



Heartlands  
High School

# HOW DO I HELP KEEP MY CHILD SAFE ONLINE?

At Heartlands we encourage the use of technology in school and have a number of measures in place to protect and educate students against the dangers of using the internet. As a parent or carer you also have a key role to play in helping your child to stay safe online. Although you may always feel one step behind, you do not need to be an expert on the internet in order to help your child stay safe. This leaflet contains information and advice on how you can best support your child.

## What is my child doing online?

**Sharing** – Your child will be using services online to create a network of ‘friends’, such as Facebook, Instagram and Snapchat. These social networking sites enable and encourage your child to link with their friends, and friends of friends, so they can chat, keep up to date, share photos and videos.

**Gaming** – Games can be played against anyone in the world via a number of internet devices, at any time and for as long as you want. Children can purchase games and updates, communicate through instant chatting facilities and track the progress of other gamers.

**Socialising** – Young people use the internet to talk to others through a number of different means, including email, instant messaging, webcam and chat rooms. This allows them to be inquisitive, explore relationships and actively seek risks, such as flirting with people that they don’t know.

**Searching** – It’s now easy for children to actively search for material that might be

inappropriate for their age, or stumble across things that might upset or disturb them, including unrestricted access to adult material, extreme opinions and pirated material.

**Using a smart phone** – Smartphones are powerful devices that allow children to do all of the things a modern desktop computer can do. They can access and search the internet, take and share videos/photos quickly, chat through instant messaging, share their location and play games.

## What are the issues?

**Online behaviour** – Children can be at risk because of their behaviour online. This includes sharing too much information about themselves or engaging in the bullying of others. Your child needs to understand that there are potentially serious consequences to sharing information about themselves or others.

**Internet content** Children may have access to non age-appropriate or unreliable content. This includes sexual, violent or

copyrighted material. It is important that your child understands that there is no filter applied to information that can appear on the internet.

### Contacting others

With a wide range of communication methods accessible via the internet, and on a number of devices, your child could be contacted by bullies or people seeking to groom or abuse them. It is important that your child regularly reviews the privacy settings on all of the apps and sites that they use.

**Commercialism** – Your child may use a range of free apps and sites, however many make money through targeted advertising and in-app purchasing. Make sure that your child understands what is free and what is not, and that they should not share personal information through these methods.



## How can I support my child?

**Be involved** – Talk to them about what they’re doing online. Be inquisitive and interested in the new gadgets, apps and sites that your child is using. If they know you understand, they are more likely to approach you if they need support.

**Set boundaries** – Think about what they might see, what they share, who they talk to and how long they spend online. Set boundaries in the online world just as you would in the real world.

**Understand connectivity**  
With more and more devices now having internet capability, your child will use all sorts of devices and gadgets. Make sure you’re aware of which ones can connect to the internet, such as their smartphone, tablet and games console.

**Parental controls** – Consider the use of parental controls on devices that link to the internet. These are tools that help you set appropriate boundaries as your child grows and develops.

**False identities** – Emphasise that not everyone is who

they say they are. Make sure your child understands that they should never meet up with anyone they only know online without taking a trusted adult with them.

## What the law says

**Privacy/Cyberbullying**  
– There are a number of UK laws that can be applied to children who have been perpetrators of bullying through electronic communication, or the spreading of information without consent of the subject. Schools also have strict guidelines to follow, which if broken, can result in further disciplinary action.

**Pirating movies, music and software** – It’s easy for children to download and make illegal copies of copyrighted movies, music and software.

This is an offence under the Copyright, Designs and Patent Act 1988.

**Libel and defamation** – Social networking sites and apps allow children to attack peers or teachers, for example. These attacks can sometimes amount to

libel or defamation lawsuits, or disciplinary action at school.

**Sexting** – Sexting refers to ‘sending or receiving sexually explicit or sexually suggestive nude or seminude images or video’. Sharing explicit images of under 18s is an offence even if they are taken by someone who is under the age of 18.



## What Apps/websites is my child using?



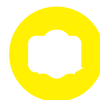
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