



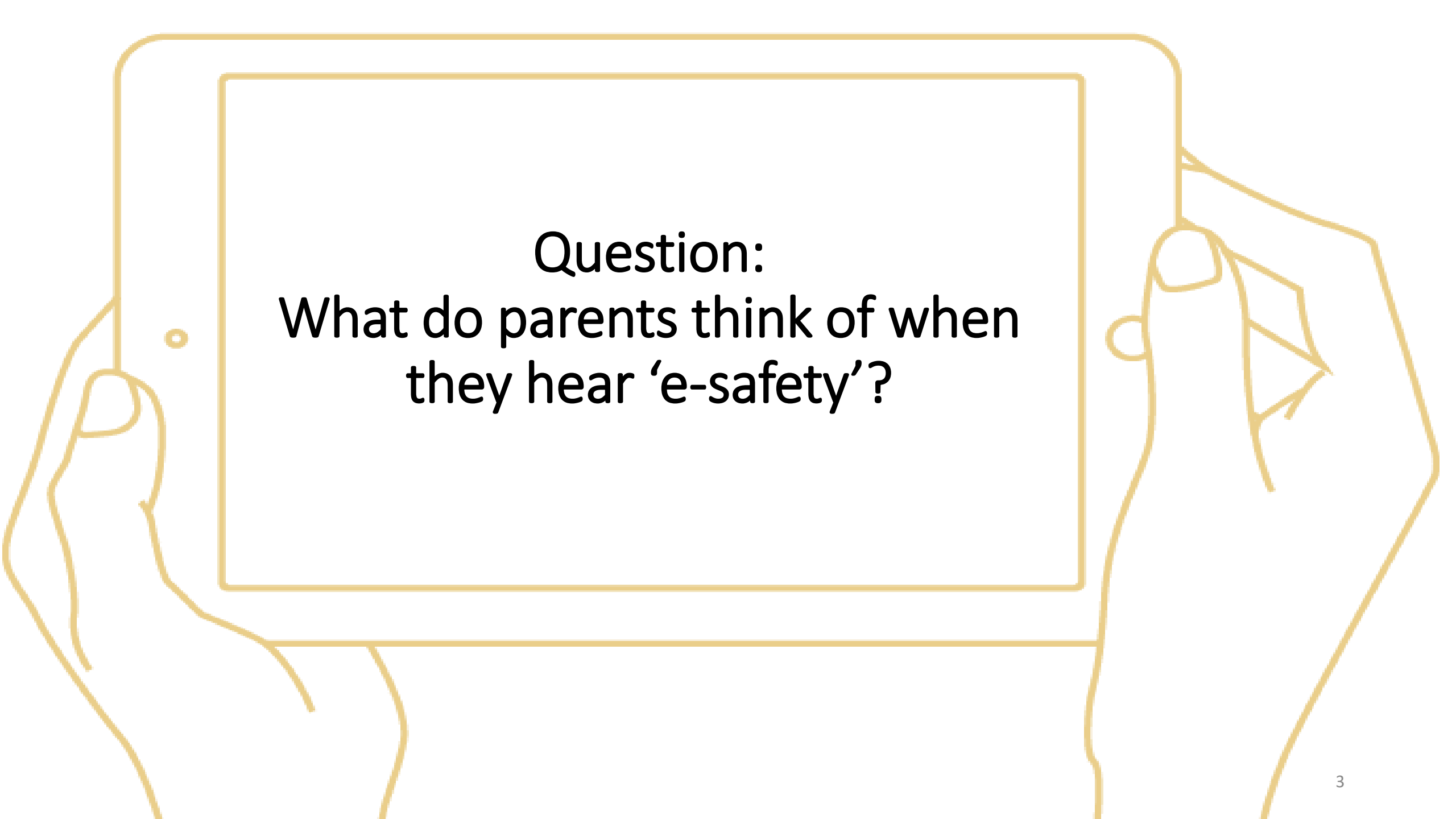
E Safety

A Resource for Parents and Carers at Strathmore
School

June 2020

Hopes for this Resource

- Parents will feel more informed and aware of the benefits and risks of their child using an internet connected device
- Parents will feel confident that their child is safer using devices following the set up of parental controls and security settings
- Parents will know where to go for further support if needed



Question:
What do parents think of when
they hear 'e-safety'?

What is E Safety?

- Staying safe online and using devices that can access the internet or can be used to communicate with others electronically
- An essential part of safety and safeguarding in 2020
- Especially important following covid-19 as more children and young people are routinely using devices and applications
- Not as scary or difficult as you might think!

Who is E Safety Important for?

