

## Useful Websites

### Further advice

[www.getsafeonline.org](http://www.getsafeonline.org)

[www.childnet.com](http://www.childnet.com)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.swgfl.org.uk](http://www.swgfl.org.uk)

### Reporting problems online

[www.ceop.police.uk](http://www.ceop.police.uk)

[www.iwf.org.uk](http://www.iwf.org.uk)

[www.report-it.org.uk](http://www.report-it.org.uk)



ELTHAM COLLEGE  
JUNIOR SCHOOL

# Child Safety Online



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Information taken from various sources including  
Childnet International and Get Safe Online.

At Eltham College Junior School we understand the  
importance of helping to keep our students safe online.  
As they grow up in an ever-changing digital world, it is our duty  
as adults to educate and protect them in their online lives.

Last reviewed: August 2021

## Why is it important to help your child stay safe online?

### Growing up in a digital world

Children are full of natural curiosity, which is not a bad thing at all. It does, however, mean that they are at risk when using the internet. Being able to keep up with your children's use of technology is a challenge but they still need advice and protection when managing their lives online.

Children are more innocent and usually more trusting than adults, which means that they are less prepared to handle problems that they may come across on the internet.

The internet is a brilliant resource for learning, communicating and entertainment but it is also largely unregulated. Therefore, it is used by people with bad intentions as well.

As adults, we must understand how to keep our children safe online. This doesn't just involve parental controls and specialist software. We must be engaging in conversations with our children from an early age, in school and at home, about their experiences online. A good place to start is by discussing Childnet's five key SMART rules.

Once content is uploaded onto a website, it could potentially stay online forever. Regardless of whether the owner takes down the content, anyone who had access to that content could have copied it for themselves, kept it for their own records or distributed it further. It is very difficult to 'take back' things that may be regretted later.

Posting or chatting about personal details might enable someone to identify and contact your child online or in person. There is also the more likely risk of cyberbullying with young people intentionally harming another person online.

It is as important to talk to your child about their social networking life online as it is to discuss their social life offline. Try to keep the conversations positive.

Topics to discuss:

- Geolocation: who are they sharing their location with?
- Photos: what impact will these have on their own reputation and the emotion of others?
- How to block contacts and report problems.

### Why children use social media:

- Self-esteem
- Expression
- Popularity
- Entertainment
- Belonging
- Confidence

## Social Networking

Most sites stipulate a **minimum user age of 13**, although some interactive sites are designed specifically for younger children.

Social networking is hugely popular. Many children are sophisticated in the way they use social media apps and websites. They can access these from a range of devices including smartphones, tablets and games consoles.

Here are an example of some of the social networking sites they may be accessing:

- Facebook
- Snapchat
- Twitter
- Pinterest
- Instagram

## Your child's digital footprint

A digital footprint is the information about a particular person that exists on the internet as a result of their online activity. Many things can contribute to your child's digital footprint including what they post and who they interact with.

Children can sometimes believe that social networking sites are a private space for them and it can be difficult for them to realise that actually what they are posting online may be public and can be spread very quickly, and to a large audience. Therefore you need to remind your child that they need to be careful about what they are posting online and who can see it.

**Be smart on the internet**

Childnet International  
www.childnet.com

**S SAFE** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

**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.

**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** Information you find on the internet may not be true, or someone online may be lying about who they are.

**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.  
You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**THINK U KNOW**

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

KidSMART  
Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

## How does Eltham College Junior School support students with their lives online?

### Learning:

- Each year group carries out an e-safety project in IT, which involves them exploring the 'SMART' initiative through discussions, quizzes, video clips and role play. Students then share their learning in the form of posters, presentations and videos.
- When working online in IT, as well as other areas of the curriculum, students are reminded about how to work responsibly and they are asked to tell an adult if they come across content that they are uncomfortable with.
- We encourage students to have a 'no blame' culture. It is not often their fault if they have a problem online but it is incredibly important to speak to an adult about it.
- Cyberbullying is discussed in IT and PSHE lessons and students are encouraged to speak to an adult, who they trust, if they feel they are experiencing similar problems.

### Content

Some online content is not suitable for children and may be hurtful or harmful. Children must understand that it is their responsibility not to create or post inappropriate content online. It is also important for children to consider the reliability of online material.

### Contact

It is easy for children to become friends with people online but they must understand that these people may not be who they say they are. Also, once a friend is added to an online account, they may have access to their personal information. Encourage your children to regularly review friends lists and to remove unwanted contacts. To protect your child, help them to adjust the privacy settings on these websites, services and apps.

### Commercialism

When using the internet, children can be affected by advertising and marketing schemes, which could lead to them spending money online. Try to turn off in-app purchasing on devices, where possible, and encourage your children to use a family email address when filling in forms online. Teach your children about scams that may seek to gain access to their accounts and advise them to be wary of following links or opening attachments in emails.

## Potential Online Risks

These risks will vary depending on the age of your child as well as their online activities.

### Conduct

It is easy to feel anonymous online therefore it is important for children to understand who is able to view, and potentially share, the information that they have posted.

They must question:

- How their online activity impacts themselves and others.
- The digital footprint that they are creating on the internet.
- Whether they are keeping their personal information safe.
- If they are being respectful and responsible when communicating with others online.
- How they are dealing with inappropriate conversations or material that they may come across.

### Support:

- The IT team work hard to ensure that controls are in place to protect students from inappropriate online data.
- Form Tutors provide their students with a high level of pastoral care and this includes having conversations with them about their lives online.
- All members of staff at Eltham College work hard to build up a trusting relationship with their students. We believe this helps them to feel able to share their worries and concerns about their lives online.
- If they are unable to verbalise their concerns, each class also has a 'worry monster' in which students can post notes for the teacher to read and follow up.

## How can you support your child online?

### Ideas for you to try at home:

- Encourage your child to talk to you about their internet use.
  - Who are they talking to?
  - What services are they using?
  - Have they experienced any issues?
- Create a family agreement to help children to understand your expectations and boundaries when on the internet.
- Design a strategy with your child to help them deal with any online content that they are uncomfortable with. For example:
  - Turning off the screen.
  - Tell an adult that they trust.
  - Use online reporting facilities.
- Encourage your child to think carefully before posting online.
- Familiarise yourself with the privacy settings and reporting features available on popular sites, services and apps.
- If your child is being bullied online, save all available evidence and know where to report the incident.
- Familiarise yourself with the age ratings for games and apps. Is your child playing on games containing unsuitable content?
- Set up a family email address that your children can use when signing up to new games and websites online.
- Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.
- Teach children that it is not good practice to write down passwords.
- Use filtering software.
- Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others.