DRONFIELD HENRY
FANSHAWE SCHOOL

A Brighter Future Together

E-SAFETY GUIDE FOR PARENTS

Supporting Your Child to Stay Safe Online

LEARN · CONNECT · PLAY · SHARE · STAY SAFE

Positive Choices Brighter Tomorrows

Technology plays an important role in our children's learning, communication and entertainment. This guide provides practical advice, guidance and resources to help parents:

- Keep children safe online
- Understand social media and gaming platforms
- Manage screen time effectively
- Recognise online risks and dangers
- Support positive digital wellbeing
- Report concerns and seek help

Helping Families Navigate the Digital World

Empowering Parents to Keep Children Safe, Happy and Responsible Online

RESPONSIBILITY • RESILIENCE • REFLECTION

Working together to raise safe, respectful and responsible digital citizens.

Dronfield Henry Fanshawe School
Green Lane, Dronfield, Derbyshire

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Introduction

We are often asked by parents and carers for guidance on the online world and e-safety, particularly as children become more independent. As their peers develop this independence online, it is only natural that they too want to go along with current trends.

When a child develops into their teenage years, curiosity, exploration, and sometimes pushing the boundaries and taking risks is the norm. This is an essential part of growing up. However, we didn't have the online world to contend with.

With all of the potential that new technology offers, young people now have access to huge opportunities via the internet. The world-wide web is exactly that, world-wide, and so are the risks.

We, as adults, need to ensure that we are not naive to these risks. They use technology to express themselves, explore, and be creative. The way that children communicate has changed.

The internet is an amazing tool and has changed all of our lives. Your child has grown up during this change. Many of the things that confuse, baffle or even scare us, are part of everyday life for them. Whether you're a technophobe or a technophile, it's still a possibility that you'll be playing catch-up with the way your child is using the internet. Don't be afraid to learn with them.

You will wonder if what they are doing is safe, and you might also be thinking *how can I be as good a parent or carer online as I am offline?* Here, we offer some useful tips to achieve just that.

Advice for parents and carers

Top Tip

Make sure you know your child's passwords!

Be involved in your child's online life

For many of today's young people the balance between the online and offline worlds become blurred. The internet is used to socialise and serve their curiosity. Just as you guide and support them offline, you can be there for them online too. Talk to them about being safe and the online risks. If they know you understand, they are more likely to approach you if they need support.

Be knowledgeable

The Thinkuknow website is a useful starting point for most adults. You can access it at www.thinkuknow.co.uk

Learn together

We also advise that you watch the Thinkuknow films to learn more and then watch them with your child where appropriate. This will help them to understand the risks and your concerns. Covering age groups from five to eighteen, your child may have seen these at school, but they can also be a good tool for you to find out more about what young people do online and the potential risks.

Be nosey!

Keep up-to-date with your child's development online. Be inquisitive and interested in the new gadgets and sites that your child is using. Make sure you know the passwords to all the sites they use. Make this, and your involvement in their online world, a condition of them using the internet. Join them! Sign up for all the social media sites they use.

www.thinkuknow.co.uk

The rules

Set boundaries in the online world just as you would at home. Think about what they might see, share, who they talk to and how long they spend online. It is important to discuss boundaries so that they evolve as your child's use of technology does.

Be technosavvy

Know what connects to the internet and how. Nowadays everything connects to the internet. Your child will use all sorts of devices and gadgets, make sure you have set the security access protocols appropriately. Also find out how they are accessing the internet - is it your connection or a neighbour's Wifi? This will affect whether your safety settings are being applied.

Parental controls

Consider the use of parental controls on their devices that link to the internet. Parental controls are not just about locking and blocking, they are a tool to help you set boundaries. They are not the answer to online safety, but they are a good start and are not as difficult to install as you might think.

E-safe practice

Emphasise that not everyone is who they say they are. Tell them to never meet with someone they only know online and help them to know what to do if something goes wrong. Just as in the offline world, you want to be able to help your child when they need it. Therefore, it is important to know when and how to report a problem.

Using parental controls

What do parental controls do?

They are designed to help you manage your child's online activity. There are various types, some of which are free but others which can be bought.

