Safeguarding during online learning

Mr T Critchlow

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Approved by Chair_____

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Online home learning (or distance learning) is an important part of the learning process when unable to attend school for a variety of reasons (illness, closure, etc.) and the school strives to provide a range of work that is easily accessible to support and enhance learning.

Whilst we actively encourage the use of online resources during this time, we aware that many websites and apps have the potential to provide an online risk to children. Though this is significantly low due to the nature of the websites, resources, activities or apps that the school suggests and provides links to, the school cannot be held responsible for any external links or 'click bait' that redirect a learner to an inappropriate site or page that compromise their online safety in whatever guise that may take (see below).

It is ultimately the responsibility of the parent/carer to oversee the sites accessed by the child whist completing any online work. See below for a list of responsibilities.

Reasons for concern may take various forms. An example of concerns are as follows, but not limited to:

- Child spends too long on their smartphone tablet
- Child has been caught sexting
- Child has shared their personal information on social media
- Child has a social media account but they are under 13
- Child is using numerous social media platforms and I am not sure who to keep them safe
- Child has been groomed online.
- Child is a cyber-bully
- Child is being cyber bullied
- Child has seen pornographic content online
- Child is self-harming
- Child has been radicalised online
- Other people are posting pictures of a child without permission

Please see appendix 1 for guidance on these issues.

Should a parent have any concerns regarding online safety with their child they should contact the school and speak to the head teacher/e-safety lead. If the school is closed due to unprecedented circumstances, then email the school at postbox@busilljonesprimary.co.uk, for the attention of the Head Teacher and e-Safety Lead, with an outline of the concern. The school will endeavour to get back to the reporter to support.

Should neither of these options be available, the following websites have excellent support in these matters.

https://reportharmfulcontent.com/

https://www.childline.org.uk/

https://www.ceop.police.uk/safety-centre/

If they feel the risk to the child is significant enough and they or the person they are helping is in immediate danger, contact the police by dialling 999.

Responsibility of the school during online learning

It is the responsibility of the school to set work during a period of online (distance) learning. This work will be curated by the staff and set on the school's website under the Home Learning tab.

Each phase will have a set of downloadable files that can be worked through that cover English and Maths work in the first instance. The work will be set to support the current learning in school during the Topic based period.

The school will also make available links to websites and apps that they feel are relevant to the learning. The school will regularly access these websites or apps to ensure that they are safe for consumption by the child and pose no obvious or immediate online risk.

Where links to Youtube videos of 'how to', the school will ensure that the video has been watched in its entirety for appropriate language or content. However, the school cannot be held responsible for the comments section that accompany each Youtube video, nor the videos that follow on from it.

Responsibility of the child during online learning

Where possible, the child will be expected to access the work set by the school and complete the work. It is up to the child how they compete the work. Either by viewing and writing on paper, downloading and completing digitally, or printing out and completing.

Children should only access the work and weblinks that the school provide directly. If they wish to access another site or link from the given site or resource, they should seek the permission and guidance of their parent/carer.

Responsibility of the parent/carer during online learning

It is the responsibility of the parent/carer to ensure that the children access the work where possible (see note.) and monitor their online presence and the work completed, including websites accessed and videos consumed. Should the parent/carer feel that the work is not suitable (in terms of online safety) then they should intervene and report their concern to the school at the earliest opportunity.

Note

The school is aware that not every child or family has access to a computer/laptop, printer or internet access. As such, the resources posted online can be accessed by the parent/carer requesting a hardcopy, which the school will provide as a home learning pack.

Where a family or child has access to an internet enabled device and the internet, the school cannot guarantee the protection of the device from malware, virus or phishing. It is up to the family parent/carer to be responsible for the level of anti-virus protection enabled on their devices or from their internet provider.

When working on a home learning website, the school suggests the following advice for keeping safe online

- **Think before you post**
  Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.

- **Don't share personal details**
  Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

- **Watch out for phishing and scams**
  Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

- **Think about who you're talking to**
  There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. Find out more about grooming.

- **Keep your device secure**
  Make sure that you're keeping your information and device secure.

- **Never give out your password**
  You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.

