Online Safety Tips

At the moment, it is likely children are going to be spending more time online in order to pass the time and access online learning. Therefore it is important children are keeping safe when they are online.

Here are some tips for parent/ carers for ensuring their children are safe online, some of which parent/ carers can discuss with their children:

- Tell children to never share personal information such as their home address, phone number or any passwords
- Ensure children know that they should never communicate with strangers (on games such as Fortnite, emails etc) – and should only talk to real life friends or family members
- Talk to your children about being a good online friend. Talk about not sending any nasty messages/ pictures etc to anyone even if it a joke. Tell them to talk to you straight away if they think they are being cyberbullied themselves and remind them they can talk to ChildLine as well on 0800 1111 if they want to talk about anything that is worrying them. They should also report any concerns they have if they are aware of someone else being cyberbullied – they must be a responsible bystander and MAKE SOME NOISE.
- Remind children of the steps they should follow to keep themselves safe online if they are being cyberbullied or have being contacted by someone they do not know:
  1) **SAVE >** any evidence of the bullying and show an adult
  2) **BLOCK >** messages or the person. Do not respond to them in any way
  3) **LOG OFF >** the site where the cyber bullying is happening
  4) **TALK >** to someone you trust about it
- Ensure children know they should talk to their parent/ carers or another trusted adult if there is anything worrying them. Concerns may include cyberbullying or if they see something that makes them uncomfortable
- Remember most social networks (Facebook, Twitter, Instagram etc) have an age restriction of 13. Some games also have age restrictions which should be followed.
- Ensure parental controls are enabled so children can not access inappropriate content and websites (more information about parental controls can be found here: https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/)
- Encourage them to use devices in communal areas so you can see what sites they're visiting
- Continue to limit screen time and encourage children to complete non-online based activities such as regular exercise.
- Encourage children to use search engine designed for children such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at http://www.google.co.uk/safetycentre
- Agree boundaries- Be clear what children can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.
- Explore together -The best way to find out what children are doing online is to ask them to tell you about it (see below for guidance on talking about online safety)
- Ensure children know how to check attachments and pop ups for viruses before they click or download anything
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

- Ensure privacy settings are used wherever they exist so personal information is kept private

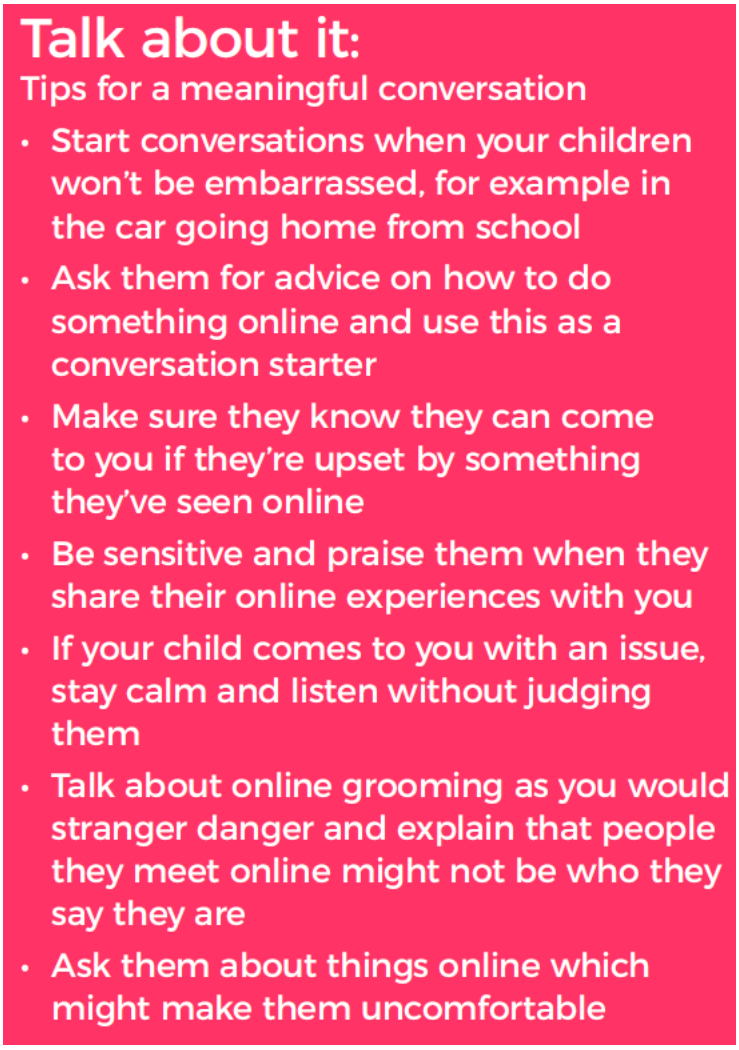
You can report any safeguarding concerns (including any concerns related to online issues) you have about a child as normal:

- **If a child is in immediate danger call 999**
- The school can be contacted as normal on 0208 8514 9860 or info@sirjohnheron.newham.sch.uk
- Newham MASH -**020 3373 4600** during office hours (Monday to Thursday, 9am to 5.15pm or Friday 9am to 5.00pm) **020 8430 2000** at any other time. More information is available here: https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=7
- Concerns can also be reported to NSPCC:

NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk

- ChildLine is available for the children as well:

ChildLine 0800 1111



More information can be found on these websites:

https://www.childline.org.uk/

https://www.internetmatters.org/

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

https://www.thinkuknow.co.uk/

http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/

https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media