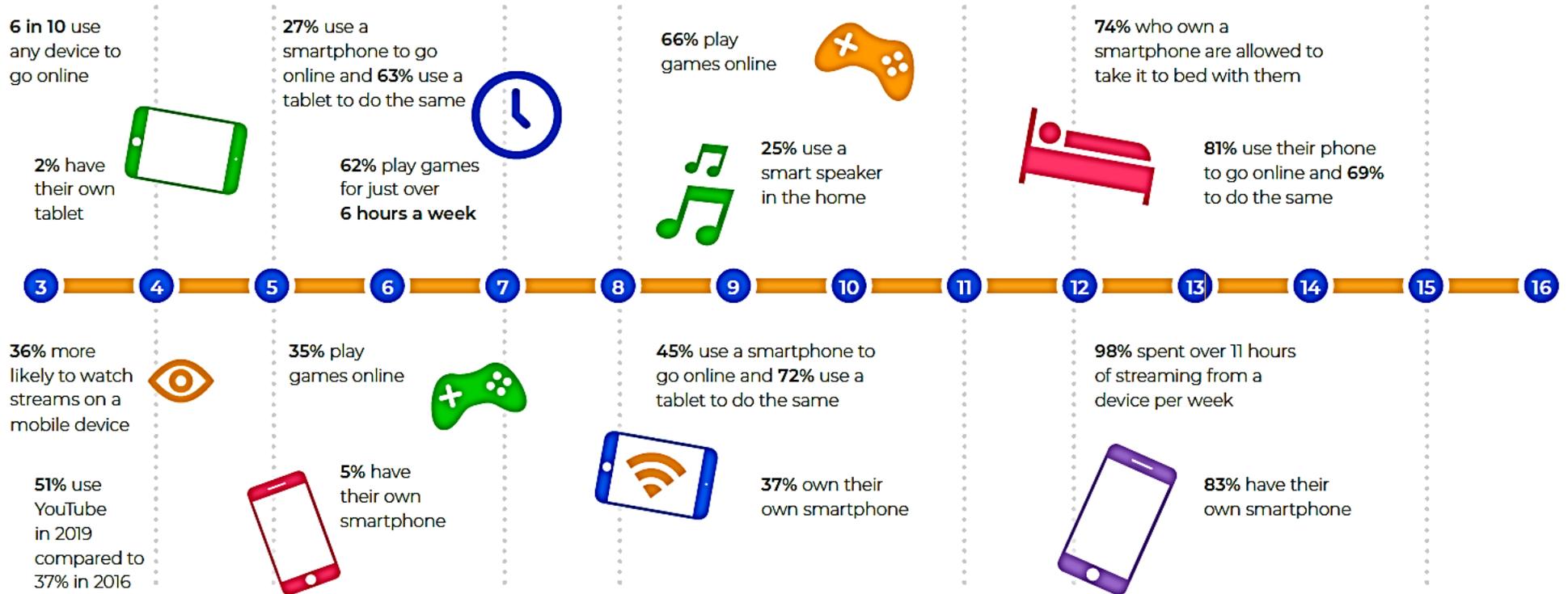


Online Safety Guidance for Parents



This is intended to be a starting point for internet safety at home. In order to reduce the online risks to teenagers it is important that parents and carers engage with their children and are aware of the simple measures that are available to stay safe online.

Media usage by age



Reference: https://www.ofcom.org.uk/_data/assets/pdf_file/0023/190616/children-media-use-attitudes-%202019-report.pdf

Dealing with inappropriate CONTENT

4.7
million

URL's showing pornographic content. That's **more than 12%** of the internet

11
years

Average age to **first view porn online**

1/3

Of children have seen **explicit** images by the age of **10**

As children start to explore the internet, they may come across content that isn't suitable for their age, or that may upset or worry them.

What to talk about

- They can come to you if they see anything that upsets them.
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent.
- Discuss any parental controls you put in place together, agree the terms mutually.

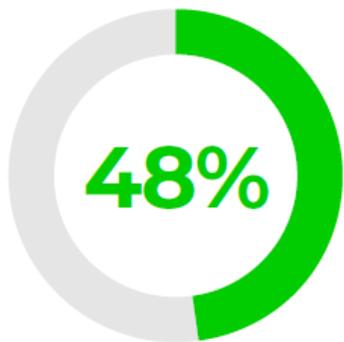
Top Tips

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices. Parental controls can help you to:

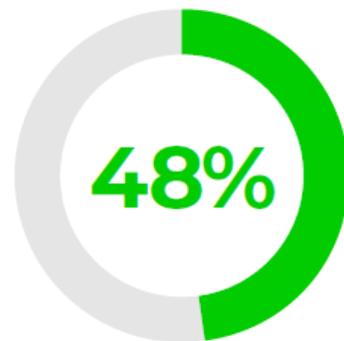
- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different people can see.

