Hutton All Saints'

E-Safety in School and at Home

What is E-Safety?

In school we try to encourage pupils to be safe when using the internet and other communication devices, e.g. mobile phones and games consoles. E-Safety highlights the need to educate children about the benefits and risks of using new technology. Through E-Safety lessons we aim to make children more aware of how to stay safe, enabling them to control their online experiences.

Why is it important?

The internet can be a very beneficial learning tool when used sensibly. It is therefore important to educate children on how to stay safe in the virtual world, just as we educate them on how to stay safe in the real world. This way, children can reap the rewards of the internet while still understanding how to avoid the dangers, or understand fully what to do if they find themselves in a situation with which they are uncomfortable.

Adults – what can you do?

Following these simple steps can help to keep your child safe when they are using the internet or an electronic device at home:

- ✓ Always ensure that any internet browsing is done in a public place – e.g. the sitting room or kitchen. This way you can easily monitor the sites your children are using.
- ✓ Familiarise yourself with parental control software. Downloading a parental control program can prevent children from accessing inappropriate content. Free programs can be downloaded from http://www.pcadvisor.co.uk/features/security/3286114/the-five-best-free-parental-control-programs/
- ✓ Show an interest in the things that your children do online – ask them to talk you through the website they are using, show you what their latest app does, or how to play their favourite games. Not only does this help you to learn, but you can assess their activity in a non-confrontational way. Children will also feel more able to come and talk to you about anything that is making them feel uncomfortable if this channel of communication is already open.
- ✓ Set appropriate time limits for internet usage – everything is good, in moderation!

Children – what can you do?

Remember the key steps we have learnt in school to keep yourself safe online:

- ✓ Think **Then** Click – always think about what you are about to look at before opening it. Sometimes we see things we're not supposed to – if this happens, always tell an adult.
- ✓ Use your computer in a place where your parents can see what you're doing. This means they'll always be there to help you. (Remember, if you don't want your parents to see what you're doing, you probably shouldn't be doing it.)
- ✓ Show your parents what you're doing – you never know, they could learn something new!
- ✓ Be **SMART**

Important things for everyone to remember

The internet is a wonderful tool which allows us to communicate with people all over the world. However, we must all be cautious! Remember these top tips:

- ✓ If you are using a social networking site (parents, please note the legal age limit for most social networking sites is 13) you should not post any pictures of children in school uniforms. This puts them in danger of being targeted by strangers who can identify the school they attend.
- ✓ Even if your profile is private, there is a chance that the information on there can fall into the wrong hands. Once a picture or piece of text is on the internet, it is virtually impossible to completely remove it. Keep yourself and others safe!
- ✓ Never give your address or telephone number out over the internet.
- ✓ Cyberbullying is a serious offence, and children are criminally responsible from the age of 10. It is extremely important that you think carefully about what you write, whether it's on a website or in an email. If you are worried about cyberbullying, keep a record of all the things that have happened. Most importantly, talk to someone you trust – they can help you to sort it out.