

me, you, us

safeguarding is everyone's responsibility



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WHAT IS SAFEGUARDING?

Safeguarding is about **protecting children, young people, and adults at risk from any harm, abuse or neglect**. It also means helping children to grow up into confident, healthy, and happy adults.

A REMINDER OF OUR SAFEGUARDING LEADS

Whilst parents, carers and guardians can speak to any member of staff, it is important that you remember who our safeguarding leads in school are. All information is always treated with the strictest confidentiality.



Mrs. Y Jones Executive Headteacher DSL
Mr M Dellow Junior Head of School DSL
Mrs. D Razey Infant Head of School DSL
Mrs. S Degg Year Group Lead DDSL
Miss H McNamee SENCO DDSL
Mrs. R Mathis Governor Safeguarding Lead

TALKING TO YOUR CHILD ABOUT ONLINE SAFETY

Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you. It can also be easy to become overwhelmed with the different technology, the language that children use, the huge number of games and apps which are available and the potential risks.

WHAT ARE THE RISKS FOR CHILDREN ONLINE?

There are potential risks for children online. Consider these things when you talk with your child about what they're doing online:

WHAT MIGHT THEY SEE?

When they're playing a game, using an app, watching YouTube channels, what sort of content is there? Have they seen any inappropriate content and if so, what did they do? How did it make them feel?

WHO THEY MIGHT SPEAK TO

Most games and social media apps have various communications features, from text chat to voice chat, messaging and private messaging, video and image sharing, livestreaming and more. Ask about the friends they play with. What is the difference between online and offline friends? Do they talk to people they don't know online? If so, why, and what are they sharing?

There can be lots of different reasons why children talk to people they don't know online, such as same interests, talking gaming tactics and even for support and advice.

HOW THEY BEHAVE

When they play those games or use those apps, what is their behaviour? Do they feel anxious? Do they sometimes get angry, e.g., playing fast-paced games and constantly losing?

TACKLING DIFFICULT CONVERSATIONS

Some conversations are going to be more difficult than others, but it's so important to have these open and honest conversations, so you can help your child with any worries or issues they might be facing online.

For example, if you're worried they have been viewing online pornography, if they have been sharing nudes, if they have seen upsetting, inappropriate or explicit content, or perhaps being bullied. These more difficult conversations will heighten feelings of fear, anxiety, worry, shame, and embarrassment.

- As with any conversation, it is important that we try to stay calm, balanced, and non-judgemental.
- If it's something that has made you angry, fearful or concerned, don't tackle it straight away if possible. Those feelings will affect the way we talk. Take a little time and, if possible, talk to someone else about it. Your child's school can be a great source of information, particularly the class teacher and the Designated Safeguarding Lead and you can always contact us for advice.
- Don't be too forceful otherwise there is the risk that they will close down.
- Consider a subtle approach instead of a head-on approach. For example, you could ask if the subject is discussed at school and what they learn about it, or it could be something that has been on the TV, or you heard about it on the radio.
- Keep listening, try not to interrupt even if there is a period of silence. They may be thinking how they word something.
- Provide context. Allow them to understand why some things are wrong, age inappropriate or even illegal. In order to critically think and assess, they need information.
- Remind them of your family values; some parents may think that something is okay for their children but explain why you don't think it is appropriate for your children.
- Children often talk of being punished. For example, if they open up to you and say that they have seen explicit content by accident, they are fearful of their devices being removed from them. This is seen as a punishment and consequence for something that was out of their control. This is a judgement call that needs to be carefully handled.

HOW COULD MY CHILD FEEL TALKING ABOUT ONLINE SAFETY?

For children, online life is life. It can help to think about how your child could feel sharing what they're doing online before you talk to them. There could be a range of different emotions, such as:

- Discomfort or embarrassment about something they have said online.
- Shame or fear if they're worried about something they have seen or done.
- Annoyance or confusion if they don't understand something.
- Happiness because they have received validation for what they've posted – such as likes or follows.

HOW CAN GOING ONLINE AFFECT CHILDREN'S WELLBEING?

There are lots of positives for children being online, however there can be negatives too. For some it can become overwhelming trying to keep up with friends, and the pressure can mount. Many things can impact our online wellbeing, and you can take control of the choices made to reduce any negativity. Being aware of the impact of being online, just like you would be aware of the impact of offline activities, is the first step to managing your children's online wellbeing.

We can:

- manage the content that our children see.
- ensure interactions are suitable.
- manage how long they're online, in balance with other activities.
- have regular conversations about their online actions.
- monitor children's online activities.

PARENTAL CONTROLS

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices. It is much better to add Parental Controls when children are young, before you may need them, as they may be increasingly resistant to the idea as they get older. Acting early can normalise the idea that you monitor their online life.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.

