



Dallam Community Primary School

# Parents & Pupils Guide to Online Safety

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Here at Dallam Community Primary, we see the internet and other digital technologies as powerful tools and amazing resources which open up a wide range of opportunities for children and young people.

## 2019 *This Is What Happens In An Internet Minute*



We recognise the values and importance of technology but we also need to understand and actively teach our children about online safety. You don't need to be an expert on the internet to help keep your child safe online. The advice and resources in this booklet will help to guide you in supporting your child to use the internet safely, responsibly and positively.

You may sometimes feel that your children have better technical skills than you do, however children and young people still need

advice and protection when it comes to managing their lives online.

## **Digital Wellbeing**

Young people are growing up in a world where technology has always been present and this can have both a positive and negative impact on their lives.

As technology continues to be such a huge part of our lives, from the way we represent who we are to the interactions we have with others, it too has an impact on our wellbeing.

**Online safety agreement**

The internet is a very important part of our lives today and setting up an agreement can help ensure that everyone within your organisation/ group are safe when navigating the online world. It gives you the opportunity to discuss together how to behave in a positive way and what to do when things go wrong. Bear in mind it is difficult to have complete control over anyone's internet usage, however an online safety agreement is a great way to set clear expectations for positive and safe internet use.

Please note this agreement is to support your organisation in working to keep young people safe online and should never be used in place of a safeguarding policy or acceptable use policy.

**Top tips**

- 1 Try to focus on promoting positive behaviour and the choices we can make online which will have a positive impact on others.
- 2 Set clear boundaries about what may be unsafe or inappropriate online and include situation promises which may change based on the device, person or app.
- 3 Include all members of your organisation or group and make sure everyone is happy with the agreement.
- 4 Review your agreement in the future if your group changes or their needs change.

**Starting questions**

Who is this agreement for?

A good way to start online positivity within your home is to make a family agreement. This is a great conversation starter that will help you to discuss rules and behaviours online when at home, in school or with friends. To find out more about how to do this you can visit [childnet.com](http://childnet.com)

It is essential to have a discussion with your child and maintain an open dialogue with your child about their internet use. If you're unsure of where to start the

conversation starters on the next page will help to guide you.

Ask your child to tell you about the websites and apps they like to use and what they enjoy doing online.

Ask them about how to stay safe online? Learn what they already know. Ask them what is ok to share and not to share.

Discuss where they would go to for help if something was worrying them. Discuss privacy settings and how to report or block someone.

Encourage your child to be kind online. Talk about how they could support someone who might be in need of help.

As a family think about how you all use the internet. How can being online become more enjoyable?



## **Gaming & Messaging**

There are lots of different types of online games. Some are simple games that you can play on your own and others are multiplayer games with hundreds of people.

You can also talk to people through the game itself, a console network, chat site or gaming forum. They can talk through instant messenger, a headset or video chat. Some people like to watch other gamers playing on live-streaming sites. Games are a great way to relax and have fun. But it's important to be careful about what you share online and keep yourself safe. Below are some tips you can share with your child in gaming safely.

### **5 top tips for staying safe online:**

1. tell a trusted adult if something upsets you. Check how to report, block, or mute other players before you start playing
2. there's nothing wrong with losing - sometimes you'll win and sometimes you'll lose
3. respect other players and don't upset anyone in order to get ahead
4. check game ratings - they tell you if the game is unsuitable for younger age groups
5. don't spend all your time gaming - make time for your family and friends, other social activities and homework

One website that parents find useful is [commonsensemedia.org](https://www.commonsensemedia.org) . It allows you to search the age rating of any game or app and gives you game details so that you can see if it is suitable for your child. It also recommends games that are suitable for your child's age and interests.

### Social Media

Social media is a great way to connect with people whether it is family or friends but we also need to be aware of some of the dangers. Teaching children to be respectful and safe online will allow them to have a positive online experience.

Some simple steps that will help to support your child.

1. Discuss sharing information online. Once something is online, it is out of your control. If you don't want someone to see something don't share it.
2. Don't meet anyone you don't know in person. You can never really know who someone is online.
3. Use a password that is unique to you and keep this private.
4. Check your privacy setting and check who can see what you post and whether your accounts are private or public.
5. Most importantly talk about it, encourage your child to speak up to a trusted adult if something is worrying them.

Online websites such as [internetmatters.org](https://www.internetmatters.org) are really useful as they provide you with the latest updates on social media and advise you with helpful tips when your child is online. It will also give you tech tips, share parent's stories and give advice on how to deal with certain situations. The social media tools and resources will give you a chance to become more confident

## **Helpful information**

Here are some websites that will help and support you in understanding how best to tackle all online situations and keep your child safe online.

**[childnet.com](http://childnet.com)**

**[saferinternet.org.uk](http://saferinternet.org.uk)**

**[nspcc.org.uk/keeping children safe](http://nspcc.org.uk/keeping-children-safe)**

**[internetmatters.org](http://internetmatters.org)**

**[thinkuknow.co.uk/parents](http://thinkuknow.co.uk/parents)**

**[webwise.ie](http://webwise.ie)**

**[nationalonlinesafety.com](http://nationalonlinesafety.com)**

**[www.gov.uk/guidefor parents and carers for online safety](http://www.gov.uk/guidefor-parents-and-carers-for-online-safety)**

We must be aware of the dangers that are online but most importantly teach children that the internet can be a safe online world where we can communicate, socialise and learn. We hope that this booklet has provided you with some useful information and resources.



