

the GREENROOM school

e-Safety Information For Parents/Carers



The Green Room School protects and educates pupils and staff in their use of technology and social networking apps such as Facebook, Twitter, Instagram and Snapchat. When pupils join The Green Room they sign an e-Safety Acceptable Use policy to ensure they fully understand what is expected of them. We have the appropriate policies and procedures in place to intervene and support any incident where appropriate. We need parents/carers to reinforce this at home. Here's what you can do to help your child.

Parents and carers - it's vital to familiarise yourselves with how social media apps work. By understanding these services and their potential risks you can help to support your child in choosing an appropriate service and using it in a safe and constructive way, and be able to help them if they need it. Talk to your child and ensure they understand these 4 areas of potential online risk.



Content - be aware that once content is uploaded, it could potentially stay online permanently, as anyone who has had access to that content could have copied it, kept it or distributed it further. This can damage friendships/relationships, reputations and even future prospects.



Contact - ensure the correct privacy settings are enabled on any social networking service. Failing to do so could expose personal information to strangers and increase the risk of online contact, grooming and cyberbullying. Turn off location services within the app, particularly Snapchat in light of recent changes to the app.



Conduct - encourage your child to be respectful and responsible when communicating with others online, and consider that what they share may reflect on them. Discuss the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.



Commercialism - learn how to block both pop ups and spam emails, turn off in-app purchasing and use a family email address when filling in online forms. Make your child aware of scams that may seek to gain access to their accounts. Advise them to be wary in following links or opening attachments in emails that appear to be from organisations such as banks and service providers.

Useful Resources

<https://www.saferinternet.org.uk>

<https://www.childnet.com>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/>

<https://www.internetmatters.org>

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



Tips For Teens

- 🔒 Protect your online reputation: use the tools provided by online services to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- 🔒 Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- 🔒 Don't give in to pressure: once you've pressed send you can't take it back.
- 🔒 Acknowledge your sources: use trustworthy content and remember to give credit when using other people's work/ ideas.
- 🔒 Be a critical thinker: not everything or everyone is trustworthy; think carefully about what you see and experience on sites, social media and apps.
- 🔒 Be respectful and responsible when communicating with others on-line. Cyber bullying has lasting and devastating effects.



Tips For Parents/Carers



- 🔒 Maintain an open dialogue with your child and encourage them to talk to you about their internet use.
- 🔒 Give your child strategies to deal with any online content that they are not comfortable with.
- 🔒 Consider using filtering software to block unwanted content.
- 🔒 Encourage your child to 'think before you post.' Online actions can impact not only yourself but the lives of others. Content posted privately online can be publicly shared by others, and may remain online forever.
- 🔒 Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others.
- 🔒 Familiarise yourself with the privacy settings and reporting features available on popular sites, services and apps.
- 🔒 If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.
- 🔒 Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content.
- 🔒 Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.