Setting up parental controls on:

Home broadband and WIFI

Home internet providers can offer parental controls for your family. You can:

- use a filter from your internet provider to control the content that you and your family see. Some providers allow different settings for each user.
- set up any device connected to your home broadband. How you do this depends on your provider and you'll need to access your home router. You can ask your internet provider for help setting this up. Remember that this only affects your child accessing the internet through the WiFi – if they are using 4G or 5G etc to connect you need to check the settings on their mobile device too (see below).

Games Consoles

Most games consoles have internet access, which means your child can go online and chat with other players or make in-game purchases. On many consoles there are parental controls which allow you to manage which features are available to your child. On some devices you can:

- turn off chat functions to stop your child from talking to people they don't know.
- restrict games based on age.
- turn off in-game purchases or set a limit.
- check the website for the console your child has for a parent's section and details of features. Some games also allow you to change settings for that individual game.

PlayStation Family Management

On PlayStation consoles you can set up a Family Manager account which allows you to manage different accounts for different children/users. Within this you can manage a range of features, such as restricting communication with other players, restricting content, setting play time controls and set spending limits. See all the features available for PS4 and for PS5.

Mobiles, Tablets & Computers

All mobiles, tablets and computers have parental control settings, which can differ between devices, these include:

- allowing or disallowing in-game or in-app purchases
- settings such as location settings and what information your child is sharing.
- wellbeing settings to help with limiting screen time.

You can get more advice about setting up controls on different devices from your mobile provider and the [UK Safer Internet Centre](#).

On Apple devices such as iPhone, iPad, Apple Watch, Apple TV etc. there are features available for parents all tied into an account. You can set content and privacy restrictions, prevent purchases, allow or disallow apps

and more. See what parental controls are available on [Apple iOS devices](#).

Apps & Online Services

Many social media, apps, and online services such as film and TV streaming services have features such as: content filters, chat filters, privacy settings in-app purchase settings.

You can find out about these features by looking in the settings on each app or take a look at their website for more information. They might be called settings, family features, privacy or security.

Facebook has a [Parents portal](#) which helps explain the features available.

For **Netflix**, you need to visit the website to set up [parental controls](#) – we suggest you do this as soon as you create an account.

Microsoft Family Safety – by creating a family group you can manage many settings, such as setting screen time limits, blocking inappropriate content, receive activity reports, set app and game limits and more. To learn more about Microsoft Family Safety see the [Microsoft page](#) and [Xbox Family Settings](#).

Search Engines

Sometimes, innocent searches can lead to not so innocent results. If you're worried:

- make sure the content your child sees online is appropriate for their age by using parental controls and filters in search engines like [Google](#), [Yahoo](#) and [Bing](#)
- make sure you have set parental controls on the home broadband and devices.

[Google Family Link](#) - a very useful app to manage a range of features such as restricting content, approving or disapproving apps, setting screen time and more. For lots of useful information see the [Google FAQ page](#).

WIFI & Being Away from Home

The controls you've set up on your child's device and your home broadband won't work if they use 3G or 4G, public WiFi or log onto a friend's connection instead. Remember:

- public WiFi is often available when you're out and about, but it's not always safe
- some public places and businesses offer family-friendly WiFi. When you see the family-friendly WiFi symbol it means there are filters to stop children from seeing inappropriate or upsetting content

- [talk with your child](#) and agree what they can and can't do online. If your child is visiting friends or family, remember that they might not have the same controls set up.

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The limits of Parental Controls

Whilst parental controls are a helpful tool there are limitations. So, they shouldn't be seen as a whole solution. Even if you've put things in place on your home broadband and your child's device, they won't help if your child connects to a different Wi-Fi with no controls in place.

Parental controls are just part of the way you can help keep your child safe online.

More top tips include:

- Talking to your child. Explain why you are setting parental controls; to keep them safe. But also let them know that they can talk to you to discuss why certain settings are in place.
- Set good, strong passwords where you are able. On some parental controls you can set a password which prevents settings and features from being changed.
- Age is a significant factor; as children get older, restrictions and controls you use will change, but only at a pace that is appropriate for your child, not pressure from your child "because everyone else is allowed".
- Content filters are never 100% effective, it is likely at some point that your child will see inappropriate or upsetting content and it is important that you are able to [talk to them](#) about this.

eSafety Tips

Childnet International
The National Children's Internet Protection Centre

<p>1 People you don't know are strangers. They're not always who they say they are.</p> 	<p>2 Be nice to people like you would on the playground.</p> 
<p>3 Keep your personal information private.</p> 	<p>4 If you ever get that 'uh oh' feeling, tell a grown-up you trust.</p> 



BE SMART ONLINE



S

SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk



A

ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk




❤️

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.




WWW.CHILDNET.COM



Ten tips to stay safe online

1. Never give out personal information.
2. Tell a grown-up if you find something that is not right.
3. Never agree to meet.
4. Never send your picture.
5. If someone says something mean online, tell a grown-up.
6. Don't do things online that you know are wrong.
7. Check before you download anything.
8. Don't give out your password.
9. Set up rules for going online.
10. Show your parents and carers how you use the internet. Share!



Teachers' Vault
www.teachersvault.co.uk