

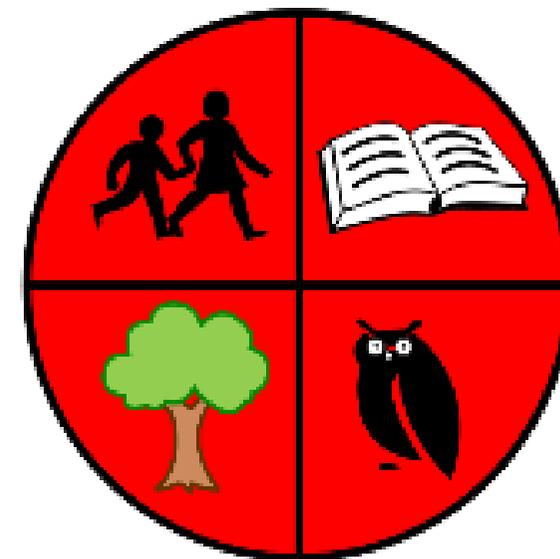
## E-safety links

- The Richard Heathcote CP School E-safety policy (available on the school website)
- [thinkuknow.co.uk](http://thinkuknow.co.uk)
- [safetynetkids.org.uk](http://safetynetkids.org.uk)
- [getsafeonline.org](http://getsafeonline.org)
- [ceop.police.uk](http://ceop.police.uk)
- [childnet.com](http://childnet.com)

## Online Safety at The Richard Heathcote CP School

With a whole world at their fingertips, technology seems an amazing tool for children, but it can also introduce them to an unrestricted environment where they can be exposed to inappropriate images, content and communication.

This leaflet offers tips on the ways in which you can help to keep your child safe online, as well as some websites for you and your child to potentially look at together to discuss e safety.



## Promoting Online Safety for Pupils at The Richard Heathcote CP School

Everyone's responsibility

A Guide for Parents and Carers

## Mobile Phones

If your child has a mobile phone:

- Make sure they understand that they should only give their number to people that they know and trust. You should always know who the person is and how your child knows them.
- Make sure security and parental controls are set when accessing the internet and downloading apps.
- Most devices are able to show the users location through GPS tracking - this can be switched off in settings.
- All popular forms of social media are age restricted to join and use.

**13 years** for Facebook, Instagram, Twitter, Tik Tok and Snapchat.  
**16 years** for Whatsapp.  
**18 years** for YouTube (13 years with parental permission).

- Apps are easy to download, with lots being free. However, they have an age rating, just like computer games and can also enable children to play against strangers online, so monitor all app purchases.

## Gaming

If your child has access to a games console:

- Consoles have privacy settings and parental controls controlling what your child can view and who they can play against online. Make sure that they are set correctly to keep your child safe.
- If they do play online (with friends only), talk to your child about the importance of recognising the signs of online bullying and ensure that they feel able to tell you if they are concerned.
- All games have an age restriction, just like films, so check that any games your child may have access to are age appropriate.
- Set clear restrictions to the amount of time your child spends playing games.

## Social Media

- As previously mentioned, the **legal age for most sites is 13**.
- However, if you have allowed your child to access sites such as Facebook, Instagram, Twitter, Tik Tok and Snapchat etc., be aware of who they are talking to and monitor chats regularly.
- Make sure that they understand the dangers of posting photos and videos online and ensure that the privacy settings are set correctly to ensure that only friends can see the content.
- Ensure that your child knows what to do if they feel upset or unsure about anything they have seen or done online.

## Browsing the web

The world wide web is a valuable tool which can open up a whole world of information and knowledge. However, you can help your child to stay safe online:

- Your child will have been advised at school what to do if inappropriate images or content is displayed when browsing - minimise the screen (do not delete it as you will not be able to report it) and tell an adult straight away.
- Safe search sites allow your child to search the internet safely and aim to block inappropriate content. (see useful websites on this leaflet)
- YouTube contains many educational videos, but once again, there are also those which are not suitable for children. This could be a website that you access together.