<u>E-Safety for parents</u>

Our staff regularly talk to the children about how to stay safe whilst using the internet but it is important that you as parents/guardians embed this at home too. The worst thing we can do is to wrap the children up in cotton wool; how will they know what to do if they come across something that is upsetting, cyber bullying, grooming etc.? The most important thing we need to get across to them is that they won't be 'in trouble', that their phone, ipad etc. won't be confiscated for bringing something to your attention. They need reassurance that it will be dealt with by either blocking or reporting.
I would like to share with you some important points I picked up from a recent 'Managing Online Safety' course I attended. St. Peter's staff have also contributed.

- Are your children getting enough sleep? Evidence is increasingly showing that children who leave their phones downstairs to charge overnight have better mental health. They also benefit from some wind-down time. All device screens give out a blue light which fools your body into thinking it is daytime. Your brain needs 1 to 2 hours to change to 'night mode' thus enabling a good night's sleep. So if your child has trouble waking up in the morning or is irritable and tired all day then perhaps a new bedtime routine is needed. If they use their phone as an alarm why not consider buying an alarm clock? Panorama showed a fantastic programme on Monday 6th March called 'Sleepless Britain', if you get the chance please watch it http://www.bbc.co.uk/iplayer/episode/b08hymf3/panorama-sleepless-britain
- Do you know the minimum age for the following online sites?
  Facebook, twitter, instagram, snapchat, oovo, tumblr, ask.fm, musicly, Whatsapp, messenger, kik and youtube (answers below).
- So you think Snapchat images disappear? Think again! They can be retrieved and screenshot and appear when you are least expecting it.
- Passwords - don't use the same ones twice. If a site you use gets hacked, that means that hackers will be able to access more of your personal accounts elsewhere. Try varying it – for example if your password is 123apple456 then you could set your Sainsbury's online shopping password to sains123apple456burys, but it's up to you to make up your own rules.
- Want to get your children involved in learning for themselves? CBBC's "Hackers' Top Tips" is a great place to start http://www.bbc.co.uk/cbbc/watch/hackers-top-tips or you can do more research using http://www.pcadvisor.co.uk/feature/security/how-keep-your-kids-safe-online-3411255/
- Do you regularly talk to your children about the sites they are visiting, games they are playing or monitor what they are doing? Are they talking to random strangers

on chat rooms linked to group games or online activities such as Clash of Clans, Clash Royale, Movie Star Planet, Top Model, Musicly, Roblox etc? Take Roblox for example – a multiplayer online social gaming platform, a perfectly innocent game but also a prime target for cyber bullies and grooming. Consider using Parental Control software such as OurPact, Secure Teen, Kidslox or Screen Time to limit time on screens, especially phones and tablets. You may want to set times when they have screen time.

- Do you have the password to your child's phone, or are you off limits? Could you check if you wanted to see if they are in danger with strangers online? Consider what works best for you.

- Geotagging – did you know that when you post pictures to Twitter, Instagram, Facebook etc. using a Smartphone it also adds your geographical location with the photo enabling anybody to pinpoint your exact location. Watch this video to find out more information https://www.youtube.com/watch?v=rAvoqzGJ6lQ. To turn this off go to Settings – privacy location settings and turn off the social media option.

- Laptops in bedrooms - do you leave your laptop open and switched on? Do you know if your camera is enabled? There is software available that enables people to hack into your laptop and turn on the camera!

- Some children when using social media websites seem to lose their inhibitions and forget how to behave responsibly. They think it is acceptable to say and do things to their peers that they wouldn't dream of doing face to face, not realising the impact their behaviour can have on others.

- For more information and advice on how to spot the signs of online grooming please go to the following police webpage https://leics.police.uk/categories/kayleighs-love-story

Minimum age answers –

Facebook, twitter, instagram, snapchat, oovo, tumblr, ask.fm and musicly (13 years)

Whatsapp, messenger (16 years)

Kik, youtube (18 years)

So please spend some time talking with your children so they are fully prepared if anything upsetting does happen and they are equipped with the knowledge on how to deal with it.

Mrs Medhurst.