



E-Safety at Central Academy

Information for parents and carers

Contents

What do children do on the internet?	Page 3
Risk and Harm	Page 4
The 4 C's	Page 5
Social Media	Page 6
Cyber Bullying	Page 7
Sexting	Page 8
Downloading	Page 9
Grooming	Page 10
Location services	Page 11
Gaming	Page 12
What do we do at Northampton Academy?	Page 13
What can you do?	Page 14
Parental controls	Page 15
Resources	Page 16

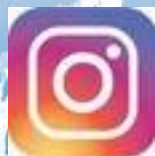
What do children do on the internet?

Children use the internet for many different reasons. It is becoming an integral part in our lives as we start to use the internet more and more for online shopping, banking and reading the news for example.

Your children have been brought up in a world where technology is second nature to them. Some can even use it better than us! So it is inevitable that they use the internet for other reasons than we are first aware of.

The list below shows some ways children use the internet and you will find more information about each of them in this booklet.

- Social networking
- Communication
- Entertainment
- Games
- Videos
- Live streaming
- Shopping
- Downloading content
- Research



Risk and Harm

The level of exposure to risk and likelihood of harm taking place depends on access to technologies, levels of education, age and maturity, levels of protective support from adults.

If we can talk to our children about risks online, and equip them with the knowledge of what to do and how to behave it will be far less likely that they will experience harm.

The 4 Cs

The risks of using the internet can be put into 4 categories:

Conduct

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet.

It is easy to feel anonymous online and it's important that children are aware of who is able to view and share the information they have posted.



Content

It is important for children to consider the reliability of online material and be aware that it may not be true.

There can also be legal consequences for uploading and downloading copyright and inappropriate material.



Contact

It is important for children to realise that new friends made online may not be who they say they are. Once someone is added, they may be able to see personal information so organising privacy settings is a necessary step to preventing this.

Commercialism

There are many adverts and pop ups which can appear on the internet which draw children into wanting to click on them. By doing this, potential viruses can be downloaded onto devices.

There are also many games at the moment with in-app purchases. Without setting appropriate permission, children can buy content for games.

Social Media

What do you need to know?

When content is uploaded onto social media, it can be copied, altered and reposted by anyone.

Children who create or post inappropriate, offensive or illegal content can get them into trouble with friends, family and even the police.

Top Tips:

Take a look at the safety features for different social networks here:

<https://www.saferinternet.org.uk/advice-centre/social-mediaguides>

Take a look at the **SMART** rules on page 7.

S SAFE

Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

M MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

A ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R RELIABLE

Someone online might lie about who they are and information on the internet may not be true. Always check information with other websites, books or someone who knows. If you like chatting online it's best to only chat to your real world friends and family.

T TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Cyber bullying

What do you need to know?

Cyberbullying is when someone uses technology to bully others. Cyberbullying includes sending nasty messages to each other, hacking into someone social media account and pretending to be them, uploading embarrassing photos of others.

Top Tips:

1. Don't deny access to technology. This can prevent your child speaking to you about cyberbullying.
2. Discuss cyberbullying with your child. What do they understand about cyberbullying?
3. Save the evidence. Save any messages they have received as this can be proof when reporting cyberbullying.
4. Don't reply. Most of the time the bully is looking for a reaction. Tell an adult instead.

thesharpssystem

Reporting

Students report any issues via their form tutors or Pastoral leaders

Sexting

What do you need to know?

The term sexting describes the use of technology to share intimate or sexual photos or videos.

If a young person under the age of 18 engages in sexting by creating a sexually explicit photo or video of themselves, they have by law created an indecent image of a child.

By sending this content onto another person, that person would then be in possession of an indecent image of a child.

Top Tips:

1. Discuss the pressures of sexting from their peers or partners.
2. Discuss the potential consequences.
3. Discuss having respect for yourself and others online.
4. 'Think before you post'.
5. Remind them of who they can talk to.

This website has links to many organisations who deal with issues such as sexting.

<https://www.childnet.com/young-people/secondary/need-help>



Childnet
International

Downloading

What do you need to know?

Music, film and TV are downloaded all of the time and it is important that your child does this legally.

Copyright laws apply to downloading content shared and streamed online.

If content is downloaded from an illegal site or copies are made and sold without permission from the owners then this is breaking the law.

Downloading illegal content can also cause risks of downloading viruses onto devices.

Top Tips:

1. Make sure you are aware of how your child accesses music and videos on their devices.
2. Speak about the moral issues - if they are downloading something for free when they know they should pay for it, is this right?
3. Use this website to check and use websites which are genuine.

<https://www.getitrightfromagenuinesite.org/>



Grooming

What do you need to know?

Online grooming is the process by which an adult with an inappropriate sexual interest in children approaches a child online with the intention of making a relationship with that child so as to be able to meet up with them in person and intentionally cause harm.

Top Tips:

1. Speak to your child about the differences between a friend online and a stranger online.
2. Watch out for any changes in your child behaviour. They may become secretive, receive unexplained gifts such as new mobile phones or jewellery. They may tell you they are meeting a friend in an unusual place.
3. Remind them about the dangers of sending personal information to strangers.



A National
Crime Agency
command

Reporting

If you are in any doubt or are concerned about your child being contacted by an adult online then you need to report it straight away.

Reports can

Location Services

What do you need to know?

Location services are used to indicate when a device is using its current location.

Apps will use a persons location for the following:

- When someone wants to check into a location on social media
- Log movements using apps like Google maps
- Provide users with relevant information on that area

There are risks with sharing locations as it can tell people, including strangers, where you are.

Top Tips:

1. On Apple and Android devices, you can manage settings to set your location to private.
2. You can manage how location information is shared and used through individual apps.



Gaming

What do you need to know?

Children have access to a variety of games on multiple devices whether it be on their phones or game consoles.

All games have age ratings so checking these to see which is appropriate is a good idea.

Many games have chat features so children can speak to not only their friends, but strangers online.

Cyberbullying can happen in games.

Lots of games offer in app purchases which without your permission, children can end up spending a lot of money on.

Top Tips:

1. Read reviews and be aware of the risks.
2. Establish realistic boundaries by letting your child know how long they can play games for.
3. Encourage safe choices. If your child is setting up an account for a game and needs a display picture, what should they choose? What information should they share?
4. Explore the reporting and blocking features of the game.
5. Take control of the in app purchases

What do we do @ Central?

- When inappropriate words are typed into the computers, these are flagged and notifications are sent to the CPO, technician and class teacher.
- Certain websites have been blocked such as social media.
- A reporting system is used for inappropriate content.
- E-safety is embedded in the curriculum.
 - **Year 7:** cyberbullying, grooming, personal data
 - **Year 8:** sexting, cyberbullying, big data
 - **Year 9:** digital footprints, cyberbullying, ethical use of computers
 - **Year 10 and 11:** ethics, the environment and legal use of computer systems
- Safer Internet Day every February
 - Assembly for each year group
 - PSHE lesson with a focus on e-safety
- Visits from outside providers such as the police.

What can you do?

- Understand what your child uses their devices for.
- Keep up to date with services children are using.
- Set restrictions.
- Ensure social media accounts are set to private.
- Discuss with your child the difference between social media and real life.
- Set screen time allowance.

Here is a useful link to using different technologies.

<https://www.saferinternet.org.uk/advice-centre/parents-andcarers/parents-guide-technology>

Parental controls

Many websites have information on setting parental controls. Safer internet has documents which walk you through setting restrictions on different devices such as tablets and phones.

<https://www.saferinternet.org.uk/advice-centre/parents-andcarers/parents-guide-technology/tablets>