Dialogue

- Talk to your child - share the experience with them and ask them to show you how they use technology.
- Be open and encourage them to talk to you.
- If your child reports a problem make sure you support them, report it or seek advice.

Children and inappropriate content online

- 90% of UK children have accidentally viewed online pornography. The average age for first exposure to pornography is 11.
- Two thirds of UK teens have viewed Pornography and $^1/_3$ say they learn about sex from pornography.
- The average teen watches 90 minutes of pornography or inappropriate content per week. This is readily available on YouTube and other similar sites.

Protect your children - 8 Stage Action Plan

1) Encourage your child not to hesitate about coming to you about anything they see online which upsets or disturbs them. Answer questions truthfully and in a language they understand.
2) Make an effort to get computer literate if you want to support and understand your children; you need to have a reasonable understanding of their world.
3) Demand information from retailers on adult-content filters whenever you buy a new computer for family use.
4) Ask your internet service provider how to switch on the adult-content filters that they already provide.
5) Use family search engines or apply safe-search filtering to search engines that your family regularly uses.
6) Set up different user accounts on home PCs/laptops for every member of the family and activate parental controls on your child's accounts.
7) Shop around for software and content that provides extra adult-content filtering.
8) Keep an eye on your child's browsing history, not to censor or spy on them, but to keep them safe online.

Mobile Phones:

- Know how your child's phone works.
- Save any abusive messages or inappropriate images for evidence purposes.
- Decide together what acceptable bills are. Pay as you go rather than running up a hefty bill! You can limit the amount your child spends on their phone.
- Encourage balanced use, switching off at mealtimes and bedtime.
- Be aware of how to report nuisance calls or texts.
- Contact the Mobile Phone service provider to ask them to block adult content.

We are not just here for your children, we are here for you too!
The School's website contains links to websites that can give you
further advice and guidance (www.hedingham.essex.sch.uk).

Any concerns or questions please either call the E-Safety Officer
at Hedingham School, Mrs H Carter, or your child's Head of House.

Hedingham School • Yeldham Road • Sible Hedingham • Essex CO9 3QH
Tel: 01787 460470 • Email: enquiries@hedingham.essex.sch.uk

HEDINGHAM SCHOOL AND SIXTH FORM
ACHIEVEMENT & EXCELLENCE

E-SAFETY ADVICE FOR PARENTS AND CARERS

A helpful guide with useful information for everyone using a computer at home and at school

What is e-Safety?

- E-Safety is concerned with safeguarding young people in the digital world.
- It is about learning to understand and use new technologies and Information Communication Technology in a positive way. (ICT)
- E-Safety is not about restricting children, but educating them about the risks as well as the benefits so they can feel confident and happy online.
- It is about being educated to be able to support and help young people.

Some Key Areas to Consider:

- Chatrooms
- Instant Messenger
- Social Networking Sites
- Gaming
- User Generated Content Sites
- Mobile Phones
- Online Content - Incitement Sites e.g. Pro-ana/Mia, Pro Self-Harm, pro Suicide, Hate Against Race/Religion, Violence/Aggression, Pornography etc.

What is Cyberbullying?

- "Cyberbullying is the use of Information Communication Technology (ICT) particularly mobile phones and the internet, to deliberately upset someone" (DCFS 2007).

- Cyberbullying can take place 24/7 and is not restricted by location.

- Can occur on a vast scale and in many forms, such on a mobile phone via email and texts. On social networking sites and in chatrooms and some websites. It can be very hard to control.

- Bullies attempt to be anonymous and can feel distanced from the incident, bystanders can easily become perpetrators.

- Cyberbullying can occur unintentionally often due to a lack of awareness/empathy.

- Cyberbullying can take place across generations – age, colour, size or religion are not issues Child to child, Child to Adult, Adult to Adult, Adult to Child.

- Cyberbullying incidents can be used as evidence in a court of law.

Key Advice for Young People

- Always respect others, think about what you say online and what images you send/post.

- Remember that anything you publish online can be made public very quickly and you will never be sure who may see it.

- Once something is posted you lose control.

- Treat your password like a toothbrush, never share it with anyone and only give your personal information, like mobile phone number or email address to trusted friends face to face.

- Learn how to block or report online bullies or anyone behaving inappropriately. Don't retaliate or reply! Save the evidence, text messages, online conversation, pictures etc.

- Always make sure you tell someone i.e.
  - An adult you trust or contact someone like Childline
  - The service provider e.g. website, mobile phone company etc.
  - The school or the police.

- If you see Cyberbullying going on, support the victim and REPORT the bullying straight away.

Young People: Be SMART!

SAFE - Staying safe means being careful and not giving out your name, address, photos, mobile phone no., school name or password to people online. Use a nickname, set social networking sites to private and never post your own or your friends/families information without their permission.

MEETING - Meeting up with someone you have contacted online can be dangerous as you never know if they are who they say they are. Let an adult know if someone has asked you to do this.

ACCEPTING - e-mails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages. The best thing to do is ignore them or show them to an adult you trust.

RELIABLE - Some people online maybe lying about who they really are, and some information you find on the Internet may not always be reliable and true.

TELL an adult you trust if someone or something you see online makes you feel uncomfortable or worried. In school talk to your form tutor or go to the SSC. You can report online abuse to the police at www.thinkuknow.co.uk.

Don't do anything online you wouldn't do in real-life! If you wouldn't be happy with your parents/teacher/police seeing it, don't post it online!

It's never too late to tell someone if something or someone makes you feel uncomfortable if it feels wrong it most probably is!
Learn how to block someone online and report a problem.

Key Advice for Parents/Carers

- Be alert to your child being upset after using the internet/phones, they may be secretive, change relationships with friends.
- Talk to your child and understand how they are using the internet and their phone.
- Use safety tools and parental controls if you are not sure how contact your service provider. Please note tools are not always 100% effective
- Remind your child not to retaliate.
- Work with the school to resolve the issue if other pupils are involved.
- Keep any evidence of Cyberbullying emails, Online Conversations, texts, screen prints of sites/chat messages, try and include time/date etc.
- Report the Cyberbullying:
  - Contact the school so they could take action if it involves other pupils.
  - Contact the service provider to report the user and remove content.
  - If the Cyberbullying is serious and a potential criminal offence has been committed then consider contacting the police.

Ground Rules
- Establish how the internet will be used in your house.
- Discuss what will be kept private online (information, credit card details, photos etc) and decide rules for meeting online friends.
- Know what your child is doing online just as you would offline.
- Use a child friendly search engine.

Online Safety
- Install antivirus software, filtering, firewalls and secure your internet connections.
- Remember that tools are not always 100% effective and sometimes things can get past them!
- Use Parental Control functions for computers, mobile phones and games consoles if you're not sure how then contact the manufacturer or service provider.

Location
- Ideally locate the computer/laptop in a family room and don't allow webcams to be used unless with your consent and always in a family room under supervision.
- Consider other devices in your home that allow internet access such as Mobile Phones and Games Consoles.