

Dear Parent/Guardian,

It was lovely to meet some of you. For the benefit of both those who attended and those who did not, I would like to outline the key points of my talk in this letter.

The web provides a fantastic access to resources for homework and fun games. Information technology is a fantastic resource for our children, especially online for research, future employment, keeping in touch with friends and a fantastic digital footprint.

Below you will find links to websites I referred to during my presentation. *These sites are ones I have found helpful to explain and assist parents with Internet Safety. Please be aware that the links I provide cannot guarantee children's safety, and that the information I provide is subject to change at any time. The internet and social media sites are ever evolving and can change their security settings. Therefore, please always regularly recheck your parental controls.*

The key is to have regular conversations with your children about their digital world. Once they do then move onto social media and their relationships with peers develop, you are already frequently chatting about their life off and online and therefore you are able to support them through their choices. In addition, should they be unfortunate to encounter unhappiness online they will naturally come to talk to you.

In the presentation I described at length young people's online behaviour and their digital footprint. I discussed strategies to remind children to be kind online, not to have friends and followers they do not know, understanding that these are strangers and they do not know who they are talking to. We reviewed while online the consequences of sharing bullying messages, inappropriate jokes and images. In summary, everything online could form an opinion of someone simply by pictures and messages they share. If it is unkind or inappropriate it may affect their digital footprint for employment in the future.

Within the links below you will find support website links, because at times we or our children need helpful guidance for the next step they take.

Thank you very much
Sarah Lynch

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Security and Parental Controls

How Secure is My Password

This is a helpful site to check you have a strong password; using the ideas I showed, you can now practise your own.

www.internetmatters.org

Internet Matters is a website constantly updated with advice for parenting on the internet to keep children safe.

This link <https://www.internetmatters.org/parental-controls/> is from this site, and takes you step by step through setting suitable parental controls from your broadband, through to your devices. This is one that I didn't get to show you but is fantastic resource to use when setting up a lot of parental controls at once.

In addition, where possible in location settings on their phones turn off location for apps, there is no need for this to be on for the app to be enjoyed. This then stops apps receiving location information of your child. You can choose instead to have find my iphone or there are ones by google <https://play.google.com/store/apps/details?id=com.life360.android.safetymapd>

Social Media Guides

<http://www.saferinternet.org.uk>

Safer Internet is another good website of many resources to help our children and parents with internet safety. The link I showed and discussed is

[SaferInterNet Social Media Guidelines](#). This allows you to view step by step security settings for social media and game settings, from Club Penguin through to social media apps such as Facebook, Snapchat and more.

Internet Safety Advice and resources

www.thinkuknow.co.uk

The Think You Know website has some amazing resources. It has very informative guides and videos on internet safety for ages 5 - 17, and includes parent advice as well. In addition, there is helpful information on where you can get help should you need to. Within this website, there is also a link to www.ceop.police.uk should you or our children ever need to make a report.

<http://www.iwf.org.uk/>

The Internet Watch Foundation is a UK hotline for reporting criminal online content and works with the internet industry, police, and international partners to get such content removed.

<http://www.childline.org.uk>

Childline has a helpful site for teenagers and young children to read articles and ask questions in regard to cyberbullying, internet safety, puberty, sexual orientation, weight loss, exam stress, drugs, racism, appearance and much more. Young people can speak to counsellors or find their answers to these questions on this site.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

This is NSPCC site and has a few good share aware videos for the children to watch, including a video called "I saw your Willy" which is a little cartoon in regard not sharing photos of private parts.

Web searching

<http://www.safesearchkids.com/> there are others available as well through Google.

These are the child friendly search engines. It is a good idea to bookmark these. If you do bookmark them then the children can simply click on them at the top of your computer screen.



This is Youtube for children, a great app to control the videos they may be watching. Lots of cartoons as well. Please be aware as with any internet site sometimes inappropriate videos do slip through but please do report the videos so they can be removed from the site.

Bookmarks

This is where you can bookmark a web page to save for the future or bookmark specific search engines. This helps children to not misspell web pages they look for regularly and allows you to bookmark web sites such as BBC Bitesize that you are happy they use for their homework:

- To bookmark a site in Chrome, click on the star icon  . Bookmarks can be organised into folders or saved to the Bookmarks Toolbar.
- To bookmark a site in Safari, click on the share icon  and then the 'Bookmark' icon .

