

# E-safety

An information guide  
for  
Parents and Carers



## E-Safety

The internet and related technologies such as social media networks, mobile phones and games consoles are an intrinsic part of our modern society and play an important role in our students' lives. The exposure to the digital world offers students great educational and social opportunities giving them access to a vast realm of information and experiences. There are however risks and dangers associated with the use of the internet.

The purpose of this leaflet is to highlight some of these dangers and offer advice and guidance to parents and carers to ensure that you can also help your child stay safe whilst using the digital world.

Mayfield School aims to provide a safe and secure online environment for all the students. In order to ensure this we have in place an AUP (Acceptable Use Policy), issued to every student, outlining their rights and responsibilities which must be signed by the students and their parents. The school is also equipped with web filtering and monitoring software to restrict access to Social media sites, and sites with inappropriate content.

### Potential risks online:

**Cyberbullying:** Being harassed or threatened through a social networking site, mobile device or gaming site. Be aware of your child's mood changes. If bullying is occurring, make sure to block the bullies, support your child and keep any evidence. Contact your child's school for help.

**Radicalisation:** This is a process where a person, usually from a vulnerable background, begins to adopt extreme religious, political or social views. Contact your child's school in the first instance.

**Grooming:** This is a process of befriending a child with the intention of forming an inappropriate relationship. Talk to your child about respectful, loving and

caring relationships and unsuitable conduct. Report any inappropriate contact made to your child, with your child's school in the first instance.

**Inappropriate content:** Your child might be exposed to racist, violent, extremist or other harmful material. At home block websites that are not age appropriate. Monitor online activity.

**Online identity fraud:** When someone else pretends to be you, using your details for online accounts. Teach your child not to share personal information; treat passwords with care.

### Advice and tips for parents and carers

- Make sure you check and follow the PEGI(Pan European Game Information) ratings and the Social Media age guidelines; [www.pegi.info](http://www.pegi.info)
- Install software to protect your computer's security, there are free antivirus, spyware and malware programs available. Make sure the anti-virus and firewall software are always up-to-date. Implement a filtering system and Parental controls where you consider necessary; [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- Teach your child how to use privacy settings, whilst it won't guarantee complete privacy, it will help your child control who sees what they share. Set social networking sites privacy settings to private; [www.internetmatters.org](http://www.internetmatters.org)
- Research and when possible join popular and current sites/apps, so that you know what your child is doing.

# Teach the SMART rules

S

Keep **safe** by being careful not to give out personal information such as your name; home address; phone number; email or your School name to people online.

M

**Meeting** someone you have only been in touch with online can be very dangerous. Only do so with your parents' or carers' knowledge and permission. Always be accompanied by a trusted adult and meet in a public place.

A

**Accepting** emails or opening files, pictures or text from people you don't know can lead to serious problems; they can contain disturbing messages or even viruses.

R

People online may be lying about who they are. Information that is available on the Internet may not be **reliable**.

T

**Tell** your parents, carers, trusted adult or ChildLine (08001111), if someone or something makes you feel uncomfortable.

## Age restrictions for Social Media platforms



Twitter



Facebook



Google+



Pinterest



Instagram



Snapchat



Reddit



Periscope



Skype



LinkedIn



WhatsApp



Vine



Tinder

(13 with parental permission)



YouTube



WeChat



Spotify



Flickr



Play Store



Musical.ly



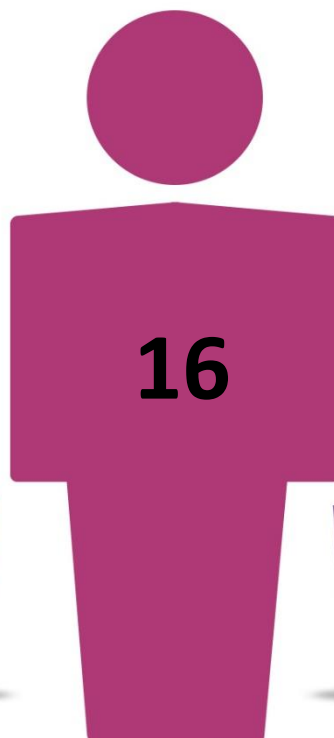
Kik



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## Useful websites and contacts:

The following websites provide information for parents and children on how to stay safe online and how to report concerns.



[www.ceop.gov.uk](http://www.ceop.gov.uk) – Child Exploitation & Online Protection Centre.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - is a website run by CEOP (Child Exploitation and Online Protection centre) with up to date information for children of different ages and parents.

[www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology](http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology) - A parent's guide to technology highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly.

[www.nspcc.org.uk](http://www.nspcc.org.uk) – The National Society for the Prevention of Cruelty to Children, is a leading charity working on behalf of children.

[www.internetmatters.org](http://www.internetmatters.org) - This website contains lots of information about staying safe online, with tips about games, social networking, mobile technology and more.

[www.childnet.com](http://www.childnet.com) -A non-profit making organisation working directly with children, parents and teachers to ensure that the issues of online child protection and children's safe and positive use of the internet are addressed.

[www.pegi.info](http://www.pegi.info) – Pan European Game Information.

[www.educateagainsthate.com](http://www.educateagainsthate.com) – website with information on how to tackle extremism.