- Children & young people
- Parents & Carers
- Staff supporting pupils and families

SEND and vulnerability

- Understanding:
Strathmore pupils have severe learning difficulties and this can make them more vulnerable. They may see things that they don't realise are harmful or dangerous.
- Trusting:
Children and Young People (especially with Autism Spectrum Disorder) may not understand that not everyone is their friend and may take things at face value. They could be more at risk of people online who mean them harm without realising it.

SEND and vulnerability

- Asking for help:

Children and Young People with communication difficulties may not be able to express that something they have seen has upset them and may find it difficult to get help from the adults around them.

- Desire for independence and 'fitting in':

Some of our pupils may see their siblings, relatives, or even TV characters behaving a certain way and may want to mirror this without understanding why rules are different for them even though they are in place to keep them safe.

Activity

Think about the following:

1. How do you keep your child safe at home and in the community?
2. What physical electronic devices does your child use that can be used to access the internet / electronically communicate?
3. What apps and programmes are your children and young people using?

Hardware

What devices do our children and young people use?

- iPads
- mobile phones
- iPods
- other tablet devices
- computers & laptops
- TVs
- game consoles

What do they use it for?

Software

What do our young people use?

- Youtube
- Video Conferencing (Skype, Zoom)
- social media
- Google image search
- games (Minecraft, Fortnite, Roblox)

What do they use it for?



Software

<https://www.net-aware.org.uk/networks/?page=5>

This website gives lots of information about all of the different programmes and apps your child or young person may be using.

Benefits of the internet and internet connected devices for our young people

- Communication
Speaking to friends or family, or even using their iPad as their primary communication device if they are non-verbal.
- Fine motor skills
Playing games and help them build up the strength in their fingers and hands that can later be useful for typing or other fiddly skills in the future.
- Entertainment
Our children and young people want to relax and have fun and in today's world this includes iPads / phones or other devices for most of the population. Whether it's listening to music, watching television shows, or playing games: the internet and internet connected devices offer a variety of entertainment.

Benefits of the internet and internet connected devices for our young people

- Independence

For some of our young people, being able to type or use their device as a communication aid means that they can be more independent in day to day life. They can ask for help and tell people what they want.

- Research & Learning

For most children and young people, especially since lockdown, electronic devices have played a huge role in their learning. This could be watching videos created by the school, accessing specific programmes or games, or even looking up activities, recipes, or stories for themselves.

Main areas of risk

- 1.Content
- 2.Contact
- 3.Conduct

Content

- Inappropriate content:
Things that are inappropriate for their age and understanding. E.g. music or videos that include swearing
- Dangerous content:
Explicit images (pornography), violent content.
- Disguised content:
Just because the still image of the video looks like Peppa Pig doesn't mean that it is.

Content

Remind your child or young person:

Some things are public and some things are private. If something is private, we do not share pictures or talk about it online, the same way we wouldn't talk about it on the street or on the bus.

Some things are kind and some things are unkind. When we see someone get hurt in real life it can make us upset. When we see something online where someone gets hurt it is okay to feel upset too.

If you see something that you think should be private or that makes you upset, show an adult and ask for help.

Content Permanence

- Once it is on the internet you cannot get it back- including snapchat.
- Downloads: check what they already have access to as setting up parental controls now won't remove content already saved.

Contact

Who can your child interact with on an internet connected device?

- Close family
- Cousins who live abroad
- Friends who they want to have a play date with
- Their teacher
- Someone who works in a café they went to once
- Someone they have never met and who means them no harm
- Someone they have never met and who does mean them harm

Contact

It is essential that you know who your child is communicating with online. You wouldn't let them leave the house to play with a stranger you had never met or heard of, so do not let them play with someone online that they and you do not know.

We teach our children that hugs are only for special people in our lives and that we do not talk to strangers unless we are sure they are a safe adult (e.g. a police officer or a doctor). The same rule applies to who they are talking to online.

You and your child / young person could make a list of people that it is okay to talk to and check it regularly. Using visuals or a checklist may help your child to be more independent in keeping themselves safe online.

Bullying

This may be less of a risk for our pupils but we do need to be aware that it still happens especially if our young people are less socially and emotionally aware of each other's feelings.

Remind your child / young person:

Just as in real life, when online we use kind words and kind hands. We take turns and do good waiting.

Bullying

Cyberbullying is not okay and is a form of abuse.

If you have any concerns that your child may be a victim of or may be bullying others online, you can seek free guidance and support from the NSPCC:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

Safe contact

- Privacy settings on apps

Use Net-Aware to put the privacy settings on your child's device or apps: <https://www.net-aware.org.uk/tips-and-advice/>. This will reduce some of the harmful content, or strangers reaching them.

