



We hope you all managed to have a nice bank holiday weekend break and enjoyed commemorating the 75<sup>TH</sup> anniversary of VE Day and the lovely sunshine!

Please see attached this week's edition of our Health and Wellbeing bulletin which focuses on 'Online safety'. As we get used to being home during the COVID-19 lockdown, our devices and the internet are playing a big role in keeping us connected for our own work, supporting our children with their education, news, entertainment and distraction!

The internet is an amazing resource which enables us all to connect, communicate and be creative in a number of different ways, on a range of devices. Parents and carers have an important role to guide children's use of these platforms to be effective, safe and healthy. To help you and your family stay safe online Craven College have put together our best online safety tips to help keep children safe from risks online and where to go for support and advice.

### PARENTAL CONTROLS

You may have downloaded new apps or bought new technology to help stay connected at this time. Remember to set up parental controls on your broadband and internet-enabled devices, depending on your child's age. Combined with privacy settings these can help you protect your children from the things they shouldn't see or experience online. Here's a step by step guide to help make it simple and straightforward: **Internet matters parental controls**

In addition, the 4 big internet providers in the UK (BT, Sky, TalkTalk and Virgin Media) have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider: **Parental controls**

### KEEP TALKING

Whilst Parental Controls and Privacy Settings are useful tools to help minimise the risks your children may face, they are not 100% effective. It's really important to teach your child skills like critical thinking and resilience, so they know what to do if they encounter risk. Here are some conversation starter ideas:

- What sites do they like to visit and what do they enjoy doing online?
- How do they stay safe online? What tips do they have for you? What is OK or not OK to share?
- Do they know where to go for help, where to find safety advice, privacy settings and report or block the services they use?

Reporting advice can be found here: **How to make a report**

- Encourage them to show you how to do something better online, or support grandparents or friends who would benefit from their help
- Think about how you use the internet as a family. A family agreement is a great way to start a conversation about how you all use the internet: **Family agreement**

### GETTING TO GRIPS WITH APPS

Although apps can make using the internet a more accessible and enjoyable experience, it's important to make sure that children use appropriate ones. The attached guides map some of the most common apps available and highlight those that might create risky situations for children, such as unintentionally revealing personal information, stranger danger and generating large bills through in-app purchasing.

**Wellbeing apps guide** • **Monitoring apps**  
**Help get kids active** • **Anonymous & decoy apps**  
**Social networking & messaging apps** •  
**Social gaming & live streaming apps**

The NSPCC **Net aware** has also a simple guide for parents to the most popular social networks, apps and games that children are using and what concerns to watch out for.

## STAY SAFE ON THE MOVE

If children are taking their devices out of the home, it's worth bearing in mind that they could connect to public wifi. Look out for the friendly wifi symbol which shows that the wifi has filters in place to limit access.



## KEEP INFORMATION PRIVATE

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number or address.

## MANAGE ONLINE REPUTATION

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing. Use this simple checklist to help manage and maintain online reputation: **Online reputation checklist.**

## KEY INTERNET SAFETY ISSUES

There are some key internet safety issues that you may have to deal with. These might include cyberbullying, the pressure to take part in sexting, encouragement to self-harm, viewing pornography, along with various others. But there are positive things you can do to equip yourself and your child and support them in resolving any issue they may face.

Here are some Advice Hubs to help you learn more and deal with these issues with your child.



**CYBERBULLYING**



**PRIVACY AND IDENTITY THEFT**



**ONLINE REPUTATION**



**ONLINE GROOMING**



**RADICALISATION**



**SEXTING**



**INAPPROPRIATE CONTENT**



**ONLINE PORNOGRAPHY**



**SELF-HARM**

## HOME ACTIVITY PACKS

**Thinkuknow.co.uk** have created home activity packs to support parents during Covid-19 and the closure of schools and colleges. Each fortnight, they will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at home. These can be found here: **Home activity worksheets**



## ANY QUESTIONS?

Do you have any questions that you would like to ask us? – We will be using this section of the Bulletin to answer some of your frequently asked questions. Please get in touch, details below.

We hope that you have found this special online safety edition bulletin useful. **STAY SAFE.**