

Brookfield Community School

E-safety Help sheet for Parents

Technology is changing the way we live and now think. As you know there are so many positives to the Internet and technology around us, but also we need to consider the negative aspects.

Positive aspects of the Internet and Apps:

- Helps with research and creativity
- Cheap or free communication and collaboration
- Easy to create and publish content
- Great for children to develop future job skills
- Introduces the world of commerce and business
- Encourages creativity and individualism
- Children feel they have 'ownership' of the Internet

Negative aspects of the Internet and Apps:

- Cyber bullying and lack of appropriate rules
- Online privacy and personal information could be stolen or hacked
- Digital footprint, your reputation.
- Sexting, grooming, pornography and inappropriate material
- Illegal downloads and copyright
- Spam, phishing, viruses and malware
- Children lying about their age to get onto social media.
- Continual pressure to reply to comments, e-mails etc...

Children decide for themselves what is and is not appropriate and self-regulate their actions. Schools and parents have a huge role to play in

providing this guidance first, rather than imposing rigid rules and sanctions as an initial measure.

REMEMBER the minimum age requirements for the main social media sites is 13 years old to register.

KEY TIPS to help support your child when ONLINE.

- Check what your children are doing online.
- As they get older, ensure that they become more resilient to the pressures associated with the Internet
- Be aware who your children are talking to online. Make it clear that people that they don't know are strangers
- Explain why your children should not give out personal details online.
- Emphasise that having many different 'followers' or 'likes' does not necessarily make them popular
- Explain to your child that nothing is private on the Internet – anything can be copied, whether it be private pictures, comments or messages.
- Point out that your child should always consider what an employer or partner might be able to find about them on Google in 5 to 10 years' time.
- Avoid replying to junk, spam or phishing emails, or opening attachments which might contain viruses or malware.
- Make sure that children become better critical thinkers and can evaluate content on the Internet such as propaganda.
- Ensure your child does not meet up with online friends.
- Creating a positive environment where your child can be open and inquisitive and feel confident discussing their online experiences, whether positive or negative.
- Teach your children how to block and report any behaviour or content which makes them feel uncomfortable.
- Investigate ways in which you can set parental controls on devices and home broadband

Useful general links for help and support on all E-safety issues.

- www.thinkuknow.co.uk (Recommended to all students to look at for help and support)
- www.internetmatters.org
- www.commonsensemedia.org
- www.childnet.com

Useful websites linked to online issues please refer to links for help and support.

How to choose a strong password -

<http://www.bu.edu/infosec/howtos/how-to-choose-a-password/> or <http://bit.ly/Rj42DJ>

Grooming -

<https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/> or <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/grooming/>

Sexting <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/> or <https://www.internetmatters.org/issues/sexting/>

Cyberbullying - www.thinkuknow.co.uk/parents/ - Age appropriate advice for parents regarding both e-Safety and cyber bullying, including how to discuss specific issues.

Facebook help

<https://www.facebook.com/safety>

Twitter help

<https://about.twitter.com/safety/tools>

Instagram help <https://help.instagram.com/>

How to identify fake news tips

<https://www.commonsensemedia.org/blog/how-to-spot-fake-news-and-teach-kids-to-be-media-savvy#>

Parental controls

<http://www.nspcc.org.uk/fighting-for-childhood/about-us/partners/nspcc-o2-online-safety-partnership/> - Free telephone advice on

all things e-safety, including practical guidance on setting up parental controls – [0808 8005002](tel:08088005002)

Snap chat

<https://support.snapchat.com/co/other-abuse> or https://www.connectsafely.org/wp-content/uploads/snapchat_guide.pdf

Fraud / identity theft –

www.actionfraud.police.co.uk

Phishing

<http://www.actionfraud.police.uk/fraud-az-phishing>

Home internet security -

<https://www.opendns.com/home-internet-security/>

www.saferinternet.org.uk/advice-and-resources/parents-and-carers A "How to" guides for setting up parental controls on a range of devices, including Xbox, Playstation, TV on demand (e.g. iPlayer) and your Internet router / Wifi box. Games and resources are also available on the main site at: www.saferinternet.org.uk

Gaming – Minecraft

thecybersafetylady.com.au/2014/08/aparents-guide-to-minecraft and minemum.com/minecraft-parent-problems contain information on how to use Minecraft safely, including details of child friendly servers for online, multiplayer gaming

Pokemon Go dangers -

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/pokemon-go-parents-guide/>

Useful software websites – mostly free

AVG Anti-virus website

free.avg.com/gb-en/homepage

Zone Alarm Firewall

www.zonealarm.com/security/en-us/zonealarm-pc-security-free-firewall.htm