



# Online Safety at Home

February 2021



International Safer Internet Day (Tuesday 9<sup>th</sup> February) is particularly important this year, as young people across the globe are continuing to spend more time online doing their school work, playing games or socialising. Technology is hugely valuable, however it's important we all consider how we can help keep young people safer online during this lockdown, and beyond. Here's some information about what your child may enjoy online and what you can do to help keep them as safe as possible.

## Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play. For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short [video](#).

The DSLs (Designated Safeguarding Leads) are available as usual. Please get in touch if you have any concerns or would like some advice or support.

## Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

## More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). For more information, advice and guidance, visit their [parents website](#).

The NSPCC also has a range of excellent [resources aimed at supporting parents and carers](#) to keep their family safe online.

## Steps you can take to help keep your child safer online

**Have an ongoing conversation:** Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit:

[Supporting your child with reporting unwanted content online](#)

**Make sure they know about NCA CEOP:** Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.



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The theme for Safer Internet Day 2021 is *an internet we trust – exploring reliability in the online world*. The aim is to inspire a national conversation about using technology responsibly, respectfully, critically and creatively. Keeping our young people safe online is one of the biggest safeguarding challenges of the pandemic and we are keen to promote the positive aspects of the internet as well as highlighting key messages around online safety to students, parents and carers. This includes giving young people the skills to support one another, and the strategies to spot and speak out against harmful and misleading content online.

## Social Media

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships: [Teens and the sexual content on social media](#).

We are highlighting the [Stop, Speak, Support](#) campaign with all year groups.

## Live Streaming

Live streaming is now a very popular feature of many apps and platforms. If your child enjoys livestreaming, you may want to read [what is livestreaming](#) to find out more about it and help your child have a positive online experience.

If you want to know more about livestreaming, the risks and safe use, watch this short [video](#) or download this handy [guide](#).

## Encourage your child to enter our Safer Internet Day Competition

- Students should customise the [Safer Internet Day social media template](#) and fill the magnifying glass with their ideas about how we can create #AnInternetWeTrust
- More information on the attached flyer
- First prize £20 voucher, two runners-up prizes of £10
- Closing date is 11<sup>th</sup> February: entries to [mainschool@crgs.org.uk](mailto:mainschool@crgs.org.uk)

## Steps you can take to help keep your child safer online

**Talk about how their online actions can affect others:** If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

**Tell them about Thinkuknow:** The websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. Visit our [website for 11-13's](#) or our [website for 14+](#) for age appropriate information.

**Parental controls:** Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).