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**ONLINE SAFETY GUIDE
FOR PARENTS**
Issued: September 2021

≡ Online Safety Guide for Parents ≡

This booklet is a guide to children's online safety for parents, with handy tips and issues to discuss with your child.

E-safety is an integral part of children's education in today's digital world and is incorporated into their learning at school.

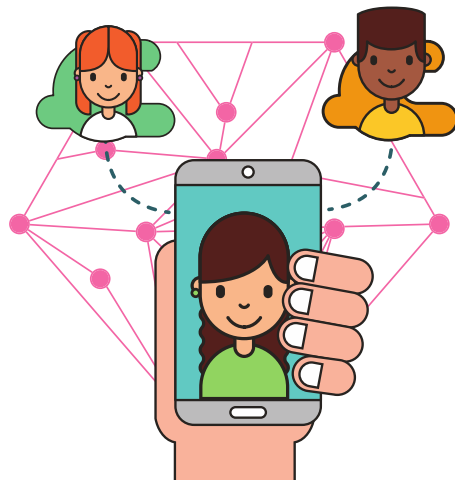
We also want to help our parents and children improve their own understanding of e-safety issues, so they can learn to use the internet and all digital media in a safe and secure way.

We take internet safety incredibly seriously. Our 'Acceptable Use Policy' can be found on our school website and all parents are asked to read and confirm that they understand the contents.



Handy Tips for Parents

- Technology is constantly changing, and young people are continually learning – keep up to date on the latest developments so you know about the risks.
- Online safety applies to all types of devices – PCs, laptops, tablets, smartphones, e-readers, and online gaming.
- As technology becomes more portable, set guidelines for where your child could/should use their device.
- Treat online safety in the same way that you would treat offline safety, such as stranger danger, crossing the road, etc.
- Make sure you set up your internet security so children cannot access websites with adult and/or inappropriate content.
- Don't write anything online that you wouldn't say in person. Comments on social media and/or public web pages/forums could reflect badly on your child.
- Check out the Computing policies, particularly the E-Safety policy that can be found on the website.
- Cyber bullying should be treated in the same way as other forms of bullying.
- Be aware that 'sexting' increasingly involves younger children – some as young as 10.
- Try to establish a system that allows your child to talk to you about anything they feel uncomfortable about online.



Things To Discuss With Your Child or Children

- ➔ Where is it acceptable to use your portable device? Your house? School?
- ➔ Who should you talk to if you feel uncomfortable about something you have seen online? A parent? Teacher? Another adult?
- ➔ Keep password safe – don't write them down and change them regularly.
- ➔ What personal information is appropriate to post online?
- ➔ How do you report cyber bullying? Take a screen grab of any posts so these can be seen at a later date if needed.
- ➔ How do you know the people you are talking to online are who they say they are?
- ➔ What is the difference between a 'real life' friend and an 'online' friend?
- ➔ When is it sensible to meet up with online friends?

Other sources of information

On our website you will be able to find links to internet sites that contain very useful information about different types of social media and how to keep children safe. These include:

E-SAFETY CHECKLIST FOR PARENTS

I have asked my child to show me sites they use.

By doing so, your child is including you in their online life and social activity. Show an interest and take note of the names of their favourite sites. You can then revisit these when you are alone. Take your time and explore the space, find out how to set the safety features and learn how to report any issues directly to the site.

I have asked my child to set their profile settings to private.

Social networking sites such as Facebook are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the info they post online as it could be copied and pasted anywhere without their permission. If it got into the wrong hands, somebody may wish to use it against them or worst of all try to locate them in the real world.

My child has agreed to tell me if they are worried about something online.

Sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. By opening up the communications channel and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.

I have set appropriate parental controls on my child's computer, mobile & games console

Filters on computers and mobiles can prevent your child from viewing inappropriate and possibly illegal content. You can activate and change levels depending on your child's age and abilities. You can also set time restrictions for using the internet or games. They can be free and easy to install. Call your service provider who will be happy to assist or visit CEOP's parent's site for further information. Explain to your child why you are setting parental controls when you talk to them about internet use.

I know where to get help if I'm concerned about my child.

The CEOP Safety Centre provides access to a range of services. If you are concerned that an adult has made inappropriate contact with your child you can report this directly to CEOP. You can also find help if you think your child is being bullied, or if you've come across something on the internet which you may think might be illegal.



Visit the
Safety Centre at

www.ceop.police.uk/safety-centre