Turning off apps and sharing apps

These are the apps you all appreciated! Please have a look to see which suits your devices and family the best.

<https://safetonet.com/>

SafeToNet on their website explains it is ground-breaking technology that uses artificial intelligence to automatically identify and block harmful messages and content before it's seen, and the damage is done. SafeToNet is designed to get to know your child's online behaviour and then can without human intervention safeguards you from danger. It also advises and guides along the way. SafeToNet does not show you what children are seeing, sending or receiving. It protects their privacy whilst allowing you to trust they are safe. Having installed the app on your child's device you are presented with tools to remotely manage both the device and the apps being used.

They describe in the future the app will be able to detect and blocks images and videos of nudity attached to messages

Aspin School are signed up to receive 3 months free once the app is formally launched you will receive full information.

Ensuring your children can not download apps without permission and share already paid for apps.....

apple family sharing

This is the facility I showed which causes your child to have to ask you directly for an app. Following setting up Apple Share, your children can view apps on the app store as normal, but if they would like the app, instead of downloading it, they instead click 'ask to buy'. The parent's phone will receive a notification that your child wants an app, giving you a link to view the app and choose whether to authorise the purchase. If you authorise the app they can share it with siblings, though there is a feature which allows you to click "do not share my apps" if you only want, for example, your eldest child to have access to it.

For Android phones go to Google Play where it is a similar process to apple;

Google Play

The sites I have provided are among many available to parents. It maybe you prefer another. Website sites such as:

<https://www.internetmatters.org;>

[http://www.childnet.com/;](http://www.childnet.com/)

<https://www.saferinternet.org.uk>

are good resources to see any Internet Safety Updates.

Websites

Please always remember, whenever they are using a website, that if it has a padlock and then an 'https' address, it is secure. It is always worth keeping an eye on current media information to see if the 'hackers' have got past this security at any point. As noted in the presentation, unfortunately criminals may have the padlock on their websites as well, so if you are ever unsure do not proceed with sharing personal details or payments.



In addition, please consider TypoSquatting. This is where I explained be careful to correctly spell the website because fraudulent sites are set up to be spelt very similar and once you open it looks the same allowing you to shop but unfortunately releasing your card details to a fraudster or similar.

Videos

You will find below only a small selection of the videos available to teach children about E-Safety. Including above on the NSPCC link.

The Think You Know website and Childnet, that I have given links to above, have further helpful videos and games.

Personally, I watch the videos myself and then select ones to watch with the children to start a digital conversation with them;

Here is the video we watched and there are various ones on the think you know site which are suitable to watch with your children;

https://www.thinkuknow.co.uk/parents/Support-tools/Films-to-watch-with-your-children/Jigsaw_original/

[Lee & Kim Video KS1](#)

This is an article about Sexting if you have any older children. This video I showed last night and to Year 8 is the following video; <http://www.childnet.com/resources/pshetoolkit/sexting/just-send-it>

One further video to consider watching if you have children in Year 10 and above or you may use parental discretion to show younger secondary children:

<https://leics.police.uk/categories/kayleighs-love-story-film>

AGE 15 plus viewing. I have included this for families with older children. Please be aware there is distressing scences.

This is a hard-hitting recent release from Leicestershire Police following the murder of Kayleigh Haywood. As the police explain, "Kayleigh began speaking to Luke Harlow by digital messages, a man she had never met, on 31 October 2015. With the support of Kayleigh's family, Leicestershire Police has made a film about aspects of the last two weeks of her life. Kayleigh's Love Story is as a warning to young people, both girls and boys, about the dangers of speaking to people they don't know online. The film highlights just how quick and easy it can be for children to be groomed online without them or those around them knowing it is happening. Its purpose is to protect children now and in the future and to stop another family losing a child in this way"

I will not describe any further details on this document due to the fact it may be seen by any child under the age of 15 and the video has a 15 certificate.

I hope you find the above sites and summaries useful. I am regularly on Twitter and Facebook with news updates on Internet Safety. Below you will find my contact details.

Thank you very much

Sarah Lynch

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