- Supervision and monitoring

The best way to keep your child safe online is to allow them to use their devices in the room with you or an adult. Encourage your child to share their device with you and be open about what they are doing on it (do not demand that they show you, this could scare them and stop them for asking for help in the future)

- Being aware of which apps and sites have a communication / messenger feature

Conduct

- Does your young people understand what behaviour is okay and not okay?
- The same way we teach them in reality about acceptable and unacceptable behaviour we need to do the same with what they do online.
- If a child shows behaviour that we respond to with 'private' we need to teach them that using internet connected devices are not part of 'private' time.

Supporting Positive Conduct

- Encourage positive use
- Use in the same room as family members
- Use 'social stories' about safe internet use
- Enforce sanctions
- Set up parental controls
- Supervision!

Parental controls

You can include parental controls in your house in three ways:

- **Wi-Fi & Data** – speak to your phone network or Wifi provider about setting high security settings to keep your child safe. Many providers are very happy to help with this, especially if you tell them that your child has learning disabilities which makes them more vulnerable.
- **Devices** – have a look at the settings on your device. This includes location services and screen time limits
- **Supervision** – give your child boundaries as to when they can and cannot use their device and stick to this. Ensure you or another adult is with your child while they use their device

Parental Controls

<https://www.internetmatters.org/parental-controls>

Internet Matters is a free website that shows you step by step how to put parental safety controls onto your child's device. It covers many different makes and models as well as network and Wi-Fi providers.

If this is still difficult, ask for help. Contact your child's school, your social worker, or even a friend or relative who is a bit more tech-savvy.

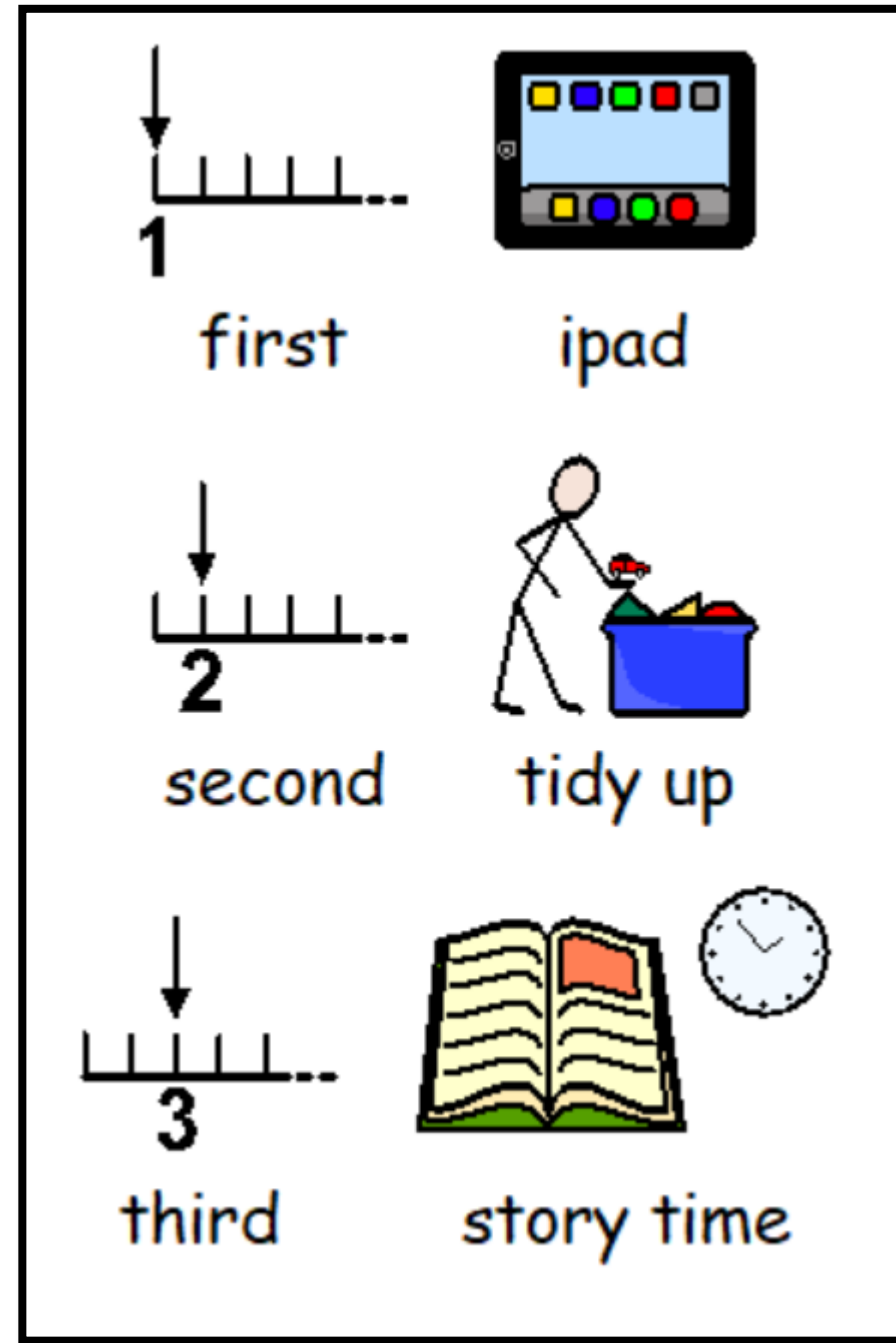
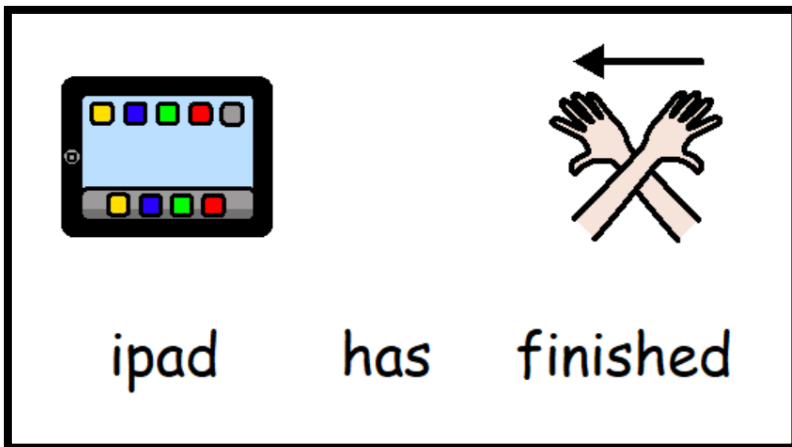
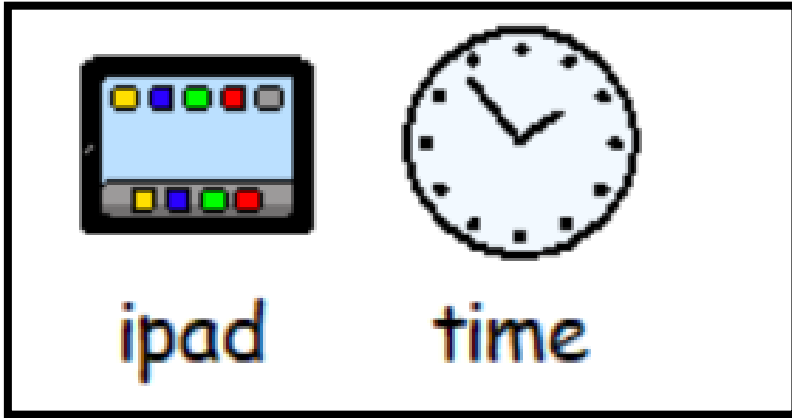
What we do at school

