BRISTOL METROPOLITAN ACADEMY

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www.bristolmet.net **email** info@bristolmet.net
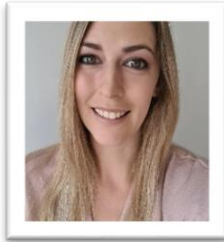**Principal** Mr C Shaw

Dear Parents and Carers,

I would like to introduce myself, my name is Lacie Hooper and I am the E-Safety Lead for Bristol Metropolitan Academy. I also work as the Deputy Safeguarding Lead in our Safeguarding Team. Part of my role is to make sure students are safe online, both in school and at home. You can contact me for any online safety concerns at lacie.hooper@clf.uk or the BMA Safeguarding Team bmasafeguarding@clf.uk

This pack will provide you with advice for your child with details of recommended websites and resources. Our school website is also updated with relevant safeguarding information and this can be found here

- **For advice for young people aged 11-13 visit here or for 14+ visit here.**

We have chosen a few important messages for parents to promote online safety:

Key websites we recommend:
https://www.internetmatters.org/advice/
https://www.thinkuknow.co.uk/
https://www.saferinternet.org.uk/
https://www.childnet.com/

Encourage a Be Kind Online Message

We must remember that not all social media or internet usage is negative and we want to highlight kindness online.

1. **Explore Thinkuknow resources using the #OnlineSafetyAtHome activity packs**
   Use these to help you keep up a positive, supportive conversation about safety online in your home.

2. **Make sure your children know who to talk about anything worrying**
   It's important that young people always know where to go if they come across something that makes them feel uncomfortable online. Remind them they can speak to family or school staff. You can email the BMA safeguarding team at bmasafeguarding@clf.uk

3. **Understand the possible risks and signs to look out for**
   Knowing the risks of being online and what to look out for will make it easier to catch any issues. Click here to read NSPCC guidance.

4. **Remember to talk to your child**
   Have an open an honest conversation about their online life and use a family agreement to make sure everybody is happy.

I have listed below some key resources taken from the websites I have mentioned.

Many thanks,
Lacie Hooper
E-Safety Lead and Deputy Designated Safeguarding Lead

What are the signs my child may be being exploited online?
This advice comes from guidance issued by Avon and Somerset Police**.**

'Online exploitation is often hard to recognise because it is a complex issue. When it comes to being drawn into extremist ideas online, sometimes there are clear warning signs, in other cases the changes are less obvious. Although some of these traits may be quite common among teenagers, taken together they could be indicators that your child may need some help:

- Joining new or secret groups since isolation.
- Speaking with new friends or being secretive about chats during online gaming or in forums.
- A strong desire to seek new meaning, identity and purpose.
- Using language you wouldn't expect them to know.
- Watching, sharing or creating films online linked to religious, political or racial hate.
- Becoming increasingly argumentative or refusing to listen to different points of view.'

If you fear your child is being exploited online please contact the safeguarding team at Bristol Metropolitan Academy or if you think someone is in immediate danger call 999.

If your child has seen inappropriate content

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

As children start to explore the internet, they may come across content that isn't suitable for their age, or that may upset them or worry them. It's important to know how to reassure young people and help them know what to do and where to go for support if they see inappropriate content online.

If your child has seen inappropriate content online, you can:

- Talk with them about what they've seen – let them know what is, and isn't, appropriate for their age.
- Reassure them they can come to you, another trusted adult or Childline if they're worried about something.
- Get advice on setting up parental controls.
- Report any inappropriate, illegal, explicit, identifying or distressing content to CEOP through their website. You can find about more about reporting content on our sexting page.
- Block any distressing, inappropriate or upsetting content on social media websites. You can learn how to do this through Net Aware.'

General tips and guidance

https://www.internetmatters.org/resources

Learn about it:
Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

Talk about it:
Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities

Checklist

☑ **Adjust controls**
Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends

☑ **Keep talking**
Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbulling and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

☑ **Privacy matters**
Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

☑ **Manage their online reputation**
Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

☑ **Stay safe on the move**
Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

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Starting the conversation with children:

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

4 Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

5 Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at www.childnet.com/have-a-conversation

What can I do right now?

☐ Maintain an open dialogue with your child and encourage them to talk to you about their internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.

☐ Create a family agreement to establish your children's boundaries, and your expectations, when on the internet. A template agreement can be found at www.childnet.com/have-a-conversation

☐ Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.

☐ Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.

☐ 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. Be able to recommend legal services.

☐ 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. Also see if online reviews are available from other parents as these may be helpful.

☐ Set up a family email address that your children can use when signing up to new games and websites online.

☐ 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.

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