

**Digital technologies, including the internet, open up learning and children's ability to explore and interact with the world. However, they can face many dangers using these technologies such as:**

- Harmful, illegal or inappropriate content (including images),
- Inappropriate communication with strangers or E-bullying
- Access to unsuitable games/ videos
- Unexpected purchases eg in-app
- Risk of being targeted for grooming by those they make contact with
- Loss of or sharing of personal information
- Illegal downloading of music or other media files
- Inability to evaluate quality, relevance or bias of information,
- Plagiarism or copyright infringement,
- Excessive use affecting other development

It is impossible to eliminate all risks completely so it is essential that we all teach children to understand the potential risks (in an age-appropriate manner which doesn't frighten them) and give them skills to manage the digital world with confidence.

### ***Some Thoughts About Social Media***

Different social media platforms have different age restrictions – do you know what they are? Facebook, Twitter, Instagram, Pinterest and Snapchat **all require account holders to be at least 13 years old.**

Children are still able to access information even without an account – if you let them use your phone, tablet or PC with accounts registered do they use your account? Are your account settings appropriate for this? The following link provides a useful guide how to change privacy settings within Facebook:

[http://www3.hants.gov.uk/facebook\\_privacy\\_guide\\_3.pdf](http://www3.hants.gov.uk/facebook_privacy_guide_3.pdf)

You can also change your internet settings so that social media websites cannot be accessed.

It is also worth reflecting about how we as adults use technology and social media. For example, if we as adults model that it's a good thing to collect as many 'friends' as possible on social media, without ever meeting or really knowing them, share personal information, play games on-line with strangers, do not apply security settings or do not care about our own safety – how can we expect children to not do the same?



## **Upham CE(A) Primary School**

***How we can all work together to keep children safe on-line and when using digital technologies.***



### **A Guide For Parents**



## ***Advice for Parents to Understand Risks***

CEOPs (Child Exploitation and Online Protection) - Lots of advice:

<https://www.thinkuknow.co.uk/parents/>

## ***Advice for Parents how to have Conversations with your Child***

Child-net Advice for parents – how to have a conversation with your child, key topics, getting help:

<http://www.childnet.com/parents-and-carers>

Barnados - Spotting the signs of sexual exploitation:

[http://www.barnados.org.uk/get\\_involved/campaign/cutthemfree/aboutcutthemfree/spotthesigns.htm](http://www.barnados.org.uk/get_involved/campaign/cutthemfree/aboutcutthemfree/spotthesigns.htm)

Childline – General advice and helpline:

<http://www.childline.org.uk/Pages/Home.aspx>

0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

## ***Advice for Parents how to Control and Set up 'Settings'***

Parent Controls - Shows you how to control settings on devices and networks found around the home:

<http://parentalcontrols-on.org/>

Internet Matters - advice on settings, advice from industry, guidance with controls and filters:

<http://www.internetmatters.org/>

Info related to parental controls:

<http://www.choose.net/media/guide/features/parental-controls-broadband-internet-safety.html>

General advice for parents re settings from HCC:

<http://www3.hants.gov.uk/childrens-services/schoolsandcolleges/esafety/esafety-parentscarers.htm>

## ***Websites which will help children learn how to keep themselves safe***

CBBC website – Staying safe, recognising the risks and acting upon them safely:

<http://www.bbc.co.uk/cbbc/curations/stay-safe>

Safe net kids – general advice:

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

Kidsmart – general advice:

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

## ***How does Upham Primary School Help Your Child to Develop Skills to Keep Themselves Safe?***

Children use computers, tablets and other hardware during computer science sessions but also across the curriculum. Throughout, opportunities to teach children about e-safety are taken. Alongside specific teaching the following general self-help guidance is promoted within class and through displays to promote independent application:



Children are also encouraged to share with staff, peers or children in key support roles (peer mentors who will then share with staff) any concerns or worries.