

E-Safety Addendum – Summer 2020

This Addendum supports our current E-Safety Policy in light of the Covid-19 situation. Its aim is to ensure that children have safe access to the internet and are able to use appropriate online tools whilst not at school.

The Kennet Federation encourages parents and carers to set age-appropriate parental controls on digital devices and use internet filters to block malicious websites. These are usually free, but often need to be turned on.

Follow the GOLDen Rules

Ground Rules

- Discuss and agree as a family how the internet will be used in your house at a level that is appropriate to your children's ability and age.
- Discuss with your children what they think is and isn't acceptable to do online, then add your own rules and boundaries to the list.
- Decide on what information should be kept private online, such as contact information, photos in school uniform, and agree rules for making and meeting online friends.
- Set clear boundaries relating to use of webcams, video chat, live streaming and live voice on different devices; even when children are talking to people they already know, they can still experience risks. Find more information about live streaming at: <https://www.thinkuknow.co.uk/professionals/resources/live-streaming/>
- Explore how to create strong passwords and discuss how to keep passwords safe, for example not sharing them with friends and not using the same password for several accounts.
- You might find it helpful to write 'grounds rules' down as a visual reminder. See a template 'family agreement' at: <https://www.childnet.com/resources/family-agreement>
- Remember these are whole family rules, so consider your own use of the internet and lead by example. Think about how much time you spend online and consider the information you are sharing on your social networks about your children and who can see it.
- Share quality time together. Consider nominating 'tech-free' areas or times, such as your child's bedroom or dinner time, where you can give each other undivided attention and share offline experiences, like reading a book together.

Online Safety

- Install antivirus software and secure your internet connection.
More advice on online security can be accessed at <https://www.getsafeonline.org/>
- Make the most of the parental controls on your children's internet enabled devices and games consoles to help restrict access to inappropriate content. These can help you manage how much time your child spends online.
- Do your research and select the tools which are most suitable to you, your child and the technology in your home. Find more information on parental controls at: <https://www.internetmatters.org/>
www.saferinternet.org.uk/advice-and-resources/a-parents-guide
- Set up filters on internet search engines to limit the likelihood of your children accidentally coming across inappropriate content when searching online.
- Ensure your child understands that parental controls are in place to protect them, not restrict them; some children will actively work around parental controls if they feel constrained without knowing why.

- Read any parental guidance and safety recommendations for games, apps or websites **before** allowing your child to use them.
- The following guides provide balanced information to help you make informed decisions:
 - <https://www.net-aware.org.uk/>
 - <https://www.common sense media.org/>
 - Be aware that parental control tools and filters are not always 100% effective and you can't rely on them alone to protect your child online. It's important to monitor and supervise your child's online activities; where possible access should take place in a family area, but this will depend on the age and ability of your child.

Learning

- The internet provides vast opportunities for children, both educationally and socially, especially during the current situation. As adults, it is important that we acknowledge the many wonderful and positive opportunities the internet provides for our children; we just need to steer them in the right direction.
- Ensure you make appropriate checks on anyone online offering educational support to you and your child; whilst many people will be acting with good intentions, it's important that we are all vigilant when children are using the internet and act together to ensure they are protected from anyone who may pose a risk to them.
- Encourage your child's creativity by teaching them how to take photos or make videos safely; these can be used to make a collage or be shared with family and friends.
- Being online should be a sociable activity; keep your devices in a communal area and take it in turns to choose a game or video that the whole family can enjoy together. Why not take it in turns the good old fashioned way to beat the highest scorer?!
- Create learning opportunities; just because they're not at school, doesn't mean children can't continue to learn new things. There are a number of educational apps and resources available online or simply encourage your children to safely research different things online.

Dialogue

- Maintain an open mind and positive attitude when talking with your child about the internet. Take an active interest in your child's online activities and engage in their online world with them.
- Ask your child which games, apps, websites or tools they like to use and why; playing together with your child can often open opportunities to discuss safe behaviour online.
- Ask your child if they know where to go for help; do they know where to find safety advice or information about privacy settings and know how to report or block users on their games and websites.
- Make sure your child knows that they should come to you, or another trusted adult, for help if something happens online that makes them feel scared, worried or uncomfortable.
- Talk to your child about being kind online and encourage them not to retaliate or reply to cyberbullying and to keep any evidence; you may need to show your child how to take screenshots on their device.
- Have a look at the following links for useful tips on talking to children about online safety in an age appropriate way:
 - <https://www.childnet.com/parents-and-carers/have-a-conversation>
 - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>