Keeping your child safe online at home

A parents' guide 2025

Tell a grown up before going online

Always be aware

Let a grown-up know if you are worried

Keep information and pictures private

TALK

This leaflet is based on our e-safety topics this year.

Throughout the year we will discuss a range of strategies on how to keep ourselves safe when using devices and playing online. Each term has a particular focus, in line with recent events or what we, as a staff, feel children need guidance on in our ever-changing world.

Beka Andrews

At school we believe that IT should be used as a means of enhancing learning and engaging pupils. IT is not a subject within its own right; rather skills that are taught and then used across the entire curriculum. The aim is to equip children for living in the 21st century; this is realised when the learning environment is resourced with up-to-date technologies and staff have the knowledge and skills to use these effectively to move learning forward.

Online Safety

Within school, pupils are taught about how to stay safe in our modern digital world. The person responsible for Online Safety in school is **Sarah Willes (Headteacher).** If you have any concerns about online safety please contact any member of staff.

Below you will find a range of useful Parent Guides to help you keep your child safe while online.

The CEOP website contains some really important information for parents and the Childnet site gives helpful guidance on social networking for parents.

The SaferInternet site also provides advice on setting up parental controls on your home computer.

The Click Clever, Click Safe site has lots of useful information about Cyberbullying.

As parents you can help by:

- Having open discussions about your expectations and how to stay safe online

- Play with your child and access the devices together so you can understand what they are doing

- Closely monitoring the sites your children are accessing

- Limiting the amount of time your allow your child to spend online or using gaming devices

- Discouraging the use of social network sites such as Tik Tok, Instagram, Facebook and Snapchat - however, if your child does use social media remind them to only communicate with friends and family (people they know and trust in the real world), and also to ensure that their privacy settings are set high and to make them aware of how to report an incident if they feel uncomfortable.

- Ensuring they do not give out any personal details to people they meet online including on games consoles such as Xbox and PS3.

- Take notice of PEGI ratings – age rating is there for a reason and could mean that your child is being exposed to inappropriate materials if you do not abide by them.

- Check your child's devices daily to see what they have accessed and who they have connected with

Online and Offline still upsets the same

As a school, we have been thinking all year about our emotional well-being, mindfulness and relationships. This year our e-safety week has been focused around 'Friendships Online'. We want children to think about how they talk to friends online, and how to respond when we are upset.

Our key points discussed in school were:

- Always be <u>kind</u> and <u>respectful</u> to others online – it makes the internet fun and safe for everyone.

- Make safe choices - keep personal information like name or school private and never agree to meet up with someone you only know online.

- It's okay to say no to people online – you are in control. If someone says or does something that makes you feel uncomfortable, you never have to do something just because an online friend has told you to

- Always tell an adult if anyone or anything online makes you worried, upset or uncomfortable.
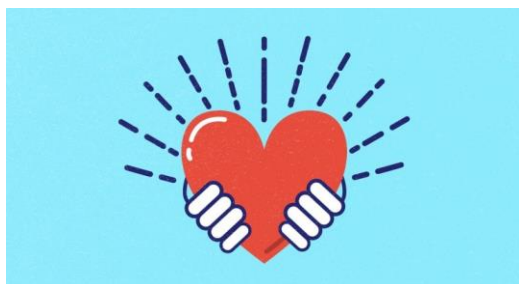
Would you be mean to someone on the playground? Why would you do it online?

Please talk to your child at home to support them be 'kind online'.

Screen time: when is it time to switch off?

Electronic devices are becoming a large part of everyday life and we cannot expect our children to 'switch-off' entirely. We need to equip them with skills and strategies to help them manage their screen time and know when it is time to take a break.

In Summer term, we discussed the usefulness of screen time (learning new skills, keeping in touch and developing good hand-eye coordination). We also discussed why TOO MUCH can be harmful to us, and how to recognise the signs that it's time to switch-off. Why too much can be harmful:

- Can get cross or sad

- Not spend time outside

- Not spend time with family

- Hurt your eyes and hands

- Can stop you from sleeping

- Can make you more forgetful, damage your brain

Our advice: Be like Goldilocks: not too little, not too much, just the right amount

