



Orleans Primary School

Hartington Road, Twickenham, Middlesex, TW1 3EN T: 0208 8921654 F: 0208 7442844
Email: info@orleans.richmond.sch.uk www.orleans.richmond.sch.uk
Headteacher: Jane Evans BA (Hons) PGCE, NPQH



Tuesday 2nd April

Dear Parents and Carers,

Online-safety

Safeguarding pupils is a very important part of the work of all schools and is a key aspect of how we aim to keep children safe. This is my second letter this year and contains:

- Information regarding what you and your child can do if they feel they are being bullied online
- An insight into the strategies we use at school and your roles as adults in keeping your child safe online
- A reminder of the importance and set up of filters and parental controls.

Cyberbullying

One risk, which we all need to be aware of, is cyberbullying. This is when a person is threatened, harassed, humiliated, embarrassed or otherwise targeted by another person using the internet, interactive and digital technologies, including mobile phones. As with any type of bullying, the behaviour would be repetitive and intended to cause either physical or emotional harm or both. Cyberbullies could be 'friends', classmates, online acquaintances or anonymous users and strangers.

There are many precautions you can take to prevent cyberbullying, such as:

- Only use devices in busy, communal areas of the house (not bedrooms)
- Make sure that children are only using age appropriate apps and online games
- Make sure that privacy settings and passwords are safe (see below for details)
- Activate parental controls to prevent access to inappropriate content
- Show an interest in your child's online activities and be involved
- Have regular conversations with your child about any online concerns that they have
- Talk to your child about how to solve friendship fall-outs – Social media is not the place to do this.
- Build trust, be supportive and understanding – don't tell your child off when they come to you with concerns, if you do they may be reluctant to share their worries
- Encourage your child to talk to a trusted adult about any online experiences that make them feel uncomfortable, worried or upset

There may be times when, despite following the above advice, your child maybe upset about online content or comments. Attached to this letter is a sheet giving step-by-step guidance on what to do if you are bullied online. This can be printed and stuck up in the house to remind everyone that bullying is unacceptable and what steps you should take if cyberbullying is happening.



Richmond upon Thames
Children and Young People's Trust



Teaching about being Safe Online

Teaching about online safety is an important part of keeping our pupils safe and we do this in school using age appropriate resources to demonstrate risks and how to avoid them. This is done through direct and discreet teaching in computing lessons, activities throughout Safer Internet Day in February and on a regular basis with the pupils across the curriculum. It is vital that the pupils utilise the learning on how to stay safe online both at school and at home. Each and every adult has a responsibility to protect children and this includes when they are online. Below are a list of websites that you may find helpful in supporting you with your child's online safety:

<https://www.getsafeonline.org/social-networking> - A guide to safe internet use and a specific area based on social networking, blogging and instant messaging.

<https://www.thinkuknow.com> - National Crime Agency backed website which breaks down information into separate areas for children, young people, parents and professionals.

<https://www.nspcc.org.uk> - Information on how to properly utilise parental controls and broaching the subject of difficult topics with children. There is also an advice line that you can call if you have any questions.

www.childnet.com – Visit the 'know it all' section for an interactive guide about online safety

<https://www.childnet.com/resources/kia/know-it-all-for-parents>

www.saferinternet.org.uk – Advice, guidance and 'top tips' for both parents/carers and children

Discussions with your child, Parental Controls and Filtering

I want to take this opportunity to remind you about the importance of the setting parental controls and filtering. The internet is a public and open place, one where anybody can post and share content. This is part of the fun but it does mean that your child might see something that is intended for adults which might confuse or upset them. This could be violent or sexual content, extreme opinion or inappropriate advertising. No matter how young your child is, if they are using the internet you will need to have the conversation with them about 'things they might see' online. You cannot always be there when your child is using internet enabled devices - even though it is advisable, as much as possible, when your child is at primary age. Therefore it is important that your child knows that they can come to you if something online confuses or upsets them.

As well as having the all-important conversation, there are some technical (and simple) things you can do to limit what they see:

THIS IS NOT A CREDIT OR DEBIT CARD. (HEAL.DIG) 02018.ACHIEVING FOR CHILDREN

Here's how to set the parental controls.

1. Using your phone's camera, scan a QR code below. (Don't know how? Ask your child!)
3. Follow the on-screen instructions to set the parental controls on your child's device
4. Use a good password to lock the changes – NOT the same as the unlock code!

For further advice, see your LSCB website.

Use for iPhone®, iPad® and iPod Touch®

Use for Android devices (most others).

Set Parental Controls; Parental Controls software will enable you to filter out inappropriate content. You can also use it to set time limits for using the internet and apply age restrictions for games they play. Most major Internet Service Providers, like Talk Talk, Sky, BT and Virgin Media, provide free parental controls, as do most devices and games consoles. Find out more about setting them up - it isn't as difficult as you might think!

Set the search engine (e.g. Google, Bing, etc.) they use to 'safe' mode; this means that the search engine will look to block any obvious adult content and not provide it in search results.

Monitor the sites your child is visiting; YouTube is particularly popular with primary aged children but think about the range of content they can be exposed to on it. Distressing news stories and other adult content will often appear on YouTube, so do not use YouTube as a TV. It is all too easy for children to click on related videos and end up watching something, which is more appropriate for adults so make sure you supervise younger children. It is also advisable that you set YouTube search to 'safe mode'. Advice on how to do this is available through the YouTube safety centre.

Check the age rating on games; when playing computer games, the rating on a game confirms that it is suitable for players over a certain age. Accordingly, a PEGI 7 game is only suitable for those aged seven and above and a PEGI 18 game is only suitable for adults aged eighteen and above. The PEGI rating considers the age suitability of a game, not the level of difficulty.



The PEGI site gives clear information about what the age advice means, the link to the site is below:

<http://www.pegi.info>

If you believe that a crime has been committed through someone acting inappropriately towards your child online we would recommend that you report it to the Child Exploitation and Online Protection agency, a branch of the police who deal specifically with online issues.

<https://www.ceop.police.uk>

Lastly, we have organised for Peter Cowley, from Achieving for Children, to come and present to parents on 6th June 2019. I would encourage you to take advantage of this opportunity as Peter has a wealth of knowledge and experience on the ever changing and developing area of online safety. Our pupils have the benefit of access to the online world but with that comes the challenge of protecting themselves. Peter will give you an insight into the positives and the potential dangers and strategies to help you and your children. More details about the event will be made available after the Easter Holiday.

Yours Sincerely,

Jane Evans
Headteacher



What to do if you're being bullied online

1. Tell an adult you trust if you are being cyberbullied
2. Don't respond or retaliate to bullying messages – it could make things worse
3. Save abusive emails or messages (or texts) you receive
4. Block users who send you nasty messages
5. Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the URL.
6. Don't pass on any cyberbullying videos or messages – this is cyberbullying
7. If you are bullied repeatedly change your user ID, or profile and use a name that doesn't give any information away about you
8. Visit [bullying.co.uk](http://www.bullying.co.uk) – this is a website where trained counsellors can support you if you are being bullied, either by chatting online or by calling their free helpline. You can also find some top tips on how to stay safe – <http://www.bullying.co.uk/>
9. You can talk to someone at Child Line or get online safety advice at <http://www.childline.org.uk/talk/Pages/Talk.aspx>
10. <http://www.thinkuknow.co.uk> is another very useful website for children and young people staying safe online