

## E-Safety Support for Parents

### What to protect against

- Ignoring age restriction
- Generally illegal behaviour where there are laws prohibiting this behaviour at ages under 16/18
- Sharing personal information
- CyberBullying
- Gambling/running up debts
- Online Gaming
- Inappropriate content (including but not limited to pornography)
- Making online-friends they have never met/ Grooming/ Sexual abuse

### Growing up in an Online World

Your children are growing up in a very different environment than the one available even at the beginning of this century.

There are advantages to the level of connectivity which they have available, but the issues which are present do have to be carefully managed. While your children are young they need protecting and it is your job to do that.

The resources presented here are to help you with that task.

### Whose responsibility is E-Safety?

E-Safety issues occur everywhere that technology and people meet.

It isn't just the school's responsibility and it isn't just yours. We take responsibility for issues which arise using our own equipment.

Students should not have their phones on in school, therefore there should not be phone issues in school and we expect home to resolve them. Similarly, we do not expect students to use social networking on our equipment; most of the sites are blocked. So we require you to be responsible for e-safety issues which arise using the social networking sites.

### Age Restrictions

These are there to protect your child.

We'd advise you stick to them, but if you fail try these suggestions:

Share an account so that you are notified when a download takes place.

OR

You "own" the password on your child's account so nothing can be downloaded without you typing it in.



This is the Report Abuse button.

Often it will be just the symbol, sometimes it will have different words on it. We make sure that your children know how to use it and when to use it.

### Illegal Behaviour

Sending indecent pictures (sexting) of a person under 18 is a crime under at least 2 Acts. Having an indecent image of a child under 18 on your phone is also a crime.

Using your phone to incite or offend is a crime.

There is no technical mechanism to prevent this – advice is to keep communication lines open – keep talking to your child.

### Check the browsing history

Find out what search terms they've used on their smartphone, in their bedroom, on their tablet, on their laptop, on your computer to get an insight into the content they're consuming.

Most situations that lead to problems will have started with a search. Use this information to guide your conversation and inform the discussion, but *take time to plan what you need to say first to avoid confrontations and anger* as these rarely produce the outcome you want.

Given that (generally) parents and carers pay for the phone/tablet/laptop/computer then you have the right to check what happens on it. *Your job is to protect your child and this is one of the many ways in which you may choose to exercise your right.*

### Gaming

Gaming sites have all the opportunities of social networking with the opportunity to play games at the same time, but that just means that your child's guard will be down.

Make sure that you know how to report abuse and that your child feels OK about telling you all incidents, play the game yourself and keep in touch with what your child is doing. Report abuse. Use the Report Abuse button and support your child to do so independently.



## Grooming – which often leads to Sexual Abuse

Your children will inevitably make friends online who they have not previously met offline. When we do it on LinkedIn it is called networking.

Unfortunately grooming of children and adults does take place and it is not restricted to girls alone. Boys are equally at risk, but as a society we tend not to think realise this.

You will need to be vigilant. Things to be aware of behaviours such as getting upset when you want to know what they are doing online, who they are talking to. This may be concealed behaviour and may involve switching screens when you are near the computer and possessing devices that you haven't given them (particularly phones). Often sexual language you would not expect them to know may be used and they be very volatile with their emotions.

Obviously this is complicated by the fact that as teenagers they will be expressing these kind of behaviours anyway.

## Pornography/Violence

It is very easy to stumble upon pornographic material when accessing the internet and it will require you to have parental control software switched on in order to restrict it on your computer devices and smartphones.

The signs that your child may be accessing pornography online will be very similar to those for grooming (which could confuse your efforts to fix either problem) but a detailed look at the browsing history could prove illuminating. You should be alert if you start getting pop-ups which are explicitly inappropriate.

Be very aware of unexplained charges on your bank card and keep an eye on their bank statements too, for similar charges.

Again, the situation is complicated because teenagers are interested in sex and in the UK we tend to shy away from talking about it so many resort to pornography to learn. This is a very poor (and costly) way to do that, so brace yourselves for conversations and use the internet to help you have them.

Pornography and violent material are often associated with each other. You will need to look for both rather than just one or the other.

## Gambling

As a general rule, the minimum legal age for gambling in the UK is **18 years old**. This applies to adult gaming centres, betting shops, bingo halls, casinos, racetracks and online gambling. The exceptions to this are the National Lottery and scratchcards – you're allowed to take part in these from the age of **16**.

However, if your friends are gambling, you may be induced to join in too. Be aware of secretive behaviour, inexplicable bank charges, dodgy search history. It is key to act before an addiction can start.

## Cyberbullying /Sharing Personal Information

Children and teenagers are often unaware of what is personal information and what is not. Help them learn by explaining what makes an age-appropriate profile picture – often this will not contain a picture of your face.

Sharing too much information often leaves young people open to bullying, both online and off. Cyberbullying can take place whilst online gaming too.

Look out for a sudden stop in using the computer device, being nervous when a text/email/IM appears, being reluctant to socialise or go to school, anger/depression/frustration after using the computer, general withdrawn behaviour.

Sadly, bullying often leads to more bullying and your child can become a bully through exposure. Often a "joke" delivered doesn't seem funny to the receiver and most children who have made a rude/mean/cruel comment don't think that it is bullying. You may need to help explain this.

## Good Practice for e-safety

The easiest way to keep an eye on things is to stay in control and to see what your children do and watch online.

- NO devices in the bedroom when they are sleeping (no tv, no laptop/tablet/ smartphone etc)
- Check the browsing history regularly
- Add parental controls to everything
- Have YOU as administrator and ensure that nothing can be installed by THEM
- Keep up to date with advice
- Talk with, listen to, watch your child
- Don't go in angry when there is an issue – you need to keep the communication going
- Ask for outside help when you are concerned

## These sites may help

Check these regularly for up to date advice:

- [www.esafety-adviser.com/resources](http://www.esafety-adviser.com/resources), [www.childnet.com/](http://www.childnet.com/),
- [www.internetmatters.org](http://www.internetmatters.org) and
- <http://www.internetmatters.org/controls/interactive-guide/>
- [www.connectsafely.org/pdfs/sexting\\_tips.pdf](http://www.connectsafely.org/pdfs/sexting_tips.pdf) (USA)
- [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk) , [www.point2protect.com](http://www.point2protect.com)
- [www.paceuk.info](http://www.paceuk.info) (*child sexual exploitation*),
- [www.connectsafely.org](http://www.connectsafely.org), [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents),
- [www.kidscape.org.uk/](http://www.kidscape.org.uk/)
- <http://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- [www.point2protect.com](http://www.point2protect.com), [www.lgfl.net](http://www.lgfl.net), [www.ikeepsafe.org/parents/](http://www.ikeepsafe.org/parents/)