Name	Recommended age?	Safety tips	Potential dangers
YouTube	13+	'Restricted Mode' helps filter-out most explicit and adult content. It also screens out comments on all videos your child watches. You will need to 'switch on' restricted mode on each device and browser you use. Try using 'KidsTube' instead of YouTube. It is an app specifically designed for kids, makes it easier for children and parents to find content they are interested in. The child-friendly video sharing app is free to download for Android and iOS.	Inappropriate content (graphic, swearing in comments and in videos) Immediate video starting automatically after several seconds – the content might not be appropriate.
Tik Tok	13+	Change the "Allow others to find me" toggle so your child's account cannot be searched for Toggle the switch for "Private Account." You can also select who can send you comments and direct messages, and who can do a duet with you. Privacy & Safety > disable Allow Download to stop others downloading videos. Use "Friends" setting to completely limit contact with strangers.	By default, TikTok creates a public profile so anyone on TikTok can watch your videos as well as download and comment on them. 'Challenges' that are inappropriate for young children Audio tracks with explicit lyrics Videos with adult content.

Netflix		Set up a 'Kids' profile – this will filter out non-appropriate content Switch on Parental controls (Log in > Account > Settings > Parental Controls > Create a PIN.) Children cannot access content without a PIN. Block particular shows Manage Profiles" > Change the "Kids" profile to "Adult" > unclick the "Kids" profile > Enter the "Kids" profile and move to the offending show by clicking the "Thumbs Down" icon.	Inappropriate content/age-related shows Immediate video starting automatically after 5 seconds on the next episode.
Name	Recommended age?	Safety tips	Potential dangers
Roblox	7+	'Age Visibility' tool to determine settings for age appropriate content. Parental pin (disable chat) Enter the correct date of birth for your child's account. This will trigger the appropriate safe-chat with a higher level of filtering. Use separate parent login so you can check up on your child's interactions. Ensure password protecting credit cards on your systems, so no unanticipated purchases are made.	A lot of content is filtered, but there are some horror and mild violence (weapons) and scenes which younger children may find frightening. Children are incentivised to make purchases in the game with real money. Befriending strangers

Name	Recommended age?	Safety tips	Potential dangers
Fortnite	12+	On console directly (to disable chat, purchasing etc). Make sure to block any players that are making your child uncomfortable by clicking on "Report Player" Ensure password protecting credit cards on your systems, so no unanticipated purchases are made.	Violence (weapons) Short matches and accessible gameplay make the game addictive. Text chat cannot be turned off - talking to strangers and bad language Children can make purchases in the game with real money which appear as 'VBucks'
Apex	16+	Control the sort of interactions your child can have with other players online in these settings. Ensure password protecting credit cards on your systems, so no unanticipated purchases are made. Set up your console or PC to limit access to older PEGI rating games.	Blood and graphic images Playing with friends means if you leave during the game, you let your team down; making it addictive. Violence (shooting) In game purchases range from £7.99 to £79.99.
Minecraft	7+ 12 + for Story Mode	Mute, block, or report players in-game from inside the game's pause menu. Set multiplayer permissions for worlds. Toggle off will prevent online play on private worlds. Swear words are automatically filtered out in chats.	Mild violence Getting invites from strangers Talking to strangers

Call of Duty	18+	Disable gore and adult language – Menu > Options > Content Filter > Set Graphic Content to Off. Manually turn off voice communication in settings of PS4, Xbox, PC battle.net Ensure password protecting credit cards on your systems, so no unanticipated purchases are made.	Specifically targeted at mature audiences with age-related content. Extreme violence, battlefield injuries and strong language Voice chat automatically connects to other players unless specifically turned off. Children are incentivised to make purchases in the game with real money.
Name	Recommended age?	Safety tips	Potential dangers
iPads/tablets		Limit screentime using settings in iPad/tablet Settings > screentime > add limit To limit time on the device. There are also apps such as 'Stay Focused' which can switch off access to apps during set times or will require a password to gain access. Stay around your child while they are on the device to monitor content and talk to them about what they are accessing.	Accessing inappropriate content, talking with people they do not know. Addictive usage of screentime.

Reasons to use Purple Mash?

- It's __safe__
- It's free
- It encourages learning across the curriculum
- It's engaging and perfect for a technology-driven generation
- It's fun!

"I love the writing and maths on it."

"There's lots of fun games to play."

ASK YOUR CLASS TEACHER FOR YOUR CHILD'S LOGIN!

"The drawing and colouring is really fun."

Useful links for parents

https://www.net-aware.org.uk/

https://www.saferinternet.org.uk/

https://www.safe4me.co.uk/

https://www.internetmatters.org/

https://www.childnet.com/resources/smartie-the-penguin

https://www.thinkuknow.co.uk/5_7/

https://www.guidingtech.com/