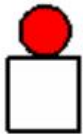
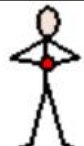

- **Supervision** - Pupils are always closely supervised when using devices
- **Firewall & Blocked certain sites** - Harmful content and websites cannot be accessed within our network
- **Internet Awareness** - Strathmore participates in Internet Awareness Week and staff are regularly updated about how to keep pupils safe and we try to share this with parents too.
- **PSE Lessons & social stories** - As part of their learning, pupils will be supported to understand how we do and do not use devices.

What else can you do?

- Sign up to mailing lists that give you up to date information
- E-safety online training from [NSPCC](#)
- Talk to your child / young person
- Regularly check devices and device settings

Use of Visuals



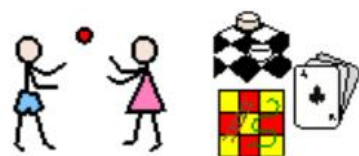
   
on my ipad I can:



take pictures



watch YouTube



Play games

   
on my phone I can:



take pictures



call



Mum



call



Dad



play



games

Use of Visuals

- If you need visuals to support your child with their e-safety, you can contact their teacher or social worker who may be able to help.

Talking to your YP about being safe

- Be concise – don't overwhelm them with information: just tell them what they need to know
- Clear – have clear and firm boundaries and rules
- Social stories & use of visuals
- Agreement – try to get them to agree to the rules as this will make it easier to stick to them

Sources of Support

- <https://www.nspcc.org.uk/>
- <https://www.net-aware.org.uk/>
- <https://www.saferinternet.org.uk/>
- <https://www.childnet.com/>
- School
- Family support team / social worker