Peacehaven Community School

Internet Safety Policy

School Business Manager	IEB
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Internet Safety and Parental Responsibility for Social Networking sites

Peacehaven Community School

The internet is such a big part of children's lives now. Children are increasingly accessing the service whether it be on a laptop, mobile phone or PC. It can create so many educational and social opportunities, along with access to a world of information. We are asking that you help us to ensure your child's safety online by acting as you would to protect your child in the non -virtual world.

By helping us to do this you are giving your child a life skill that they can use to get the most from the internet, yet stay safe whilst doing it.

This booklet has been designed to help you, as a parent to understand the sites that your children are accessing and the actions you can take to make sure they are safe whilst using the computer.

This leaflet has been produced from information that is available on the following website.

WWW.CEOP.POLICE.UK

How to protect your child online.

The Basics

1. **Personal Details:**
   Ensure that your child knows not to give out personal details to online friends that they do not know offline. Explain that this means their email address, telephone number, school name, sports clubs, pictures, videos, details of daily routines. (All of this information could be pieced together to form an insight into their daily lives)

2. **Think.**
   Remind your child that they need to think carefully about what they post on the internet. Once a picture is posted anyone could change/adapt the image.

3. **Don't forget:**
   Inform your child that they should never forget that the internet is NOT a private place. Tell them not to post any pictures/videos that they would not want their parent/carer to see

4. **Opening Mail:**
   Explain to your child that it is not a good idea to open files that are from people that they do not know. They do not know what content may be in them. It could contain a virus or worse inappropriate content.

5. **Spam:**
   If your child received spam or junk email and texts, remind them never to believe their contents or reply to them.

6. **Understanding:**
   Help your child to understand that some people lie online and that therefore it is better to be friends with only people they know. They should never accept friend requests from strangers and should never meet with strangers.

7. **Communication:**
   Always keep communication open with your child so that they know that it is never too late to tell someone if something makes them uncomfortable.

Steps you can take to protect your child online.

Some simple ways to keep children safe online

- Get to know your child's online habits. Children are inquisitive. They will look to explore the internet as much as they do the real world. Knowing the sites they go to, the people they meet there and what they do will help to keep children safe.
- Stay alert to any sudden changes in mood or appearance, or to any major change in habits or to increased secretiveness. These are often tell-tale signs that something is not right.
- Keep lines of communication open - tell your child they can always talk to you or another trusted adult, such as a teacher, if they do end up in some sort of trouble on the internet. Make children aware that there are things on the internet which may distress them.
- Spend some time surfing the internet yourself. The more that you know about the internet, the better able you are, in turn, to help your child navigate around it without coming to any harm.
- Install internet filtering software showing a Child Safety Online Kitemark on your computer. Filtering products with a Kitemark have been independently tested to provide a simple and effective means of support to parents, helping to ensure that a child's online experience is a safe one. The Kitemark scheme is sponsored by the Home Office and Ofcom.
- Be aware of professional sources of help. These include:
- www.thinkuknow.co.uk: the main UK Government website with advice for parents on how to keep children safe online
- www.ceop.police.uk: the Child Exploitation and Online Protection Centre (CEOP) is the Government body dedicated to eradicating abuse of children. Concerns about inappropriate contacts between a child and an adult, including online, can be reported directly to CEOP.
- www.iwf.org.uk: the Internet Watch Foundation (IWF) works to remove illegal material from the internet. If you have found any material you believe to be illegal e.g. child sex abuse images, other obscene material or material which incites racial hatred, you can report it to the IWF.
- A number of specialist websites contain general advice that may be of help to parents. These include www.nspcc.org.uk, www.nch.org.uk, www.barnardos.org.uk, and www.beatbullying.org.
- Other sites can offer parents support on broader issues. These include www.parentlineplus.org.uk

Everything that you were afraid to ask but need to know!

We understand that everyone has a different level of computer literacy so we have devised a mini glossary of frequently asked questions and answers to help you.

What is instant messaging?

This is a form of real time text based communication over a network such as the internet, between two or more people on the users contact list. On some social networking sites you are able to directly send each other files and view each other via a webcam.

What is a buddy list?

On social networking sites this is a list of the user's agreed contacts that they can communicate with freely through instant messaging.

What is a chat room?

A chat room is an online forum where people can chat online

Are there different types of chat rooms?

Yes there are three main types.

(IRC) Internet Relay Chat: The oldest and most popular. This is a text base variety. Its specific purpose is to group communications in discussion forums. It also has the capacity for one to one communications via private chat.

(2D Visual Chat room) Such chat rooms provide a virtual world or graphic background that a users avatar can navigate. These environments are capable of having elements such as games and educational material incorporated by the site owners. Some of these chat rooms also incorporate audio and visual communications so that users can hear and see each other.

3D Visual chat rooms: these are very similar to the 2D variety except that they have 3D graphics.

What is an Avatar?

An avatar is a graphical representation of a user. It can take a form of a 3D model of the user that can be used on internet forums and chat rooms.

Why do children use chat rooms?
Chat rooms are where people meet to chat as they would in the real world. Young people love them because they are unrestricted, and they can be exciting places to meet old and new friends.

What are the risks to children when using chat rooms or instant messenger?

Chatting online can be great fun, but sometimes young people can find themselves in situations where they are out of their depth. Risks can arise when children give out personal details to strangers. The online world can appear very different to children and they can sometimes do and say things that they wouldn't normally do if they met that person face to face. This can again be giving out personal details or sharing images if themselves. If they are sharing information with other children such as mobile telephone numbers there is a risk that they may receive abusive text messages, or their image maybe posted to a different site and abused. There is also the big risk that the person they think they are talking to could be someone else.

Unfortunately paedophiles use the internet, often with the intention of talking or meeting up with a child. Young people are sometime blind to the risk and often feel that this would never happen to them . Young people often add friends of friends and this is where they could be chatting to strangers who they feel they can trust because a friend knows them

What you should do if you are concerned?

If you are concerned that your child maybe at risk, it may be necessary to log and monitor their conversations, and this can be done through some forms of filtering software– but this should be considered carefully as some children may feel that they are not trusted and start to hide things from you.

What is Cyber Bullying?

"Cyberbullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.

<u>Here are some handy tips about Cyber Bullying.</u>

Tip one: Know your rights

Many people don't realize that they still have rights when they're online. If you are being harassed, bullied, embarrassed or bothered online, you have the right to put a stop to it. Cyber bullying is a term used to describe bullying that occurs between two minors. If an adult is involved it is cyber harassment, not cyber bullying. If you are being threatened or abused, you have the right to call the police and ask for their assistance.

Tip two: Know the way cyber bullies work

Many cyber bullies get others to help them attack their target. This means that a whole group of kids from school could be online bugging your child, making fun of them and generally harassing them. Cyber bullies thrive on anonymity, which means that if you can determine who they are, their power over your child is greatly reduced. Cyber bullies might follow your child around the internet, use the same chat rooms they use, post to their social networking sites and send them inappropriate text messages, among other things. Knowing that they can follow your child and being aware of the ways they can harass them will enable you to put a stop to them.
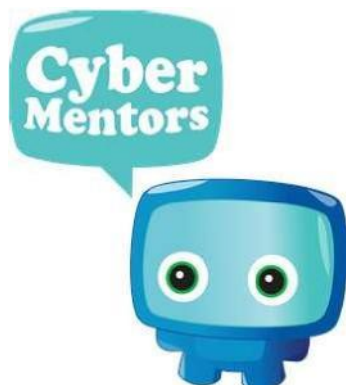
Tip three: Block them

A cyber bully can only bother your child if they can reach them. Make it more difficult for them to reach them by setting filters in their mail to high, so that their messages go to your junk mailbox. They can block them on personal chat systems. Remove them as a friend from their social networking sites and set their blogs and other sites to private so that they can't comment. In addition, if they bother your child on a public site, notify the site administrator to have them removed or blocked.

Tip four: Get help

If your child is being bullied on the internet, through texts, emails, chat rooms or in any other manner, remind them to inform you as their parent or another adult that can help them to effectively deal with, and put a stop to, the bullying. Bullying is a real problem, and doing whatever you can to stop it is worthwhile. If you go to the police for help, take copies of threats and bullying. Indicate the dates, frequency and places where the bullying took place. The more information you present them with, the stronger the case and the higher the chances are that the perpetrator can be caught and dealt with.

No one has to be a victim to cyber bullying. If you feel like your child is being bullied electronically, don't ignore it. Do not bully in return, but by making it difficult for them to bully your child. The harder it is for them, the less likely they will be to do it.

If your child has any issues with Cyber Bullying and would like to talk to someone their own age then ask them to visit www.cybermentors.org.uk. They can have an online chat with fully trained youths who can support them and help them to resolve it all.

Being Responsible

Facebook is a massive part of most teenagers life. Facebook is great for socialising and chatting with friends when used correctly and responsibly.

When Facebook is abused it can become a great danger to its users. Teenagers can have arguments and verbally abuse each other and post abusive comments on each others wall. Other friends can become involved and the next thing you know it has become a huge friendship issue which is then bought into school.

# Is the school responsible for what happens on Facebook between Students?

The short answer is No. Facebook is a social network that students should only access outside of school. As a parent it is your responsibility to monitor your child's interactions on websites including Facebook. It is not the school's responsibility to resolve what has happened or been said in Facebook during school.

What are the best ways to monitor your child's usage?

1) Do not let your child sit in their bedroom on their own unsupervised with a laptop/computer

2) Know your child's passwords, this way you can access their account

3) Talk openly about what sites your child is viewing

4) Have your own Facebook profile and be friends with your child. This way you can view their wall

5) Add your email as the main contact so that you will receive notification emails

6) Observe the age limit. You have to be 13 to register.
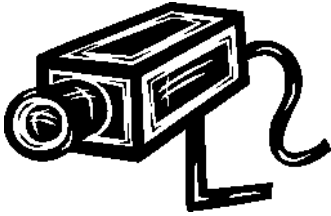
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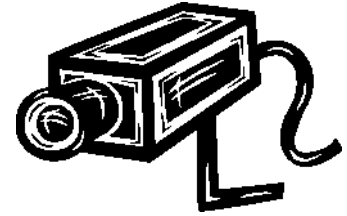
If you do not wish for your child to be able to access any inappropriate content online, please ensure that their computers, laptops and other devices with internet access are all fitted with parental controls. You can find free downloadable versions online or you can contact your internet service provider (such as BT, Sky, Talk Talk)

As a minimum please set parental controls on your search engines, youtube account and the mobile phone that your child uses.

One of the most popular search engines in the world is Google. You can visit Google's informative safety centre for simple step by step guides.

Is your child protected now?

Have you installed a web safe browser on your computer?
YES/NO

Have you set up your parental controls?
YES/NO

Have you asked your child to show you the sites that they use?
YES/NO

Have you talked to your child's mobile phone provider about filtering software?
YES/NO

Have you checked with your child their Facebook privacy setting and added click CEOP to their profile?
YES/NO

Threats to Teenage Safety

Whether it's bullying, grooming, theft, 'happy slapping', scams or health risks, it's hard to believe such a tiny, innocuous gadget as the mobile phone could present such a colourful array of potential dangers to the teenager. And furthermore in being so inconspicuous and portable, the mobile makes it very difficult for parents to guard against such threats.

Mobile Phone Bullying and Abuse

SMS messaging has brought mobile phone bullying into the 21st century because of the round the clock accessibility of mobile users means that bullies no longer need wait outside the school gates for their prey but can pursue them at all hours. The damaging psychological impact of SMS bullying on its victims has made it one of the biggest safety concerns about teenage mobile use.

Parents should encourage their child to speak about any harassment they might be experiencing so that the problem is not driven underground where it may fester and cause greater damage. If the mobile bullying continues for a long period then it is worth contacting the mobile phone operator to report the problem.

Abusive calls - that strain of telephone bullying familiar to landline users – also pose a threat to teenage mobile users, who could be subjected to threats of violence or regular unnerving silent calls. If you complain to the police or and network operator then these calls could be traced, although this can prove difficult if the perpetrator is a pay as you go caller without any record of their identity.

Risk of Theft

As mobile phones are desirable items – that are becoming more and more desirable as their capabilities grow - then theft is always going to be problem, but with children it is even more pronounced because, as statistics show, they are much more likely to have their phone stolen. If your child's mobile phone is stolen then it should be reported to the police straight away. As a security measure it is recommended to always keep the phone protected with a PIN access number. This will help prevent the stolen phone being used to make calls.

New Technology, New Phone Threats

As mobile technology advances at a phenomenal rate, it introduces ever more exciting new features, but with them come new dangers for teenagers. The two biggest recent threats are 'happy slapping', which takes advantage of new video phone capabilities, and grooming, a familiar threat for Internet users that has now spread to web-enabled phones.

With the phones, video's can be recorded and uploaded onto sites. Children have been known to secretly film other children and upload them onto popular social sites. Filming someone without their permission is not acceptable. You should monitor your child's phone, checking on videos that they have recorded and photo's that they have taken.

When using a web enabled phone such as a iPhone or a Blackberry your child has the world at their finger tips 24/7. They can access social network sites from anywhere without supervision.

Tips for Keeping Your Child Safe

☐ Children should be encouraged to speak openly about who they are in contact with.
☐ Educate them about not giving out personal details to strangers.
☐ Buy your child a phone with the basic text and calling facility rather than all the latest smart phone functionality.
☐ Opt for a pay as you go phone rather than contract. This way you can keep tabs on how much they are spending.
Protect them from thieves by encouraging them to keep their phone hidden whilst in public.

We really hope that this leaflet
has helped you to keep your child safe whilst on the internet. If you would
like to know more or need any advice then please visit
WWW.CEOP.POLICE.UK and register.

There are tips available for all age groups, and short film clips that you can
watch as a parent or show your children to reinforce how
there safety online is paramount.