



# COVID-19 E-Safety Newsletter June 2020

Dear parents,

The internet has revolutionised and has incredibly changed how we communicate and socialise with people 24 hours a day, 7 days a week. With access at our fingertips, it can be even more challenging to keep children and young people safe online, especially when they have their own computers, laptops, smartphones/mobile phones, tablets and games consoles.



As a parent, carer or a professional, it is important to educate yourself, children and young people that as well as the endless opportunities available through the internet and technology, there are also associated risks to be aware of.

In recent weeks, we have seen a rise in the number of issues that have arisen from children in school using the internet at home, often for extended periods of time. If you haven't already, please monitor what your child is doing online.

## **Potential online risks can include:**

- Access and exposure to inappropriate /disturbing images and content
- Access and exposure to racist or hate material
- Sexual grooming, luring, abuse and exploitation by/with strangers
- Sharing personal information with strangers that could identify and locate a child offline
- Online bullying (cyber bullying) by peer and people they consider their 'friends'
- Being encouraged take part in violent behaviour
- Sending or receiving sexually explicit films, images or messages of themselves or others
- Glorifying activities such as drug taking or excessive drinking



- Physical harm to young people in making video content, such as enacting and imitating stunts and risk taking activities
- Leaving and running away from home as a result of contacts made online

## **Keeping your child safe**

There are several ways to help keep child and young people safe online:

- Educate yourself and children and young people know about the dangers online
- Tell them what they should do if anything goes wrong online or upsets them i.e. tell someone about it
- Explain that anything shared online or by mobile phone could end up being seen by anyone
- Ensure computers and laptops are used where you can see and not out of sight in a bedroom
- Use parental settings, filtering software and privacy setting to block inappropriate sites and content
- Set clear amounts of time for screen use

It is important to know the age restrictions of certain apps and the features that each app has. For example, many of these apps have a chat room option which can be misused if not closely monitored.

# Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



Sourced from NSPCC website October 2019



## Parents guides:

Instagram <https://nationalonlinesafety.com/guides/instagram-parent-s-guide>

Facebook Messenger <https://nationalonlinesafety.com/guides/facebook-messenger>

Netflix <https://nationalonlinesafety.com/guides/netflix-guide>

Zoom <https://nationalonlinesafety.com/guides/zoom>

Tiktok <https://nationalonlinesafety.com/guides/what-parents-need-to-know-about-tiktok>

Fortnite <https://nationalonlinesafety.com/guides/fortnite-battle-royale-online-safety-guide>

Roblox <https://nationalonlinesafety.com/guides/roblox-parent-s-guide>

Online Safety <https://nationalonlinesafety.com/guides/what-school-staff-need-to-know-about-cyberbullying>



## **Useful sites for further information and advice:**

National Online Safety <https://nationalonlinesafety.com/guides>

NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety>

**CEOP - Child Exploitation and Online Protection Centre**: Organisation that works to stop child abuse on the internet.

**Childnet**: Information on benefits, risks and safety on the internet.

**Which?**: Information and advice on child internet safety.



In school, we begin each computing lesson with an element of E-Safety. We discuss with the children what to do if they find themselves in a situation that they are not comfortable with and how we can stay safe online.

If you have any questions regarding online safety, then please do not hesitate to contact us.