

Hilden Oaks School

e-Safety for Parents and Carers

What is e-Safety?

- E-safety is concerned with safeguarding people in the digital world
- It is about learning to understand and use new technologies and ICT in a positive way
- E-Safety is not about restricting children; it is educating people about the risks, as well as the benefits, of using technology so that they can feel confident and happy online.
- E-safety is not just about computers and laptops; Game consoles, Music Players, Phones and other devices are usually able to access the internet using wifi or mobile broadband both inside and outside the home.

Children are “internet natives”; they have grown up in an electronic world and are used to dealing with several screens simultaneously... most of which can connect to the internet. They are confident with technology and need to be taught to use it safely in the same way, and at the same time as, they are being taught to cross the road. They start off holding hands with an adult and as their competence increases they gradually are allowed to cross busier and more dangerous roads until eventually they do it alone.

Adults are “internet immigrants”; when dealing with newer technologies and the unfamiliar, they are naturally more cautious, if not afraid, of what they are doing.

The danger-generation is made up of the young people currently at secondary school and those in their early to mid 20s. They are confident in their use of technology, but have not grown up being taught about the risks. At their age they ‘know’ they are right and are unwilling to be guided in safe-practice. This covers all the students and possibly the younger staff at Hayesbrook!

Many people are less careful about the privacy of their personal information on the internet than they are in the wider world. Lack of awareness of e-Safety puts people at risk of Harassment, Sexual Abuse and Cyber-bullying.

Many employers and universities are starting to check out people’s internet presence before drawing up a list for interview. Find out what information is freely available about you on the internet by using 123people.com. Remember information and pictures may not have been posted by you.

What can I do?

Computers and Phones

- Create a separate user Account (logon) on the family’s computer(s) for your child with Limited privileges. This will help to reduce the risk of spyware and viruses being installed covertly as the Limited Access has no installation privileges.
- If your child has their own computer, set it up in this way too. Have a password protected adult account with full control over the PC and let them use the limited account.
- Ensure you have good firewall, anti-virus, anti-spyware and parental control software installed. Update them and allow them to fully scan regularly (at least weekly)
- Ensure software updates such as Windows or Microsoft Update are allowed to download and install automatically. They normally appear on the second Tuesday of the month, but urgent updates may appear before that day.
- Set up Strict Safe Search in Google using [Google Preferences](#) and use the link under it to Lock Safe Search, so it cannot be removed.
- Investigate whether your child’s mobile phone provider has filtering software/settings that you can enable.

Working with your child

- Don't be intimidated by the technology; keep talking to your child about their online life.
- Encourage your child to be open with you about their worries... It is important that they know what to do if something concerns them and that they tell someone as soon as possible.
- Ask your child to show you the websites they use and help you to create an account if appropriate.
- Privacy is a key issue online so remind your child to keep their personal information private. Help each other to get privacy settings right.
- Lead by example – show concern for your own privacy and explain the reasons why you are protecting your information and pictures.
- Create strong passwords that aren't easy to guess, containing a mixture of upper and lower case letters, numbers and symbols. Help your child to do the same.
- Be 'friends' with your child on social networking sites...keep an eye on what is happening.
- Don't 'collect' friends. Internet friends should be real friends, not acquaintances. Would share the information and pictures with them at home? Why do it on the internet?
- Let your child use you as an excuse to be safe if they need to... saving face with their peers by blaming Mum may give the child space to do what is right.

Useful websites

- BBC Chat Guide: <http://www.bbc.co.uk/chatguide/>
- Becta: <http://www.becta.org.uk/schools/esafety>
- CBBC Stay Safe: <http://www.bbc.co.uk/cbbc/help/web/staysafe>
- CEOP - Child Exploitation & Online Protection Centre: <http://www.ceop.gov.uk>
- CEOP Report Abuse: <http://www.ceop.gov.uk/reportabuse/index.asp>
- Childline: <http://www.childline.org.uk/>
- Childnet International: <http://www.childnet-int.org/>
- Cybermentors: <http://cybermentors.org.uk/>
- Digizen.org: <http://www.digizen.org/>
- Google family safety: <http://www.google.com/landing/familysafety/>
- Hector's World: <http://www.hectorsworld.com>
- Hector's World Safety Button Download: <http://hectorsworld.netsafe.org.nz/parents/hectors-world-safety-button/>
- Internet Watch Foundation: <http://www.iwf.org.uk/>
- Internet Safety Zone: <http://www.internetsafetyzone.com/>
- Kidsmart: <http://www.kidsmart.org.uk/>
- Netsmartzkids: <http://www.netsmartzkids.org/indexfl.htm>
- NSPCC: <http://www.nspcc.org.uk/html/home/needadvice/needadvice.htm>
- Think U Know website: <http://www.thinkuknow.co.uk/>
- Virtual Global Taskforce: <http://www.virtualglobaltaskforce.com/>
- 123people – Find internet records about you: <http://www.123people.com/>