

# **Balcarras School**

## **Internet Safety for parents**

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**Dear Parent,**

**This is intended to be a starting point for internet safety at home. We cannot cover all of the safety issues that might arise in just one booklet, but these are some pointers for what Balcarras School recommends for parents.**

*N. A. Baxter*

### Did you know?

You can view the internet on:

- A laptop
- A mobile phone
- A tablet/ iPad
- A games console



### Parental Tip

Be aware of which devices in your home can access the internet.



You can see what users have been looking at recently by looking at the tool bar at the bottom of the screen. This shows all of the websites currently open. By clicking on one, that website comes into view ***(or hides away when you don't want parents to see what website you have been looking at!)***

Maths Homework

E-mailing Granny

Map for Geography

Unsafe website?

### Parental Tip

Be aware of which websites your children are accessing.

## Where do You Place the Computer at Home?

Having the computer in a shared room, such as the living room or dining room, promotes the idea that the computer is for ideas with which everyone is comfortable. It makes monitoring its use far easier. Having the computer in a pupil's bedroom can encourage it to be used inappropriately.



### Parental Tip

Insist that all computers, tablets and smartphones are used in shared family areas and monitor their use.

## Take Care What You Put Out There

There have been lots of cases in the media recently about information posted on the internet which the individual has later regretted. An example of this was when the UK's first youth police commissioner was forced to quit her job.

### Kent Youth PCC Resigns After Twitter Row

The UK's first youth police and crime commissioner, Paris Brown, has resigned from her post following criticism of messages she posted on Twitter. Some of the messages were posted when she was **only 14 years old** – three years **before** she was even given the job.



"Everyone on Made In Chelsea looks like a f\*\*\*\*\* fag"

"I don't condone violence but I'm so pleased that my brother thumped the fat little s\*\*\* that gave his friend a black eye"

"I really wanna make a batch of hash brownies"

"F\*\*\*\*\* hell why are the people from Direct Pizza so difficult to talk too!! IT IS CALLED ENGLISH. LEARN IT."

### **Don't post images of yourself you might later regret.**

It has become a fashion recently for youngsters to post photographs of themselves on websites like Instagram, Facebook, Snapchat etc. Some youngsters are even encouraged to take compromising photos of themselves by predators on the internet, often pretending to be someone that they are not. Once the photos are out there, it can be almost impossible to delete them, as they can get copied by other users.



### **Parental Tip**

Talk to your children about what photos they are posting on the internet. Discuss what jobs they might want to have when they grow up, and how they would feel if their employer saw their photos.

### **History**

It is also possible to view the history of what websites have been viewed during the last few days/weeks. Nearly all laptops, tablets, phones and iPads have this function. It is different for each device, but with a bit of searching is usually possible to find the history of websites viewed.

The usual method is to look in

- Settings
- Internet
- History

### **Parental Tip**

Look at the history of websites visited. Have a conversation with your children about which websites they access and discuss the sort of material they can view on those websites.

## Cyber Bullying



Bullying on the internet can be very upsetting. Any child that feels bullied on the internet should talk to his/her parents about the incident. **It is sometimes advisable to take a copy of the comments, in case you need to refer to them in the future.**

### Parental Tip

Make yourself a "Friend" of your child on the social network sites. That way, you can see the messages they are exchanging. Encourage your child to only exchange messages they would be happy with you overhearing.

## Get a Reliable Filter

Setting up a filter can take a bit of time, but it is worth it!

Many filters are free and they will completely block inappropriate images, videos and even swear words. Do your research and then choose the filter that meets your family's needs.

### Parental Tip

Take the time to install a filter. Do your research and follow the instructions carefully. It might be a bit of hassle now, but it will be well worth it in the future and you can rest assured that your child is not viewing anything that you might find offensive or unsafe.

## Dress for virtual Meetings

It is best if pupils are fully dressed and not in their bedroom when participating in a virtual meeting. It is important to consider the most appropriate background for any meeting. You don't want a member of your family in the background who has just got out of the shower. If pupils have a virtual meeting in their bedroom while still in their pyjamas, there is a risk of an inappropriate image being broadcast.



### Parental Tip

Always get dressed and come downstairs before taking part in any virtual meeting.

## The Family Conversation



The most important thing is to talk with your children about internet safety. Find a suitable time to sit down as a family and discuss the dangers inherent in the internet. The internet is not something to be feared, but it is something of which to be cautious.

Improper use can cause upset and danger – it is important that both parents and children understand the facts. At the end of the conversation it would be sensible to agree on some house rules for use of the internet at home. Everyone in the family should agree to follow the house rules.

## Pupil Top 10 tips for staying safe online

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords

- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people asking you to meet up
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.