



Hallam Fields  
Junior School

Growing together, Learning together, Achieving together



# Keeping Your Child Safe Online

With schools closed due to COVID-19, your child is likely to be accessing the internet more often than usual, especially when doing remote learning. This guide has been put together to provide you with information and support on how to keep your child safe whilst using smart devices.

## Contents

- |                        |                                 |
|------------------------|---------------------------------|
| 1. General Guidance    | 4. Mental Health and Well-being |
| 2. Our Internet Pledge | 5. Home Learning Activities     |
| 3. Parent Guides       | 6. Useful Websites              |

## 1. General Guidance

By following the general tips below, you will promote an environment where your child can be safe and honest when using the internet:

- **Explore together.** Ask your child to show you their favourite websites and apps. Listen, show interest and encourage them to teach you how to use it;
- **Supervise their online activity.** Keep the devices your child uses in communal areas such as the kitchen and living room. Young children should not access the internet unsupervised.
- **Use 'Safe Search' and Parental Controls.** Most search engines and broadband providers offer a level of filtering which will prevent your child from accessing inappropriate or explicit material. Research what your broadband provider offers and how you can activate it.
- **Talk to them about their worries and concerns.** The internet can sometimes scare children or make them feel lonely. Remind children that if they are worried about something that they have seen online, they should talk to a trusted adult about it.

## 2. Our Internet Pledge

Children at Hallam Fields are Internet Legends because they have pledged to stay **sharp**, **alert**, **secure**, **kind** and **brave** whilst using the internet. Read the guidance below with your child to remind them about the five pillars of online safety.



### Think Before You Share

I will thoughtfully consider what I share and with whom, and keep extra-sensitive information to myself (i.e., home address, current location, other people's business).



### Check it's For Real

I will watch out for phishing and scams, and report questionable activity every time.



### Protect Your Stuff

I will take responsibility for protecting important information by crafting strong and unique passwords with characters, numbers, and symbols.



### Respect Each Other

I will spread positivity and use the skills I have learned to block and report negative behaviours.



### When in Doubt, Discuss

I will use my voice when I notice inappropriate behavior and seek out a trusted adult to discuss situations that make me uncomfortable. Because that's what it takes to be a safe and fearless explorer of the online world.

### 3. Parent Guides

There are **many** websites and apps that children are familiar with and each brings its own risks. National Online Safety (<https://nationalonlinesafety.com/>) publishes generic guides on internet safety, as well as guides on specific websites and apps. You will have to create an account to access these guides but it is free to do so.



**12 Smartphone Online Safety Tips FOR CHILDREN WITH NEW DEVICES**

- ALWAYS SECURE YOUR PHONE WITH A PASSWORD**  
This will help to keep your phone information safe and prevent others from accessing your phone without your permission. Make sure your password is memorable and personal to you but something which other people can't guess. It should always be different from your parents' just in case you forget it.
- DISABLE LOCATION SETTINGS**  
This can usually be done from the device's privacy control settings. Disabling location settings means that your phone can't be tracked by others and all messages can't tell where you are when you send it. It also helps to save battery.
- ALWAYS USE A SECURE WIFI NETWORK**  
When you use your Wi-Fi at home, usually it's a secure network that only you and your family know the password to. Public networks, like those in coffee shops, are not as secure and anyone with the right equipment can potentially hack into your device and access your personal information without your realisation.
- ONLY PAIR WITH BLUETOOTH DEVICES YOU KNOW**  
A Bluetooth connection with another device means that you can send and receive content. For example, you could share text messages, images or videos with someone you know. However, pairing your phone with a device you don't know means that you could be sharing personal information with a stranger or could have your device hacked into without you knowing.
- ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE**  
Before downloading any new apps, always check the age rating of the app. If you need help to do your parent's name to make sure that the app is suitable for you, use the app store's parental controls to help you decide your rules and monitor what you are doing on your phone.
- BEWARE OF BECOMING ADDICTED TO YOUR PHONE**  
Your phone can be fun to use and it's easy to become too attached, whether it's texting a friend or using social media. Remember to always go outside for fresh air and to get regular exercise. This will help you to stay healthy and make you more confident about your phone.
- DON'T SHARE YOUR NUMBER OR YOUR DEVICE WITH PEOPLE YOU DON'T KNOW**  
Now that you're using your phone number with people you don't know, don't give your phone to anyone else. It's important to keep your phone safe and secure. If you have a friend who is using your phone, make sure they know not to share it with anyone else.
- LIMIT YOUR SCREEN TIME**  
Using your phone for too long, particularly in the evenings, can make you feel tired at school, affect your concentration and mean you lose interest in other things in life. Only use your phone at certain times of the day and don't use it while in bed. You can set a screen time limit on the settings on your phone. This will help you stay healthy and ensure that you will still be able to focus and perform well at school.
- THINK OF OTHERS WHEN TAKING PHOTOS**  
Don't take embarrassing photos of other people in your phone. If other people get access to the photos and share it with more people, it could make that person really upset and offend a whole of friends. Always be respectful of the things you are taking your camera and who you share them with.
- MAKE SURE YOUR PARENTS SET UP PARENTAL CONTROLS**  
This means that you will be able to use your phone safely and securely and won't accidentally do things your parents don't want. The best time to do this is when you get a new phone or device and you are presented from the very beginning.
- DON'T FEEL SAFE**  
Sometimes, even though your phone is really secure, you might see something you don't like, or someone might contact you who you don't know. If this happens, always tell your parents about it. Your parents, carers, school family members or a teacher, all of whom will be able to support you and advise you on what you should do next.
- DON'T TEXT AND WALK**  
This might seem like a simple thing to do but it can be dangerous to start at your mobile phone while walking outside, especially if you're on a path or in a park. Because they haven't been tested, your phone, carer, school family members or a teacher, all of whom will be able to support you and advise you on what you should do next.

