook – social network where you create a profile about yourself **13**

Whatsapp – send messages/images/videos/location one to one or in groups **MIN AGE 16**

Twitter – post public messages 'tweets', send private messages, post videos and pictures **MIN AGE 13**

Tik Tok – allows you to create, share and discover short videos **13**

Byte – video sharing app – create, upload and share 6 second videos **13**

Kik – messaging app – send text, photo or video messages **13**

Viber – text, call, share photos/videos to people worldwide **MIN AGE 13**

Online Safety Apps

Download **Oyoty** – an e-safety assistant for children

Download **BBC Own It** – custom keyboard app that intervenes and asks them to 'think safe' before sharing

Download **Ollee** – helps with emotional wellbeing, communication, gives advice

Download **SafeToNet** – safeguarding and digital wellbeing app

What games are children playing?

Robox – create own games, play others' games, can chat to others.

Minecraft – create a virtual world using building blocks, can chat to others.

FIFA – Football game – can build and manage your own football team.

Movie Star Planet – can create a character and talk to others.

Fortnite – action survival game with cartoon violence, can contact other players using text or voice.

Slapkings – free game where you sap opponents for points

There are many more games available, these can include violent or sexual content and offer an option to chat to other players. See www.net-aware.org.uk

What are the risks?

It can be difficult to monitor what your child is viewing as they can access this material through any internet enabled device, including mobile phones and tablets. Sometimes your child may stumble upon unsuitable sites by accident, through downloaded apps or links sent by friends.

They could be exposed to:

- pornographic material/pictures of violence or cruelty to others or animals
- content containing swearing or sexual language
- sites that encourage vandalism, crime, terrorism, racism, eating disorders, even suicide
- chatrooms where unsuitable conversations take place
- gambling and purchasing expensive items on games (see www.ygam.org for more info).

Other risks include:

- Cyberbullying, e.g. abusive messages, threats, spreading rumours
- Grooming – when a person tries to gain a child's trust and then tries to encourage sexual behaviours and/or a meet up.

What can you do as a parent or carer?

- Talk about it with your child – look at what sites and apps they are using so you know what they are. Ask who they are talking to.
- Agree with your child where and how much time they can spend online – encourage them to use the internet in an area where you can see them, e.g. the kitchen or living room, instead of their bedroom.
- Install **parental controls** on your home broadband.
- Search safely by using child-friendly search engines such as **Swiggle** or **Kiddle.**
- Check the age ratings of Apps, Games and Sites your child uses

For a Guide on how to set up Parental Controls go to the website below:

https://www.internetmatters.org/parental-controls/

You can get free online safety advice from O2 & NSPCC on: **0808 800 5000**
There are resources you can access on NSPCC Website:
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/

- Set Privacy Settings on Social Networks.
- Teach your child not to share any personal information online and to block or report people, and only talk to people they know in real life.
- Explain that any pictures they send cannot be taken back and that taking, storing and keeping nude or inappropriate photos is illegal.
- Report anyone who is trying to meet up with your child or if your child is in danger to the police and CEOP – see ceop.police.org for more information.

Helpful Websites

www.net-aware.org.uk
www.internetmatters.org.uk
www.childnet.com
www.saferinternet.org.uk
www.thinkuknow.co.uk
www.childline.org.uk