



AVANTI FIELDS  
SCHOOL

# Welcome

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Parent E-Safety Information Evening  
27<sup>th</sup> September 2023



# E-Safety

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- The internet can be amazing.
- Young people can use learning platforms, online gaming or expressing themselves and socialising.
- The internet can be a vital tool for these activities and can provide fantastic opportunities.
- We know that young people learn through experience but as parents, carers and professionals working together we know that we need to help protect them from harm.
- However, children may face negative consequences while 'being online' including cyber bullying, inappropriate/illegal images, and possible contact from strangers.





# Keeping our children safe online

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- It is important to have conversations with your child(ren) on a regular basis about staying safe online.
- Ask your child to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online.
- Ask your child if they know where to go for help.
- Think about how you each use the internet.





# Keeping your child safe online:

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**1) Monitor viewing habits**

**2) Check online content** – understand what is being shared or what is ‘trending’ at the moment

**3) Check age ratings** – make sure your child(ren) is the recommended age-limit

**4) Change privacy settings** – make accounts private and set content filters and parental controls

**5) Spend time on the app** – get used to how apps work, what content is available and what your child likes to watch



# Keeping your child safe online:

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- 6) **Let children know you are there** – ensure they know there is support and advice available to them
- 7) **Encourage critical thinking** – talk about what people might post online and why some posts could cause distress
- 8) **Learn how to report and block** – always make sure children know how to use reporting tools on social media
- 9) **Keep an open dialogue** – listen to their concerns, empathise and offer reassurance
- 10) **Seek further support**



# Parental controls

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Parental controls allow you to **block and filter upsetting or inappropriate content**. They work across your WiFi, phone network, individual apps and devices.

## **Parental controls can help you to:**

- Plan **how long and when** your child(ren) can go online
- Create **content filters to block apps** that may have inappropriate content
- Manage the content different family members can see



<b>Guidance Questions</b>	<b>Actions</b>	<b>Y/N</b>
<b>Have I asked my child to show me sites they use?</b>	Keep track of the webpages your child visits. This can be seen in the history settings. If you feel the history settings are cleared more than they should be then monitor closely. In your own time browse through the sites in detail.	
<b>Have you asked your child to set their profile settings to private.</b>	Social networking sites such as Facebook and Instagram, are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the information they post online as it could be copied and pasted anywhere without their permission. If it got into the wrong hands, somebody may wish to use it against them or worst of all try to locate them in the real world.	
<b>Have you set appropriate parental controls on your child's computer, mobile and games console.</b>	Always use filters on computers and mobiles. This reduces the risk of your child viewing inappropriate and possibly illegal content. The level of filters can be decided depending on your child age. You can also set time restrictions for using the internet or games. Call your service provider who will be happy to assist or visit CEOP's parent's site for further information. Explain to your child why you are setting parental controls when you talk to them about internet use.	
<b>Encourage your child to tell you if they are worried about something online.</b>	Sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. By opening up the communications channel and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.	
<b>Do you know where to get help if you are concerned about your child?</b>	The CEOP Safety Centre provides access to a range of services. If you are concerned that an adult has made inappropriate contact with your child can report this directly to CEOP. You can also find help if you think your child is being bullied, or if you've come across something on the internet which you may think might be illegal.	

Visit the Safety Centre at [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)



# Further support and guidance







**shout**  
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

**SAMARITANS**

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support  
Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Crisis Tools**

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources [here](#)

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight – 365 days a year)

**childline**

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

## Urgent and other support available

**Good Thinking**

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

**THE MIX**  
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am – 11pm every day) or [Email](#)

**Beat**  
Eating disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am – 8pm during the week and 4pm – 8pm on weekends and bank holidays)

**kooth**

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine