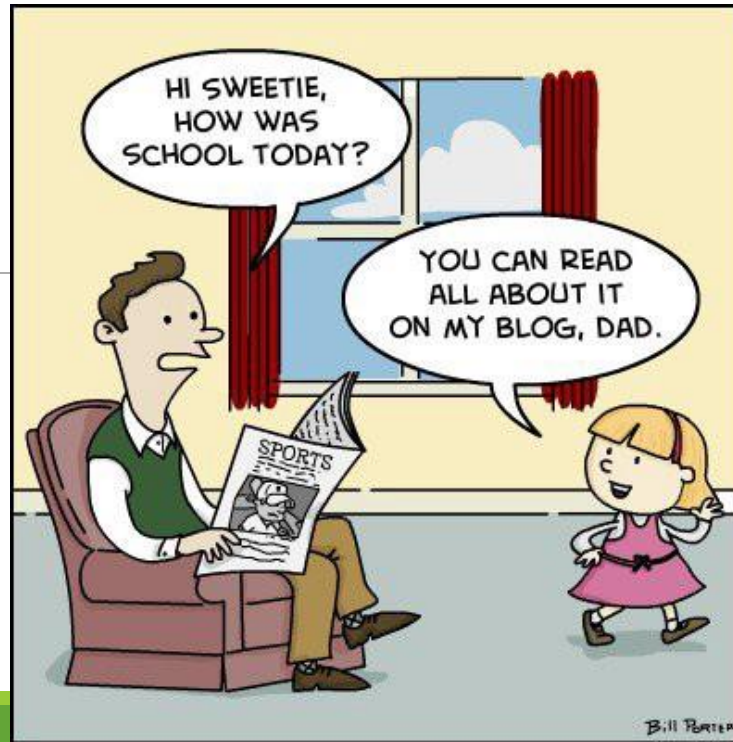




Parents' Guide to Internet Safety



The World Changes. Children
Don't.

Romeo & Juliet

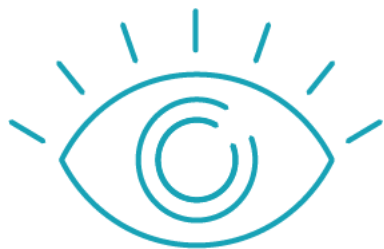
Understanding apps, sites and games



Sharing



Chatting

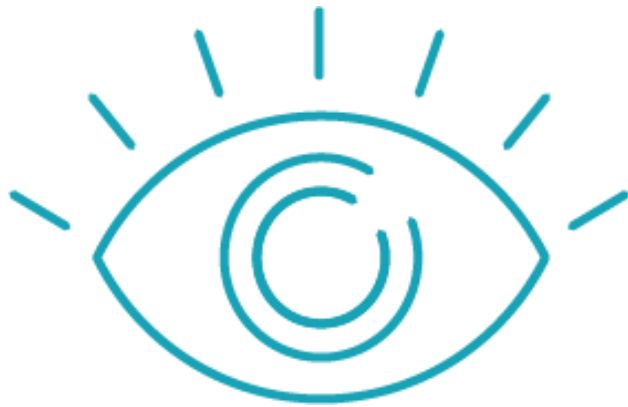


Viewing



Friending

Understanding apps, sites and games



Viewing

- Anyone can post and share content
- There may be inappropriate, sexual or violent content online
- Most apps and games include privacy and security settings
- Parental controls and filters can also help manage what they see

Understanding apps, sites and games



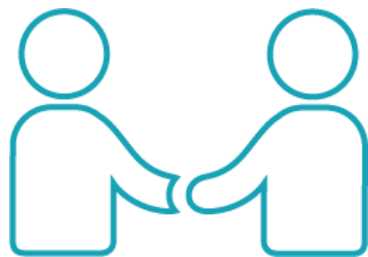
Sharing

- Sharing pictures and videos can be fun and creative and it helps young people to express themselves.
- It's easy to share online
- Young people should never feel pressurised, uncomfortable or blackmailed
- Look out for others by not sharing inappropriate content

Understanding apps, sites and games



Chatting



Friending

- Chatting and meeting new people can be fun and appealing
- Most people just want to chat or be friends, but some seek to harm
- Advise them not to share too much personal information
- Talk to a trusted adult if anything worries them

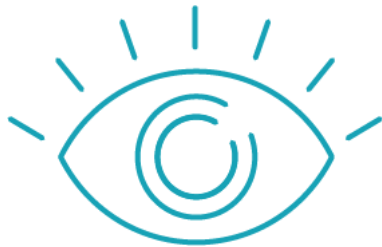
Understanding apps, sites and games



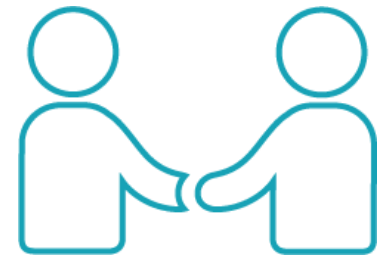
Sharing
What can you share?



Chatting
Who can you talk to? How? Where?



Viewing
What kinds of content do you see?



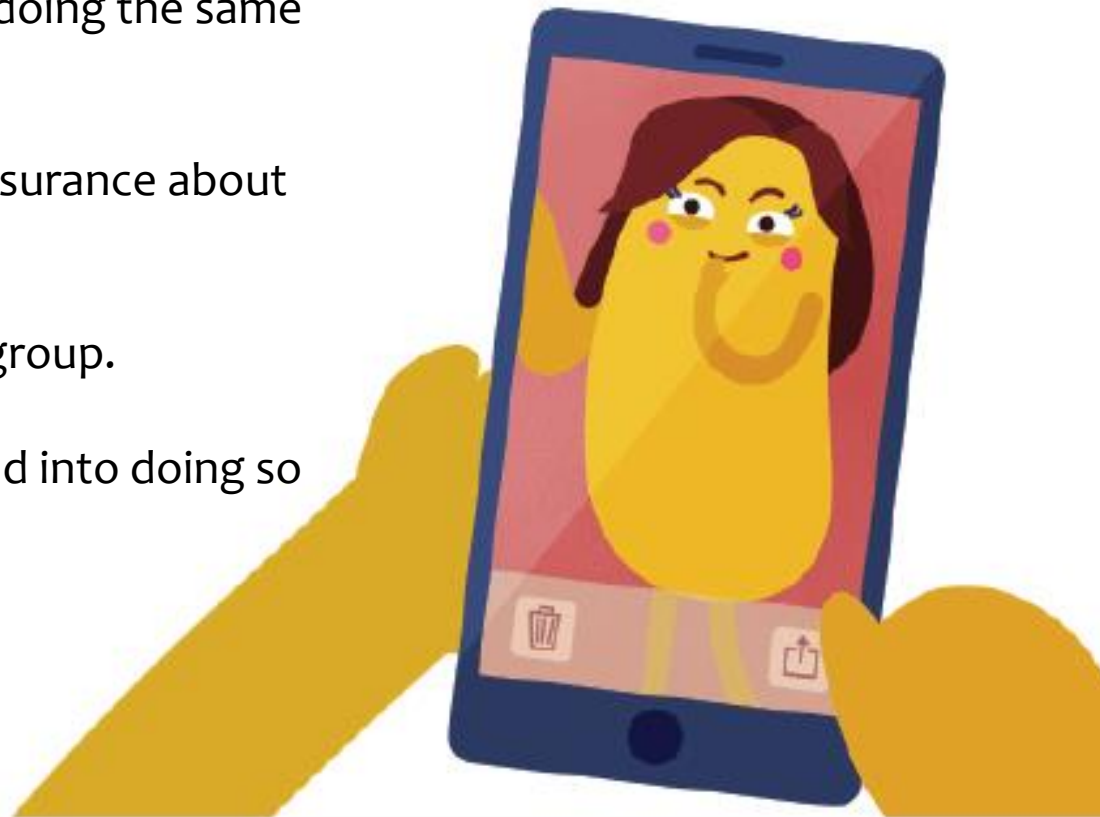
Friending
Who can you be friends with?

Sharing images



Young people may share naked or semi-naked images of themselves for a variety of reasons:

- As part of a committed and trusting relationship
- To fit in with friends that may be doing the same thing.
- Because they are looking for reassurance about body image.
- For fun or humour within a peer group.
- Because they have been pressured into doing so by another person.



Talking to your child about sharing images



Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

- Avoid appearing judgemental, or saying 'don't do it'
- Even when nude images are shared with trusted friends and partners, there's a chance that more people could end up seeing them
- Discuss what a healthy relationship looks like, including the importance of trust and consent
- Remind them that no one should be pressured into sharing a nude image if they don't want to.



Areas to think about: Gaming



Areas to think about: Sleep

'Young people are exhausted': This new toolkit is tackling sleep deprivation among teenagers

The Sleep Programme supports young adults to improve or maintain their sleep routine.

Mar 13th 2018, 6:06 AM  30,526 Views  17 Comments

 Share 284

 Tweet

 Email 33

“THEY’RE COMPLETELY EXHAUSTED and it has huge implications.”

A new toolkit has been launched this week aiming to address poor sleep habits among young people.

The Sleep Programme, funded by the National Youth Council of Ireland, provides teachers and youth workers with the tools to support young adults to improve or



Areas to think about:

Mental Health

The Telegraph

[Home](#) [Video](#) [News](#) [World](#) [Sport](#) [Business](#) [Money](#) [Comment](#) [Culture](#) [Travel](#) [Life](#)
[Apple](#) | [iPhone](#) | [Technology News](#) | [Technology Companies](#) | [Technology Reviews](#) | [Video Games](#)

HOME » TECHNOLOGY

The young generation are 'addicted' to mobile phones

Young people are now so addicted to their mobile phones it feels like they have lost a limb when they are without them, a study finds.



Technology

[News](#) » [UK News](#) »
[Lifestyle](#) » [Science](#) »
[Science News](#) »

The research also suggested 15 per cent of children had more expensive handsets than their parents. Photo: Rex Features



Areas to think about:

Digital Footprint



A **digital footprint** is your online identity and individuality and is what makes you unique. It builds the online reputation, or impression depending on the things you do online.

The **important** thing to understand about this **footprint** is that you take it with you everywhere you go on the internet. ... Interests and trends change, but the data you leave behind stays the same



Don't be an ostrich!

- Talk to your child about their life online
- Take the opportunity to talk to them about how they stay safe
- Explain any worries you may have

Report anything that worries them

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them
- Direct your child to age appropriate information



Set your ground rules early

We suggest:

A “power down” hour before bedtime for ALL the family

Devices charged centrally in a communal area

Having technology free time.

No hiding away (secretive) with their phone

It’s very hard to change the routines as they get older



What is Thinkuknow?

www.thinkuknow.co.uk/parents



Thinkuknow is the education programme provided by CEOP.

Thinkuknow offers resources for different audiences:

4-7

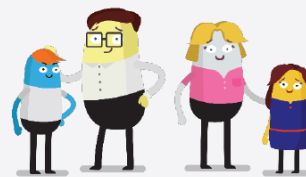
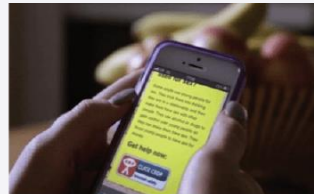
8-10

11-13

14+

Parents
and
Carers

Resources for those with special
educational needs and disabilities (SEND)



Visit www.thinkuknow.co.uk for information and advice

Other organisations who can support



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Nude image of you online?
We can help take it down.



School Website

<https://www.parkfieldschool.org/remote-learning/e-safety>

E-safety information

[Home](#) / [Remote Learning- help & access](#) / [E-safety](#)

- ⊙ [Worry Box](#)
- ⊙ [Wellbeing](#)
- ⊙ [E-Safety](#)
- ⊙ [Safeguarding information](#)

E-Safety information

At Parkfield School we recognise that the internet and use of online devices are an important resource in the modern world and have great learning opportunities. However we take internet safety very seriously and aim to educate our young people and school community in using it responsibly.

The Key have created a Safeguarding hub that allows parents to access interactive guidance on setting up parental controls on your child's devices, as well as guidance on TikTok, YouTube and other apps. To access this hub for a Parkfield School student, please click [here](#).

UK Safer Internet Centre: 0344 381 4772 helpline@saferinternet.org.uk

As the only helpline in the UK solely dedicated to supporting the children's workforce, we offer free and independent advice on any number of online safety issues, including:

Privacy, online reputation, gaming, grooming, cyberbullying, sexting, inappropriate behaviour on social media and more.



Information

O₂ 😊 NSPCC
Net Aware)))

NSPCC

ChildLine
0800 1111 

