



Mowbray Families Safeguarding Bulletin September 2023

Many of our children and young people have access to the digital world and enjoy fun, games and learning in this way. The internet can provide lots of opportunities to enhance children's understanding and provide a way of playing games with their friends. It can also open up many opportunities for concern and potential dangers.

We would like to work together with families to strive to keep all children and young people safe online.

With this in mind please see the further bulletin contents which has information, advice and guidance on helping to keep our children safe.





Parents Online Safety

You will be aware the Internet hosts many exciting opportunities for education. The online world is a wonderful place for young people to explore, with unprecedented opportunities for learning and creativity, but just like the real world there are risks and dangers they should be aware of and which we should all act to protect them from. As a school we encourage the use of technology as an important part of our students' development but always want them to spend their time online safely. As a parent/carer you can play a significant part in ensuring this.

Top Tips for Parents:

1. Talk to your child, early and often
2. Explore online together
3. Know who your child is talking to online
4. Set rules and boundaries
5. Make sure content is age-appropriate
6. Use parental controls to filter, restrict, monitor and report content
7. Check they know how to use privacy settings and reporting tools

Websites:

Childline

www.childline.org.uk

Childnet

www.childnet.com/parents-and-carers

CEOP (Child Exploitation & Online Protection Command) Think U Know Parents www.thinkuknow.co.uk/parents/

Internet Matters

www.internetmatters.org/

Net Aware

www.net-aware.org.uk

NSPCC

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

PEGI (Pan-European Game Information)

www.pegi.info

The Breck Foundation

www.breckfoundation.org

UK Safer Internet Centre

www.saferinternet.org.uk

Have I Been Pwned?

haveibeenpwned.com/

Apps:



NetAware by NSPCC

[A simple guide for parents to the most popular social networks, apps and games](#)



InternetMatters by Internet Matters

This tablet-only app will help parents learn together with their child about online safety issues



iOS Settings by Apple

Enable password protected Restrictions on iPad, iPhone and iPod touch



Qustodio Parental Control by Qustodio

Internet monitoring and control for mobile devices including tablets and smartphones



SecureSafe

Free password and file manager

Parents Checklist:

- I have enabled parental controls on my child's devices (as appropriate)
- I have disabled in-app purchases
- I have installed YouTube Kids (if appropriate)
- I know what games and websites my child uses
- My child plays age-appropriate games
- I know what social networking sites my child uses
- I know who my child talks to online

- I use different, strong passwords for different sites

- We have agreed some family rules (eg online conduct, down time, contacts, shared content)

- I know where to get support and report any concerns

- My child knows how to report concerns and where to get additional support



Worried? Need to Report?

1. Report to your Social Network Service
2. Contact school
3. NSPCC
4. CEOP (Grooming)
5. Internet Watch Foundation (Illegal Content)



HOW SAFE IS YOUR CHILD?

INTERNET SAFETY

PLEASE TAKE THE TIME TO READ THIS GUIDE AND LOOK AT THE LINKS AVAILABLE ONLINE.



AT OUR SCHOOL WE ARE COMMITTED TO PROTECTING OUR CHILDREN FROM HARM. WE BELIEVE WORKING IN PARTNERSHIP WITH PARENTS IS VITAL TO ENSURE OUR CHILDREN HAVE A CONSTANT MESSAGE FROM BOTH HOME AND SCHOOL.

AS TECHNOLOGY DEVELOPS YEAR ON YEAR OUR CHILDREN ALSO DEVELOP. IT IS VITAL, AS ADULTS THAT WE DO TOO AND KEEP UP WITH WHAT IS OUT THERE AND WHAT THE RISKS COULD BE.

SET THE PARENT SETTINGS

DO YOU KNOW ALL THEIR PHONE CONTACTS?

IN ORDER TO HAVE A FACEBOOK ACCOUNT YOU MUST BE 13 YEARS OLD. MANY CHILDREN WILL USE FALSE D.O.B IN ORDER TO REGISTER. PLEASE CHECK! IF YOUR CHILD HAS AN ACCOUNT WE ADVISE YOU CLOSE IT DOWN. TO REDUCE THE RISK OF HARM IT IS IMPORTANT YOU TALK TO YOUR CHILD ABOUT:
- NOT ACCEPTING STRANGERS AS FRIENDS
- NOT SHARING PERSONAL INFORMATION
- SHARING PASSWORDS WITH PARENTS
- NEVER MEET A STRANGER THEY'VE MET ONLINE
- SET PRIVACY SETTINGS



DO YOU MONITOR THEIR PHONE USAGE AND REMOVE IT AT NIGHT?

ENSURE GAMES YOU BUY FOR YOUR CHILD ARE AGE APPROPRIATE. MANY PARENTS ARE UNAWARE OF GRAPHIC AND SEXUALISED CONTENT ON 18 CERTIFICATE GAMES.

PARENT GUIDE

DO YOU KNOW THEIR PASSWORDS?

ENSURE THE COMPUTER IS IN A FAMILY SPACE SO YOU CAN MONITOR WHAT SITES YOUR CHILD IS ACCESSING



THE RISKS ARE REAL

WHAT'S CYBER BULLYING?

TWO CHILDREN FROM THE UK WERE MURDERED AFTER MEETING A STRANGER THEY'D MET ONLINE (FACEBOOK & XBOX) BOTH TOLD THEIR PARENTS THEY WERE GOING TO SLEEP AT A FRIEND'S HOUSE. NEITHER PARENT CHECKED!

WWW.THINKUKNOW.CO.UK & CEOP HAVE GOOD ADVICE & RESOURCES AND GUIDANCE FOR BOTH PARENTS AND THEIR CHILDREN. TAKE A LOOK!

IF A PERSON OR GROUP OF PEOPLE USE THE INTERNET, MOBILE PHONE OR OTHER TECHNICAL DEVICE TO THREATEN, ABUSE OR TEASE SOMEONE.