

Parent E-Safety Headspace Surgery

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Aims of Session

- ▶ Understand why E-Safety is important
- ▶ Look at benefits of children having access to online education.
- ▶ Identify potential risks that children face online.
- ▶ Understand what we do in school to help children stay safe online.
- ▶ Offer ways to help children stay safe online at home.
- ▶ Offer ways to help children build online resilience.
- ▶ Offer websites and resources that can be used to help promote online safety at home.

Why is E-Safety important?

- ▶ Technology has become integrated into everyday life.
- ▶ Many children say that being online is just as important as being offline.
- ▶ According to OFCOM (2019),
 - ▶ 47% of 5-15 year olds own their own tablet.
 - ▶ 35% of 8-11 year olds own their own smart phone, which increases to 83% of 12-15 year olds.
 - ▶ 69% of 12-15 year olds have their own profile on social media or messaging site/app.
 - ▶ When given a choice, most children aged 8-14 would rather watch YouTube than a programme on TV.

What are the benefits of children having access to online activities?

- ▶ They can find information and support about a range of topics both related and unrelated to their school work.
- ▶ Being online improves their quality of access- it offers alternative ways to communicate with others.
- ▶ Being online gives children a voice about important issues.
- ▶ It gives children the chance to portray themselves how they wish to.
- ▶ They can explore the world around them in a variety of ways.
- ▶ Children learn problem solving skills.

What Risks do children face online?

- ▶ The risks children face online vary depending on a number of factors:
 - ▶ Age of the children
 - ▶ What technology they have access to
 - ▶ How long they spend online
 - ▶ What they do online and who they are talking to
- ▶ The main risks are:
 - ▶ Being exposed to inappropriate content.
 - ▶ Inappropriate communication with others.
 - ▶ Proactively engaging in risky behaviour.

What does GJS do to help support children with Online Safety?

- ▶ Each year group has an E-Safety unit in computing at the start of the year.
- ▶ Take part in Safer Internet Day every February with a different focus each year.
- ▶ Each class has created and signed an E-Safety charter to encourage children to be safe online.
- ▶ Regular chats in circle time about being safe online during circle times and whenever it is felt necessary.
- ▶ Encourage open communication with children to speak up if there is a problem without judgement.
- ▶ Children are supervised when using technology in school. Adults alerted if children search content that is blocked by our monitoring system (Surf Protect).
- ▶ E-Safety policy in place which includes online safety.
- ▶ Mental health support given to those who need to help tackle issues and build self confidence.

How to keep children safe at home

- ▶ Use TALK to help enable positive relationships between yourselves and your children around E-Safety.
 - ▶ T: Talk.
 - ▶ E: Explore.
 - ▶ A: Agree.
 - ▶ M: Manage.
- ▶ Ensure children are being supervised when using technology.
- ▶ Try to be honest and reflect on you own online behaviour- are you being a good role model?
- ▶ Try not to blame children if they experience a problem- offer reassurance, help, support and advice.

How to help children build online resilience.

- ▶ Encourage open communication without judgement.
- ▶ Demonstrate practical solutions and ensure children know what to do if they encounter a problem.
- ▶ Help children tackle any mental health difficulties in a non-judgemental way.
- ▶ Promote internet use.
- ▶ Encourage young children to support each other.
- ▶ Allow children to experiment and take risks in a managed way.

In your pack

- ▶ Ways to build online resilience in children
- ▶ List of useful websites to help with E-Safety.
- ▶ Conversation starters for parents to engage with children
- ▶ Copy of Smart Poster that is displayed in all classrooms around the school to remind children of basic online Safety rules.