Go to the Internet Matters website, www.internetmatters.org, to access an online tool which gives you a chance to set up a personalised list of the controls used in your home on different devices and detailed instructions on how to set them up.

What can controls be used for?

Controls can be used for devices like games consoles or your home broadband. The way to set up these controls can very according to the manufacturer and they offer varying types of protection, from filtering out adult content from search results to preventing your child from buying things when playing games. Instructions on how to set them up can usually be found on the manufacturers website or you can use the Internet Matters app for help. These settings apply both inside and outside the home but can be switched off. Make sure you talk to your child about why these settings are in place and ask them to be responsible about keeping them in place.

Games consoles

Most games consoles come with settings which can be put in place for either the device itself or the games platform. Remember that games consoles allow players to connect to the internet and talk to people all over the world so setting controls on devices and on the platform itself is important.

Broadband

Broadband and network filters normally come free with your service. These can prevent material coming into your home. For example, you can restrict anything with sexual content being accessible via your home broadband. Instructions for accessing these filters an be found on the service providers website on the 'help' or 'security' page.

Social media and other websites

Social media and sites like YouTube have privacy and security settings. Again, these can prevent your child being contacted by strangers or viewing unsuitable material. It is important to remember that content filters cannot prevent other people from viewing, commenting on or sending messages to your child's account, so controlling who can contact your child is key. We have compiled a list of useful links for the safety and security settings for the most popular social media sites on the next page.

Search engines

Search engines such as Google, Yahoo and Bing allow users to filter out certain types of search results. You can reduce the risk of your child seeing adult pornography, for example. You can also set limits on how long they spend online. Use the 'settings' menu where you will find the options for each provider.

www.internetmatters.org/controls

internet matters.org

Quick tips to keep your child safe online

1 Set up home broadband parental controls

Make use of controls on your home broadband.

2 Set controls on your search engine

Encourage your child to always use child friendly search engines and activate the lock and safe search settings on the browsers and platforms they use.

3 Make sure every device is protected

Controls should be installed on every device your child uses, such as their mobile phone, tablet and games consoles (both home and handheld).

4 Use privacy settings

Activate safety measures offered by different sites. Social networking sites like Facebook have privacy settings that will help prevent your child seeing unsuitable advertising or sharing too much with other people.

5 Block pop-ups

Your child could accidentally click on a pop-up advert and access inappropriate content. Microsoft have a support page for this which is easily accessed via a Google search.

6 Find good sites

Agree on these as a family. Talk to your child about their interests and help them find the most appropriate sites and apps to use.

7 Manage their use and access

Children may worry that your response to a problem will be to take away their internet access - this threat could be a barrier for a child who needs help. Reassure them they can talk to you or a trusted adult about their internet use whenever they need to.

Facebook

Safety - www.facebook.com/safety
Safety tools - www.facebook.com/safety/tools/
Bullying - www.facebook.com/safety/bullying/
Reporting - www.facebook.com/help/reportlinks

Instagram

Security, Safety, Advice for parents and Reporting -
https://help.instagram.com/285881641526716

Snapchat

Safety - www.snapchat.com/safety
Parent's Guide -
https://help.instagram.com/

Twitter, now known as X

Safety, Blocking, Reporting, and Privacy -
https://support.twitter.com

You Tube

General - www.youtube.com/yt/policyandsafety/
Safety - support.google.com/youtube/answer/174084
Privacy - support.google.com/youtube/answer/157177

Quick tips for safe social networking

1 **Know who their friends are**

Children often have competitions to have the largest numbers of 'friends', but do they know them all well enough? Remember that online friends will see everything that your child posts online.

2 **Share with care**

Children often forget that once it's online it's out of their control. News, photos and posts often go viral without the originator knowing.

3 **Use the privacy settings**

Children and adults often forget to limit or set their privacy settings. This gives people online access to anything that is posted.

4 **Report it, stop it!**

The top social networks have buttons to report inappropriate activity or abuse. Don't be afraid to use it and encourage its usage.

5 **Know how to get help**

You and your child are not alone, authorities such as CEOP (Police), the NSPCC, the network provider and Childline all offer advice.

