Being Safe, Kind and Brilliant Online

At Bonneygrove School, being Safe, Kind and Brilliant are our key values, and this includes online safety too. The current situation in which we find ourselves has affected so many families in different ways: people are working from home, looking after children and spending more time online. More than ever, it is important we do all we can to keep ourselves, and our children, safe online. Here are a few ways to help you and your children stay safe when learning, socialising and using the Internet:

- **Check and adjust your security and privacy settings on all devices**
- **Block unsuitable content**
- **Use parental controls**
  Switch on family friendly filters to help prevent age inappropriate content being accessed on devices in your home. Parental controls put you in control of what your child can see. Internet Matters has step by step guides *on how to set these up – see link below*
- **Talk with your children about what they are doing and how to stay safe**
  Encourage your child to speak to you or a trusted adult if they come across content that makes them uncomfortable. Childnet's advice and top tips (childnet.com/parents-and-carers/hot-topics/critical-thinking) provides ways for parents and carers to help their child develop critical thinking skills.
- **Protect against Fraud**
- **Check the facts of what you see before commenting or sharing something**
- **Take regular breaks from your screens**

Website Links for further support

- *What you can do to stay safe online (Government)*
  https://www.gov.uk/guidance/covid-19-staying-safe-online
- *Support for parents and carers to keep children safe online (Government)*
  https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online
- Advice for setting up Parental Controls -
  https://www.internetmatters.org/parental-controls/
- Online safety advice from LGfL - https://www.lgfl.net/online-safety/default.aspx -
- Online safety advice from Internet Matters -
  https://www.internetmatters.org/connecting-safely-online/advice-for-parents/
- UK Safer Internet Centre – Tips and resources to help keep your child safe online
  https://www.saferinternet.org.uk/advice-centre/parents-and-carers
- https://www.thinkuknow.co.uk/ - Education programme from NCA-CEOP

Further advice for parents and carers

We understand there may be concerns from parents about the safety of their children online. We have attached a poster, produced by LGfL, which shows Six Tips of how to stay safe online.

Should you have any safeguarding concerns in relation to remote learning, they can be reported via telephone or email to our school office or on: 01992 307900 office@bonneygrove.herts.sch.uk . Please mark for the attention of the Designated Safeguarding Lead.

If you are concerned or upset about something your child has seen online

Seek support from the online platform using the report function on the app or website - you can often find these in the 'help' section or 'settings' or seek support from other organisations and helplines.

The UK Safer Internet Centre offers a service, Report Harmful Content (reportharmfulcontent.com) which you can use if you are not satisfied with the result of a report.

Staying safe and healthy
Here are a few of the tips to help your children stay healthy:

- **Sleep matters** Getting enough good quality sleep is very important. Leave devices outside the bedroom when it is bedtime.
- **Sharing sensibly** Talk about sharing photos/information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. When in doubt, don't upload!
- **Talking helps** Talk with children about using screens and what they are watching. Make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.
- **Keep moving!** Take a break after a couple of hours sitting or lying down using a screen.
- **Family time together** Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.
- **Use helpful phone features** Try using these features to keep track of how much time you and your children spend looking at screens