Fern Hill Primary School
Staying Safe Online: A Guide for Parents and Carers

With the increase in our children accessing online resources and learning from home, it is vital that we are ensuring their online safety.

The first step is to ensure that you have **parental controls** set appropriately on the devices your child uses and your broadband. The posters below provide some tips to setting up parental controls. You can access each one using these links:

Setting up a device safely:

https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Digital-Diet-Balancing-Screen-time.pdf

Managing screen time:

https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Digital-Diet-Balancing-Screen-time.pdf

If you would like more detailed information on setting parental controls, the organisation *ThinkUKnow* offer excellent advice:

https://www.thinkuknow.co.uk/parents/articles/Parental-controls/

Parental controls are not a single solution to staying safe online; talking to your child and encouraging responsible behaviour is critical. However, they are an important first step to helping to protect your child online.

Here are seven simple things you can do to use parental controls effectively:

1. **Set up your home broadband to make full use of the parental controls it offers.**

2. **Set parental controls on your search engine.** Encourage your child to always use child-friendly search engines, and activate and lock the 'safe search' settings on the browsers and platforms they use.

3. **Protect every device.** Set parental controls on every device your child may use: mobile phones, tablets and games consoles (both home and handheld).

4. **Use privacy settings.** Activate the safety measures offered by different sites; social networking sites like Facebook have privacy settings that will help prevent your child seeing unsuitable advertising or sharing too much with other people.

5. **Block pop-ups.** If you're worried about your children accessing inappropriate content though accidentally clicking on adverts in pop-ups, follow the advice from *Tech Advisor* on how to stop these: https://www.techadvisor.co.uk/how-to/windows/how-block-pop-ups-3494487/

6. **Find good sites and agree on using them as a family.** By talking to your child about their interests you can help them find suitable sites to visit and apps to use. Review these sites with your child as they get older.

7. **Manage your child's access _and_ use.** Children may be very worried that your response to a problem will be to take away their internet access. Whilst this may be an appropriate response in some cases, the threat may be a barrier for a child who needs help. Be aware of this when talking to them about their internet use, and reassure them that they can talk to you or a trusted adult whenever they need to.

A collaborative approach to exploring online safety with your child

Below are two links to animated programs that are age appropriate and are intended to be watched together and then discussed. The third link takes you to a game that puts their online safety knowledge to the test. By talking together, understanding is shared and children are assured that they can come to you if they see or hear anything inappropriate.

Jessie & Friends (age 4-7)

https://www.thinkuknow.co.uk/parents/jessie-and-friends/

Children are accessing technology and the internet at a younger age than ever before. It's never too early to talk to your child about what they do online and who to tell if they come across anything online that makes them feel worried, scared or sad.

Jessie & Friends is a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. There's also a storybook for each episode, to help you and your child keep the conversation going.

The key message throughout *Jessie and Friends* is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.

Play Like Share (ages 8-10)

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

Play Like Share follows the adventures of Alfie, Ellie and Sam as they form a band and enter their school's Battle of the Bands contest, taking on the mean but 'cool' Popcorn Wizards as they go. The three friends learn that while the internet can help, they need to use it wisely and safely.

The aim of the films is to help 8-10 year olds learn how to stay safe online. In particular, the films teach them to spot the early signs of manipulative, pressurising and threatening behaviour by people they might meet online, and develop their confidence to respond safely and get help.

Band Runner (ages 8-10)

https://www.thinkuknow.co.uk/parents/articles/band-runner/

Featuring characters and safety messages from the ThinkUKnow *Play Like Share* films, *Band Runner* is a fun game that puts children's knowledge about online safety to the test by asking them to help characters make safe choices.

Players can choose to play the game as characters Ellie or Sam who use their guitars to eliminate all obstacles in their path as they run through school in order to make it to their next gig. If players miss a jump or take a tumble they then need to help Alfie solve an online safety dilemma to be able to continue play. As players pass to the next level, the running gets faster!

If you or your child have any concerns whilst learning online, these should be reported to our school safeguarding team. Please email the school office at: office@fernhill.rbksch.org to get in touch with them.

The following organisations also offer support:

Childline - for support
https://www.childline.org.uk/

UK Safer Internet Centre - to report and remove harmful online content
https://reportharmfulcontent.com/

CEOP - for advice on making a report about online abuse
https://www.ceop.police.uk/safety-centre/

Some of you may want to choose to supplement home learning with support from online companies and, in some cases, individual tutors. If this is the case, it is important that you only secure online support from a reputable organisation or individual. They should be able to provide evidence that they are safe and can be trusted to work closely with children, for example, a Disclosure & Barring (DBS) check certificate.

Further support for parents and carers to help keep their children safe online can be found at the following website links:

- **Internet matters** - support for parents and carers to keep their children safe online
  https://www.internetmatters.org/
- **London Grid for Learning** - support for parents and carers to keep their children safe online
  https://www.lgfl.net/online-safety/
- **Net-aware** - support for parents and carers from the NSPCC
  https://www.net-aware.org.uk/
- **Parentinfo** - support for parents and carers to keep their children safe online
  https://parentinfo.org/
- **Thinkuknow** - advice from the National Crime Agency to stay safe online
  https://www.thinkuknow.co.uk/
- **UK Safer Internet Centre** - advice for parents and carers
  https://www.saferinternet.org.uk/advice-centre/parents-and-carers