6 **Be their friend**

Being their friend on social networking sites is the easiest way of keeping up to date.

Sexting

Sexting is where young people share inappropriate or sexually explicit images online. This may be via the internet, chatrooms, social media or through SMS on their mobile telephones. Written messages, as well as images, can be involved.

As a parent or carer, it is important that you understand the risks involved so that you can support your child. Often, sexting is the result of peer pressure. The risks need to be understood to offset this. Often 'selfies' get out of control.

Is it illegal? Sharing or sending sexually explicit images via technology of a child under 16 is classed in law as child pornography. Therefore the sanctions if prosecuted are severe.

So how common is it? In short, very common. In recent times, Childline has seen a 28% increase in year on year reported incidents. Most young people do not see sexting as a problem, but are then often victims if the image spreads further than the intended recipient. Children have to remember that once the image is sent, it can go worldwide, and they have no control over it.

So how can you support them? Watch "Exposed" on the Thinkuknow website, or on YouTube. Designed for 14-18 year olds, the video highlights the dangers. Also, education and expectations are key. Discuss the dangers of misusing devices.

www.thinkuknow.co.uk

Online Grooming

Grooming is a process used by people with a sexual interest in children to prepare a child for sexual abuse. It is often very carefully planned and it can take place over weeks, months or even years. It is about making a child think that sex with the offender is normal or that they have no choice.

Online groomers use gaming sites, chatrooms and social media. They often pretend to be younger and a different gender. They give a completely different description of themselves and use pictures of other people. They fake similar interests, offer gifts and flatter the child. They are not always strangers and may have met that child through their family or social circles and are using the internet to build a rapport with them. Often the child has no idea they are being groomed and believe this person to be their boyfriend or girlfriend.

How to spot if your child is being groomed

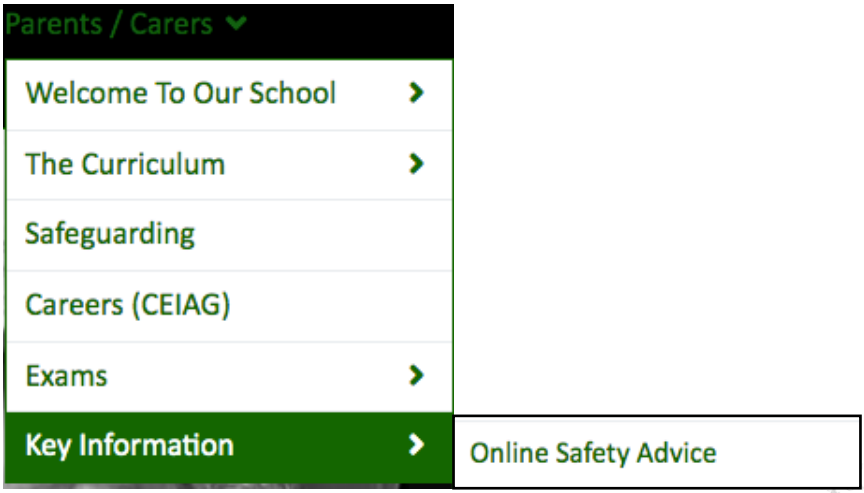
It is hard to recognise because it can happen when children are at home and children are specifically warned by the groomer not to talk about it.

Look for increased instances of:

- wanting to spend more and more time on the internet
- being secretive about who they are talking to online and what sites they visit
- switching screens when you come near the computer
- possessing items - electronic devices or phones that you haven't given them
- using sexual language you wouldn't expect them to know
- becoming emotionally volatile.

If you need advice as a parent, you can call the NSPCC's free 24/7 adult helpline on 0800 800 5000 or email them at help@nspcc.org.uk.

Find advice on keeping your child safe online at www.dhfs.uk



www.dhfs.uk

Staying SMART online

S SAFE

Keep safe by being careful not to give out personal information - such as your name, email, phone number, home address or school name - to people who you don't know online.

M MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents'/carers permissions and when they can be present.

A ACCEPTING

Accepting emails, IM messages or opening files from people you don't know or trust can be dangerous, they may contain viruses or nasty messages.

R RELIABLE

Someone online may be lying about who they are and information you find on the internet may not be reliable.

T TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried.

Source: kidsmart.org.uk

Cyber bullying

Cyber bullying takes place online or through smartphones or tablets, often through social networking sites or text messaging. It is rife on the internet and most young people will experience it or see it at some time.

The cyber bullying may include:

Harassment - This is the act of sending offensive, rude, and insulting messages and being abusive. Nasty or humiliating comments on posts, photos and in chat rooms. Being explicitly offensive on gaming sites.

Denigration – This is when someone may send information about another person that is fake, damaging and untrue. Sharing photos of someone for the purpose to ridicule, spreading fake rumours and gossip. This can be on any site online or on apps. We even hear about people altering photos of others and posting in online for the purpose of bullying.

Flaming – This is when someone is purposely using really extreme and offensive language and getting into online arguments and fights. They do this to cause reactions and enjoy the fact it causes someone to get distressed.

Impersonation – This is when someone will hack into someone's email or social networking account and use the person's online identity to send or post vicious or embarrassing material to/about others. The making up of fake profiles on social network sites, apps and online are common place and it can be really difficult to get them closed down.

Outing and Trickery – This is when someone may share personal information about another or trick someone into revealing secrets and forward it to others. They may also do this with private images and videos too.

Cyber Stalking – This is the act of repeatedly sending messages that include threats of harm, harassment, intimidating messages, or engaging in other online activities that make a person afraid for his or her safety. The actions may be illegal too depending on what they are doing.

Exclusion – This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online engagement. This is also a form of social bullying and very common.

Preventing cyber bullying

Share these 7 tips with your children:

1 Always respect others - be careful what you say and what images you send
2 Think before you send - it will quickly become public and be around forever
3 Treat your password like your toothbrush - keep it to yourself
4 Block the bully - learn how to block or report anyone behaving badly
5 Don't retaliate or reply!
6 Save the evidence - learn how to keep records of offending messages etc.
7 Make sure you tell - an adult, your school or a helpline in confidence.

Finally, if they see cyber bullying going on, remind them to support the victim. It could just as easily be them next time!

It is worth remembering that online abuse isn't secret, as perpetrators can be traced through the firm that hosts the website being used. We can't trace these individuals but the police can.

BullyingUK

www.bullying.co.uk

Links

www.dhfs.uk

Whisper: https://swgflwhisper.org.uk/report/DRO3

www.thinkuknow.co.uk

www.saferinternet.org

www.internetmatters.org

www.ceop.police.uk

www.childline.org.uk

www.nspcc.org.uk

www.bullying.co.uk

Who to contact

If you think your child is in danger your first port of call is the Police, then CEOP, then school.

CEOP

If you are concerned that your child is being groomed online or sexually exploited you should report your concerns to CEOP.

CEOP is the Child Exploitation and Online Protection Command and is tasked to work both nationally and internationally to bring online child sex offenders, including those involved in the production, distribution and viewing of child abuse material, to the UK Courts.

It is made up of police officers with specialist experience of tracking and prosecuting sex offenders, working with people from organisations including the NSPCC, Childnet, Microsoft and AOL.

You should always report if your child is or has been in contact with someone who is:

- Chatting online to your child about sex
- Asking them to do sexual things on webcam
- Asking them to meet up if they've only met them online
- Requesting sexual pictures
- Forcing them into sexual activity
- Making them feel unsafe.

You can report an incident to CEOP here:

CLICK CEOP
Internet safety

www.ceop.police.uk/safety-centre/

View the guide via:

https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/

What is artificial intelligence (AI)?

This guide to artificial intelligence, written by InternetMatters, will take you through how you can use AI to support children in different ways. But what is AI?

Artificial intelligence is a field of study in computer science. It deals with creating machines that are ‘intelligent’ and can perform tasks like a human. AI uses information from various sources to provide its information. So, while a tool like ChatGPT might seem intelligent, it is really simply following instructions and information given to it to respond. Informally, someone might use the term AI or artificial intelligence to refer to the tools themselves.

Dronfield Henry Fanshawe School

Green Lane
Dronfield
Derbyshire
S18 2FZ
www.dhfs.uk
@DHFSupdate