



E-Safety at SWPS: A Parent's Guide





E-Safety at SWPS

We wish to keep pupils, staff and parents as up-to-date as possible with e-safety and the surrounding issues. The digital world is already, and will be increasingly more so, a part of everyday life for us all. The girls use technology as an invaluable tool in their education, and internet safety is a part of their curriculum so that they can use the internet responsibly and effectively.

But what about parents? Who teaches them how to monitor their daughter's activity online and ensure that they are using their devices safely? It is these questions that inspired the creation of this booklet to outline some simple steps parents and guardians can take to minimise the risks their children take when using the web.

1. Talk with your child about staying safe on the internet.

Early and often is key. Young people will be exposed to the internet from a very early age and therefore it is important to talk to them about e-safety. Keeping the conversation open allows you to gradually build up the knowledge you both need to remain safe. It also enables you to find resources beforehand so you both can absorb the information at a comfortable pace.

2. Show an interest

Ask your children what they enjoy doing online, what their favourite websites or apps are, and maybe to teach you how to use the online tools they use. This will serve the dual purpose of educating you and showing your child encouragement to use the web in a responsible way.

3. Be aware of your child's 'online friends.'

With the integration of social media such as Facebook, twitter and Instagram, young people now have vast networks of contacts online who they may not consider strangers, just 'online friends.'

Sometimes genuine friendships can start online, but perhaps ask your child how many friends they have on their accounts. How can they know so many people? Have they met all of them in person? And how do they decide whether they accept a 'friend request' or not?

Reinforce the message to your children that people can easily lie about themselves online, such as their age or gender.

4. Agree on some ground rules

The rules you set for your child will be different depending on age, maturity and internet usage. Some ideas could outline:

- The amount of time they spend online and what times they can go online
- The websites/apps they can use
- Sharing images/videos/recordings and what these recordings are of
 - How to treat other people/how they communicate/how they represent themselves online
 - Your child will 'friend' a trusted adult who can let you know if your child is partaking in risky behaviours while not feeling monitored.

5. Check age ratings or that content is age-appropriate

If your child plays online games, check the age rating before they play. The same applied to the websites that they visit. Is the content of these sites appropriate for your child's age? Is the purpose of the app appropriate? Does the app come with an age rating within the 'app store'?

Some sites, including Facebook, twitter and Instagram, have age limits when users sign up (which is usually 13 years old.) Although many children will still sign up to them and enter an incorrect date of birth.



6. Familiarise yourself with parental controls, filters, restrictions and monitoring settings.

Almost all devices allow you to set up filters and restrictions for certain types of material. How to access these will be different on every device/app/software but a simple Google search will make this much simpler to achieve.

Some internet service providers (ISPs) such as Sky, Virgin Media, BT etc. have settings that can control what content is accessible through your connection.

Computers, phones and tablets will all have built in options for restrictions so as part of the ground rules you have agreed with your child, you could limit the types of sites they can visit. There are also software packages available that can block certain content and monitor what your child accesses.

These settings can be updated as your child gets older or becomes more mature.

Be aware that if your child is not at home and accesses Wi-Fi from another source, they may be able to access content that is normally filtered.

7. Ensure your child has appropriate privacy settings

Another part of your agreed ground rules could be that your child has certain privacy settings activated on their profiles/devices. Privacy settings control how much information strangers online can see without having added your child as a friend.

Make sure your child understands what information is appropriate for the internet. A good rule is that you should not share any information that you would not want your family, teachers or a stranger on the street to know about you.



Again, privacy settings are accessed differently on each website/software/app. The instructions on how to change these can be found through a Google search or by checking the 'Settings' menus within the website/software/app.

These can then be changed to hide any information you don't wish to be shared online.

Some useful sites to visit:

<https://www.nspcc.org.uk/>

<https://www.ceop.police.uk/>

<http://www.saferinternet.org.uk/>

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

<http://www.kidsmart.org.uk/>

<http://www.childnet.com/>

<http://www.childline.org.uk/>

GUILDFORD ROAD, CHERTSEY, SURREY KT16 9BN
01932 574900 office@swps.org.uk www.swps.org.uk

**To report any serious issues, our Designated
Child Protection Officer (DCPO) is Mrs S
Husselbury, Deputy Head:
SHusselbury@swps.org.uk**

or

**Our Deputy DCPO is Mrs F Blyther, Pastoral
Co-ordinator & School Counsellor:
FBlyther@swps.org.uk**

**If you feel that your child is, in any way, in
danger, contact the Police directly.**