



DEPTFORD GREEN SCHOOL
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Dear Parents and Carers,

RE: Online safety tips for parents

Now that your child is spending more time at home and online, it's extremely important that they do this safely. **Here is some advice we think you may find useful to help you keep your child safe online.**

Put yourself in control- Make use of the parental controls on your child's internet enabled devices and game consoles to help restrict inappropriate content. Read parental guidance and safety recommendations for games, apps or websites before allowing your child to use them. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to <https://safety.google/>

Agree boundaries- Have a family agreement about where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.

Have a conversation -The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

Check if it's suitable -The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Get them clued up about social networking -Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online. Help them to be critical of things they see online and judge the quality and reliability of online sources.

Learn more about apps -It can be difficult to stay on top of what apps your child is using and who they are talking to online – find out more about the latest apps at internetmatters.org/apps

Remind your child of the rules

- Remind your child knows not to share personal information like their phone number or email address online
- Remind them to only talk to real life friends or family on social media sites and in chatrooms
- Get them to check privacy settings wherever they exist to keep their information private
- Make sure they know to never arrange to meet people in real life that they've only talked to online
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Don't post things online that they wouldn't want you to see





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Talk about it- Tips for a meaningful conversation

- Take an active interest and engage with your child's online world with them. Ask them for advice on how to do something online and use this as a conversation starter.
- Make sure they know they can come to you if they're upset by something they've seen online.
- Be sensitive and praise them when they share their online experiences with you.
- Make sure they know how to block abusive comments and report content that worries them.
- If your child comes to you with an issue, stay calm and listen without judging them. If you need to contact the school for further advice.
- Tackle peer pressure by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police.
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use.

Here are some websites you can visit if you want further information.

www.thinkuknow.co.uk

www.net-aware.org.uk

www.nspcc.org.uk/onlinesafety

www.saferinternet.org.uk

www.internetmatters.org

If you would like more support and guidance on how to talk to your child about keeping safe online have a look at some of the following links:

- www.childnet.com/parents-and-carers/have-a-conversation





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- www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/

Deal with it

You can find out where to get help and advice on the 'report it' page of internetmatters.org, where we include information on how to report problems – and which relevant organisations and agencies to turn to.

Whilst your child is working remotely you should report any online safety concerns you have to the Deptford Green Safeguarding team.

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