Online Safety at Home:
Parents and Carers Newsletter
January 2021

SMESTOW SCHOOL

THINK U KNOW

NOS — National Online Safety

With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it is important that we all consider how we can help keep young people safer online during this lockdown, and always. Here is some information about what your child may enjoy online and what you can do to help keep them safe:

Safeguarding Team

Mrs J Dickens
Designated Safeguarding Lead

Miss F Turner
Deputy Designated Safeguarding Lead

Mr C McMahon
Deputy Designated Safeguarding Lead

Free Parent/Carer E-safety Course

To support our on going commitment to safeguard our students, we are delighted to inform you that we are members of the National Online Safety community.

As a result, we are able to offer a free online e-safety training course which has been created for parents/carers.

To create your account, please follow: http://nationalonlinesafety.com/enrol/smestow-school and complete your details. When you are set up, you will be able to set 'Parent/Carer' as your user type.

The course is delivered by Myleene Klass and the videos are approximately five minutes long. You are able to select the most age appropriate course for your family. These are:

- Online Safety for Parents of Children Aged 11-14
- Online Safety for Parents of Children Aged 14-18

NOS

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and do not like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read having a conversation with your child.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they will not be in trouble and that you are there to help. For a breakdown of report services, visit: Supporting your child with reporting unwanted content online

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at https://www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof, so they should not replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit Parental Controls & Privacy Settings Guides - Internet Matters.

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at https://www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Direct your child to age appropriate information about relationships and sex: It is natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It is important to understand this and to talk to your child in a positive, encouraging and safe way. Thinkuknow, Brook , The Mix and Childline all provide age appropriate information about relationships and sex that you can signpost your child to.

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:
In-game chat: a guide for parents and carers .

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.
For information about the contexts in which images are shared and how best to respond, take a look at nude selfies: a parents guide.

Instagram advice to keep yourself safe

Instagram's safety features includes:
•**Blocking:** When people use the blocking feature, the person they block cannot view their posts or search for their Instagram account.
•**Reporting a Post**: You can report inappropriate posts, comments or people by using the built-in reporting features in the app.
•**Deleting or Reporting Comments**: You can flag or delete a comment as abuse or spam by swiping left on it.
•**Privacy Settings:** You can adjust your privacy settings to make your account private. This means that anyone who wants to see your photos or videos, followers, or following lists will have to send you a follow request for you to approve or ignore.
•**Location settings:** Users choose when they share location on each post, this can also be edited at a later date
Remember not to add people whom you do not know