Carnforth School

Carnforth Drive
WORCESTER
WR4 9HG

Tel: 01905 758425
email: office@carnforthschool.org
website: www.carnforthschool.org

Head of School: Mrs Sara Wood

1st May 2020

Dear Parents/Carers,

Due to the COVID-19 pandemic, children are spending more time at home, and potentially more time online. There are lots of platforms on connected devices that children can use to learn, keep in touch with friends and play games. As adults, we need to be aware that there are a range of risks children might be exposed to or faced with online and we need to safeguard our children against these.

How can you help to keep your children safe?

Talk to your child.

It's not possible to be at your children's sides every second of the day, so it's important to talk with them about online safety issues to help develop their critical thinking and ability to make good choices.

You may feel they know more about the latest technology than you do, but you have more life experience to guide them and keep them safe.

- Set agreed boundaries around when and where children can use devices.
- Remind children that the same social rules apply online as they do in real life: be kind, polite, respectful and be wary of strangers.
- Stay vigilant to your children's internet use.
- During the lock-down period, spend time with your children online so you can understand what they are doing and experiencing online.

Inspiring Excellence

Carnforth School

Carnforth Drive
WORCESTER
WR4 9HG

Tel: 01905 758425
email: office@carnforthschool.org
website: www.carnforthschool.org

Head of School: Mrs Sara Wood

_____

The link below gives advice on many of games, apps and social media platforms children are using: https://www.esafety.gov.au/key-issues/esafety-guide (click the link for more information).

Facebook Facebook is a social media service, which lets you create a page about yourself, an organisation or group. App/Social media/Website >	**Omegle** Omegle is a free online chat website that allows you to chat anonymously to strangers through text or video chat. Social media/Website >	**Snapchat** Snapchat is a messaging app that lets you send images, video or texts to friends. These images, video and text are only available for a short time before they disappear. App/Social media >
Instagram Instagram is a social media service designed for people to share photos and video. App/Social media/Website >	**TikTok (formerly Musical.ly)** TikTok is a social media app for creating and sharing short videos. App >	**Houseparty** Houseparty is a social networking app which allows you to create a group video chat with up to eight people on mobile or desktop. App >

Inspiring Excellence

Carnforth School

Carnforth Drive
WORCESTER
WR4 9HG

Tel: 01905 758425
email: office@carnforthschool.org
website: www.carnforthschool.org

Head of School: Mrs Sara Wood

Use parental controls.

Parental controls can help block your child from accessing specific websites, apps or functions. They can also monitor your child's use of connected devices and set time limits. But beware! They should be used in combination with other online safety strategies.

- Parental controls are available on most tablets, smartphones, computers, smart TVs and gaming consoles. The link on the previous page explains exactly how to put parental controls in place on a range of different apps and platforms.
- Set up child-friendly search engines, or select safe search settings on digital devices, to help prevent your child from stumbling across inappropriate sites or content eg:

  https://swiggle.org.uk

  https://www.kiddle.co

Many toys or devices can connect online, from drones and smart teddies to tablets and wearable devices. While they can be both entertaining and educational, they can reveal your child's personal details and location — and allow other people to contact them without you knowing.

- Set strong passwords.
- Ensure all accounts are set to private.
- Turn off location settings.
- Limit the amount of personal information shared.

Know the signs of cyberbullying.

Cyberbullying is bullying online and any form of anti-social behaviour on any online device. It is intended to cause personal harm or distress. Although cyberbullying is unusual in children of primary school age, it does happen and it can be distressing.
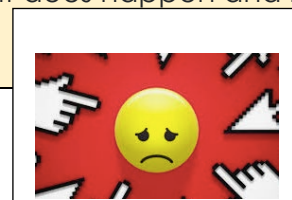
Inspiring Excellence

Carnforth School

Carnforth Drive
WORCESTER
WR4 9HG

Tel: 01905 758425
email: office@carnforthschool.org
website: www.carnforthschool.org

Head of School: Mrs Sara Wood

Typically cyberbullying can be:

- Spreading malicious or abusive rumours and gossiping
- Emailing or texting with threatening or intimidating remarks
- Mobbing (a group or gang that target an individual)
- Harassing or intimidation
- Stalking on-line
- Posting embarrassing or humiliating images or videos without consent
- Posting private details on-line without consent
- General bullying or stalking
- Grooming (which might include enticing or goading on-line to self-harm or commit a crime)
- Setting up a false profile, identity fraud or identity theft

What to look out for:

- Children appearing upset after using their mobile, tablet, computer or device.
- Being unusually secretive about their online activities or becoming withdrawn.
- Children complaining of physical symptoms such as tummy aches or headaches, which could be linked to the anxiety cyberbullying is causing.

Cyberbullying can make social isolation worse and the longer it continues, the more stressed children can become. This may impact on their emotional and physical wellbeing.

What to do about cyberbullying:

As parents, our first instinct may be to ban our children from social media, disable the wi-fi or turn off the data access. But this can actually compound the problem, making your child feel as if they're being punished and heightening their sense of social exclusion.

- Report it to a safe adult or use the CEOP button to report online abuse this can be found by googling CEOP or visiting our school website where you will find the button in the top right of the home page.
- Block the bully.
- Screen shot the abuse to keep as evidence.
- If the cyberbullying involves indecent images NEVER forward these to

Inspiring Excellence

Carnforth School

Carnforth Drive
WORCESTER
WR4 9HG

Tel: 01905 758425
email: **office@carnforthschool.org**

Head of School: Mrs Sara Wood
website: **www.carnforthschool.org**

_____

yourself or another person to keep as evidence - THIS IS ILLEGAL.
- If the bully become aggressive or threatening contact the local police.
- Talk to your child about what is happening and reassure them.

More information:

https://www.ceop.police.uk/safety-centre/

https://www.nationalbullyinghelpline.co.uk/cyberbullying.html

Look out for unwanted contact.

Unwanted contact is any communication that makes children feel uncomfortable or unsafe, even if they initially welcomed the contact. It can come from a stranger, an online 'friend' or even someone they actually know. At worst, it can involve 'grooming' (building a relationship with children in order to abuse them).

You can help by:

- Make sure accounts are private — including chat functions on games.
- Remind children to delete requests from strangers and any contacts they don't know in person.
- Reporting and blocking anyone suspicious on any connected device.

There is a huge amount of information, advice and activities to support parents and children learn and know how to safeguard themselves online.

https://www.thinkuknow.co.uk

https://www.saferinternet.org.uk/advice-centre/parents-and-carers

Inspiring Excellence

Carnforth School

Carnforth Drive
WORCESTER
WR4 9HG

Tel: 01905 758425
email: office@carnforthschool.org
website: www.carnforthschool.org

Head of School: Mrs Sara Wood

_____

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

https://www.internetmatters.org/schools-esafety/parent-online-support-pack-teachers/

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

Please find two posters new posters on our school website that you can share with your children to remind them how to keep themselves safe online.

During these unprecedented and uncertain times, I hope the above information supports you to keep your children safe. If you need any further support please do not hesitate to contact me via the school office on office@carnforthschool.org

Kind regards,

SEWood

Mrs S. Wood

Head of School

Inspiring Excellence