

## Cyber bullying

Unfortunately, sometimes children can be bullied by others online or by mobile phones. So, be aware of your child's mood changes. If your child is being bullied online, follow it up immediately. Keep evidence, contact their school for help, contact the website owner or phone company if necessary. Get advice from organisations such as The Anti-Bullying Alliance.

### Danger signs you should look for, if your child is:

- ⇒ Using the computer in an excessive way
- ⇒ Staying online too long or when you are not aware
- ⇒ Being secretive about what they are doing

These signs may be perfectly innocent of course so talk to your son or daughter,



### Danger signs your child should know about:

*Beware if someone ....*

- ⇒ Tries ways to get you to tell them your address or phone number
- ⇒ Wants to keep their chats with you secret
- ⇒ Tells you not to tell anyone else about something they have told you
- ⇒ Emails you pictures which make you feel uncomfortable and which you would not want to show anyone else
- ⇒ Wants you to email them pictures of yourself or use the



**Develop Trust—** . It is most important that your child feels able to tell you if they find something inappropriate or they get inappropriate attention from someone. Children experiment and make mistakes, if something happens stay calm and seek advice if necessary. You are welcome to come into school for assistance.

Finally: You can find lots of helpful advice and links to Online Safety from various companies on our school website [St Joseph's Catholic Primary School | Online Safety \(st-josephs-upminster.net\)](http://St Joseph's Catholic Primary School | Online Safety (st-josephs-upminster.net))

## St Joseph's Catholic Primary School A Parent's guide to keeping your child safe Online.

Your children have been born into the 'digital age'. They use computers, mobile devices, mobile phones, game consoles etc. as part of their everyday lives. They often seem 'expert' compared to adults! But young people do not have the 'life experience' of adults and need your support. You can provide this by talking to your child about what they are doing.



### Develop Internet Skills

Swimming pools can be dangerous places, so we teach children to swim. Crossing the road can be dangerous, so we teach children road safety skills. We do not stop young people from swimming or crossing the roads. In today's world we must teach them how to be safe online so they can have fun, enjoy creative aspects and benefits from the learning opportunities. We must however still be aware of the danger signs so we can deal with them. Think about how you guide your family in the real world and do the same in the digital world (even if it sometimes feels like your son or daughter is the technology expert in your home).

- Talk to friends about how they help their child in the digital world. Include all types of technology such as laptops, tablets, gaming consoles and mobile phones.
- Don't be afraid to set boundaries, their online reputation will follow them forever so it's never too young to start.
- Remind older siblings that certain websites and gaming or mobile devices might not be suitable for their younger brother or sister—ask them to look out for them.
- Keeping communicating—show your child you understand how important the internet is to them and reassure them they can come to you about anything that is worrying them in their digital world.
- Try not to use technology as a babysitter.

There's a lot to take on when it comes to your child's digital world. Make digital issues part of everyday conversation. Have a go with some of the technology your child enjoys. Read as many Digital Parenting articles as you can find starting here .....



### Benefits of using ICT at home:

Many pupils have found accessing internet tools at home not only is now part of developing their life skills but it also benefits their school work:

- \* It can connect learning at school with learning at home
- \* It can improve ICT skills and make learning more fun
- \* It offers learning choices, more learning materials and supports homework



### Using the 'Rules' of the Internet Safely at Home

Here are some useful 'rules' we suggest to talk through with your child, remember regular chats about what they are doing on line will build a relationship of trust:

- \* Never tell anyone your passwords—treat them like your toothbrush and don't share!
- \* Don't use your real name on the internet, create a nickname
- \* Never give personal information about yourself, family or friends online.
- \* Don't upload pictures of yourself in school uniform or in inappropriate clothing—even to a friend.
- \* Think before you 'post' or 'forward' anything on any type of device
- \* Only use a webcam with people you really know off line and never use it to do something unacceptable to anyone
- \* Don't go to a website that you could not tell your parents about or if you don't think you can trust the information on it.
- \* Do use websites recommended by your teachers as your school has safe online management.
- \* Only email people you know or trust.
- \* Never open email attachments sent by someone you don't know, it is best to tell an adult or delete it.
- \* Be polite and sensible online, remember others can see anything you 'post' on message walls etc.
- \* Never arrange to meet anyone you have met online. Not everyone on line is who they say they are. Discuss any offers of meetings with an adult first
- \* Tell an adult you trust immediately if you encounter anything you are unhappy with online.

Most internet service providers offer parental control tools to help you keep your child safe. Find out how these work.

Put the computer in a family room so that you can better supervise young children. Mobile phones, tablets and games consoles can access the internet, help your child understand the 'rules' you discuss apply to any internet access. Bookmark, or download child friendly apps such as [www.askkids.com](http://www.askkids.com), [www.kids.yahoo.com](http://www.kids.yahoo.com) [primaryschoolict.com](http://primaryschoolict.com).

### Foundation & KS1 Parent action:

- Sit with your child and get involved when they are using the internet – make it fun
- Set up Parental Controls and SafeSearch on your devices to the right level for your child's age– but remember they are never 100% effective and nothing beats parental supervision
- Don't assume that your child is only accessing age-appropriate sites – they could be influenced by older siblings
- Start teaching them why it's important to keep their personal information to themselves
- Stay in control and don't be pressured into letting your child use anything you don't think they are mature enough for

**Talk to your child**



### KS2 Parent action:

- ◆ Agree some limits on what your child can and can't do in their digital world
- ◆ Remember that lots of devices now have internet access and built in webcams
- ◆ Don't be pressed into buying your child anything you don't think they are old enough for – for example if you only want them to have a mobile for calling and texting, don't get them one with advanced features such as wi-fi and web access
- ◆ If you do buy them a mobile phone or tablet, discuss how they should keep it safe from thieves and teach not to use it when they are walking or cycling. Talk to them about the costs you will be paying to help them understand the importance of keeping use within your rules
- ◆ Set up Parental Controls and SafeSearch on your devices to the right level for your child's age– but remember they are never 100% effective and nothing beats parental supervision
- ◆ Teach them to behave responsibly in the digital world and to respect other members of the online community
- ◆ Make a rule that they give their real age when registering for websites to protect them from inappropriate content and interactions