For more information on setting up parental controls, see <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Dealing with inappropriate CONTACT



of secondary school children have **talked to strangers** on social media



of 11 year olds have a social media profile

As children start to explore the internet, they may come across content that isn't suitable for their age, or that may upset or worry them.

What to talk about

- Ask them about who they're talking to. If it's people they don't know offline, try not to be angry with them. Instead ask questions about how they met and what sort of things they talk about.
- Remind them that not everyone online is who they say they are and that they should never arrange to meet someone offline
- Discuss the potential consequences of talking to someone online who isn't known in real-life.

Top Tips

- Use the strongest privacy settings on social media, allowing only "friends" to view your own content"
- Learn how to block / mute and report someone who is causing concern.
- Turn off location settings on devices
- For more information, see <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

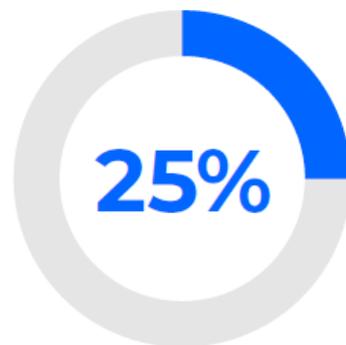


Dealing with inappropriate CONDUCT

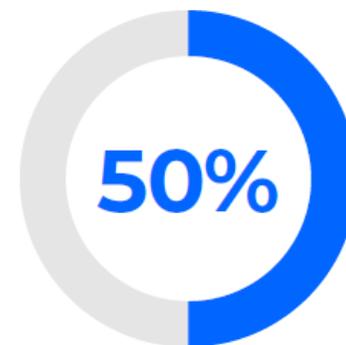
Every time you do anything online, whether it's visiting a website, making an online purchase, having a conversation on an online game, using a search engine or posting on social media, it leaves a digital trail or 'footprint'. The internet is a public place, meaning that the things your child does online can be seen by anyone and can be difficult to get rid of altogether.

What to talk about

A lot of young people see the online world as a natural extension of their offline world, meaning they might not be as cautious as they should be when it comes to expressing themselves and posting things online. This can have implications for their privacy but also on their reputation in real life. Remind your child that anything you do online can be shared, copied or saved by others – once it's out there, you can't take it back.



of children will experience
cyberbullying



of children say someone has
been nasty to them online

Dealing with SEXTING

15-40%

of young people are involved in sexting. Threat mostly comes from **peers** and is often coercive

Sexting involves sending, receiving or forwarding explicit messages, images or videos of a sexual nature. It is **illegal** for anyone under the age of 18 to share such images. Some of the most popular platforms used for sexting are snapchat, Tinder, WhatsApp, Facebook Messenger and Instagram.

What to talk about

Most children do not realise that sexting is illegal if you share, make, take or distribute an indecent image or video of a child under the age of 18, even if they are in a relationship and the content is shared consensually.



Top Tips

- Block and Parental controls – Show your child how to use the block button on their devices to stop people sending unwanted content. You can also set up parental controls.
- Explain the repercussions. Explain that once an image is out there, there is no going back. Screen shots can be taken and images shared, that may be forwarded to others or resurface at a later date.

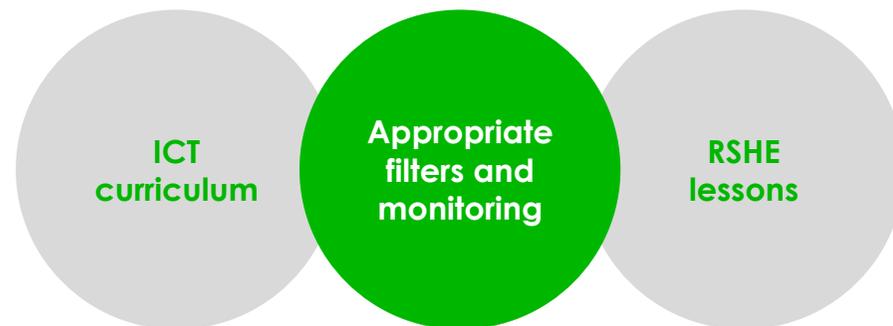


Where to get SUPPORT

At Pittville school students cover Online safety as part of their ICT curriculum and in RSHE lessons. The school uses appropriate monitoring and filtering software to ensure they are protected when using the school's internet.

If your child is concerned about any online safety issue, they can contact our safeguarding team using safeguarding@pittville.gloucs.sch.uk.

They can also speak to Miss Botell, Mr Watkins, their tutor or Head of House.



Websites and Guides for Parents with further information:

NSPCC – Share aware Parent's guide

<https://learning.nspcc.org.uk/media/1489/share-aware-parents-guide.pdf>

NSPCC – Starting a conversation about online safety

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Support for parents – Setting up parental controls

<https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider>

CEOP – Home activity packs

<https://www.thinkuknow.co.uk/parents/home-activity-worksheets/>