National Online Safety  
www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety

**Safety Tips for Parents**

**TIKTOK**

What parents need to know about

**MATURE CONTENT**  
TikTok has a 'Safe Mode' that can be turned on to filter out mature content. However, it's not perfect and some mature content can still be seen. Parents should talk to their children about what they see and how to report it.

**INAPPROPRIATE MUSIC**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate music. However, it's not perfect and some inappropriate music can still be heard. Parents should talk to their children about what they hear and how to report it.

**TIKTOK FAME**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**ONLINE PREDATORS**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**ADDICTIVE NATURE**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**IN-APP PURCHASES**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**TALK ABOUT ONLINE DANGERS**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**USE PRIVACY SETTINGS**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**ENABLE RESTRICTED MODE**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**EXPLORE AND LEARN YOURSELF**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**MODERATE SCREEN TIME**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

**NEW FOR 2020: FAMILY SAFETY MODE**  
TikTok has a 'Safe Mode' that can be turned on to filter out inappropriate content. However, it's not perfect and some inappropriate content can still be seen. Parents should talk to their children about what they see and how to report it.

National Online Safety  
www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @NationalOnlineSafety

### 4. Mental Health and Well-being

The internet allows us to explore the world around us and communicate with those outside of our homes. However, too much screen time can have negative effects. Follow the steps below to ensure your child maintains a healthy relationship with the internet and their devices:

- **Limit your child's screen time.** Come to an agreement with your child on how many hours of screen time they should be having each day. Then, create a timetable so your child knows when they can use their device. Discourage your child from using their device before going to bed. Most devices can be setup to limit use during certain times of the day.
- **Set a good example.** Show your child what a healthy relationship to electronics looks like by limiting your own screen time.



- **Plan off-screen activities.** Keep your child active by ensuring they get plenty of exercise. They could take part in Joe Wicks' daily PE lessons or you could go on a family walk or bike ride. In the evenings, turn off the television and play a board game instead!

## 5. Home Learning Activities

Here you will find a list of suggested activities that you can do at home to promote internet safety.

Focus	Activity
Generic	Interland is a website that most children will be familiar with. It allows children to play games whilst also learning about how to stay safe online. Children can access it here: <a href="https://beinternetawesome.withgoogle.com/en_uk/interland">https://beinternetawesome.withgoogle.com/en_uk/interland</a>
Online Reputation	Share the three scenarios below with your child. Discuss the impact of what was shared and how this will leave a negative digital footprint. <ol style="list-style-type: none"> <li>1. A child at your school has a bad haircut and isn't happy about it. Someone takes a picture and shares it online.</li> <li>2. Someone writes in their diary. Another person copies what they wrote and posts it online.</li> <li>3. A group of friends decide to meet at a friend's house after school to play video games. One person in the group posts the house address and mobile number of the friend they are going to.</li> </ol>
Strong Passwords	Discuss with your child why passwords are important. Practise generating different passwords and test how effective each one is at <a href="https://howsecureismypassword.net/">https://howsecureismypassword.net/</a>
Showing Kindness	Ask your child to draw someone who treats others kindly when they are online. Around the outside, ask your child to draw or write what this person is thinking, saying and doing to demonstrate kindness.
Online Reputation	Ask your child to draw a character or write a character's name in the middle of a piece of paper. Around the outside, your child should write 'personal' information about this person such as favourite foods or colours, names of teddies or toys, silly nicknames, number of siblings, school they go to etc. When they have finished, look at each piece of 'personal' information and discuss whether it is okay to share that information online. What effect might sharing have on the character's online reputation?

Staying Alert	<p>Ask your child to compose a tweet for the school website, informing parents of the meaning of 'Internet Alert'. Examples of what to include could be:</p> <ul style="list-style-type: none"> <li>• What the key words mean;</li> <li>• Clues to look out for that something online may not be all it appears;</li> <li>• How and where to get support if someone is worried about anything they see online.</li> </ul>
Online Security	<p>Ask your child to make a poster with top tips on how to stay secure online. This may include tips on how to create a strong password, what to do if they receive messages from people they don't know and how to manage their privacy settings.</p>
Tolerance and Respect	<p>Ask your child to make a word cloud of emotions and thoughts for a bystander who has witnessed or read unkind behaviour online. Then, discuss what practical steps the bystander could take to deal with the situation.</p>
Text Messaging	<p>Generate text messages with your child and take turns reading them in different tones of voice e.g. angry, sarcastic, friendly. Discuss how text messages can be interpreted differently and what the consequences of this are.</p>

## 6. Useful Websites

There are many trusted internet safety websites available for both children and adults. You could explore the websites below with your child so that they are aware of where they can find trustworthy information about keeping safe online.



**We are still here for you!**

Please get in touch with school if you have any specific concerns about your child's safety online. We will endeavor to help you in whatever way we can whilst your child is learning at home.