- **Cover your webcam**
  Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

Appendix 1

My child spends too long on their smartphone / tablet

Recent research from [Action for children](#) found that nearly a quarter of parents struggle to get their children to "unplug" and take part in activities away from television, phone and computer screens.

Steps you can take to manage a child's screen time:

Talk to them about the time they spend online to better understand what they are doing and agree on an appropriate length of time that they can use their device.

Put in place **a family agreement** to set boundaries about how long they spend on their device and what they should be using it for. It can also be used as way for the whole family to think about the best way to use the internet.

If you'd like more control over the time they spend online when they are not being supervised, you can **use apps to help you regulate this**. They work by disabling your child's device when they have hit their limit.

Ensure they have a [better night's sleep](#) by **removing the device from their bedroom** at bed times and charging it in another room.

Be the role model – Whatever behaviour you would like your child to have, set the example.

Encourage them to **take up alternative activities** – It could be as simply picking up their favourite book or magazine to going outside to play a game or visit a friend.

Stay in control – If your child simply will not respect the agreement that you have in place, you can (in combination with having a conversation) use parental controls, passwords and mobile services to manage their screen time.

Get the **whole family to unplug and play** – Action for Children has developed five top tips to help parents [get the whole family to unplug and play](#).

Organisations that can help

- [Childline](#)

- [02 & NSPCC Online Safety helpline (0808 800 5002)](#) get advice from experts on e-safety issues.

Resources to learn more

- [EmpoweringParents.com – Article: 4 steps to managing your child's screen time](#)

- [FOSI.org – Ways To Manage (And Improve) your Child's screen time](#)

- [Common Sense Media – How to Set Screen Rules that stick](#)

My child has been caught sexting

If your child has shared an explicit photo or video of themselves they may be very upset, especially if it's been widely circulated. If you become aware of this, try to stay calm and reassure them that they have your support.

Here are steps you can take to help them:

Start with a conversation – Speaking opening about the issue, reassure your child and explain to your child the risks of sexting and what they should do in the future.

Explore the facts – Find out who the content was shared with initially, who it was passed on to, whether it was done maliciously or was a joke gone wrong.

Call the school – Your child's school will be able to help you deal with the repercussions and support your child at school. If the image has been shared with other children in the school they should have a process for dealing with it and will be able to help stop the image being shared any further.

Report it – If you suspect the image has been shared with an adult, contact the Child Exploitation and Online Protection Centre (CEOP), who are the national policing lead for online child sexual exploitation.

Contact the website or provider – Social networking sites should remove an image if asked. If the image has been shared via a mobile phone, contact the provider who should be able to provide you with a new number.

Contact ChildLine – If your child calls ChildLine and reports the image, ChildLine will work with an organisation called the Internet Watch Foundation to get all known copies of the image of your child removed from the internet.

Organisations that can help

- Childline

- CEOP

- Stop it Now!

- InternetMatters App

Resources to learn more

- Parent advise on Sexting

- Talking About Sexting

My child has shared their personal information on social media

If you feel that your child has over-shared on social, here are some steps you can to take:

Assess the risks it poses to your child
– Why type of information did they share? Could it be used to locate them? Are they embarrassed by the content and why?

– Who was it shared with? A friend, A stranger, or a group of friends? How many people might have seen it?

Remove the content wherever it has been posted – Whether it's on a social media site or other websites, either remove it yourself from your child account or request it to be taken down by those who have re-posted it. If they refuse you can use the site "report" functionality to get image taken down.

Help them to **share safely** by teaching them not to share pictures and videos without your permission, limit the amount of personal information shared and only share personal information with their friends.

Monitor what social networks they are on and what they are sharing – If your child is active on social media; follow them as a friend to monitor what they are sharing. If you feel they have not yet reach the maturity they need to use the platform, advise them to stop until you feel confident that they will make smart choices.

Resources to find out more

- [ThinkUKnow](#) – My child has shared too much

- [Media literacy library](#) – Sharing personal information online:

- [Download InternetMatters app](#)

My child has a social media account but they are under 13

If your child has created a social media account without your permission and is under the minimum age specified to be on the platform, the first thing to do understand why, by having a conversation.

Steps you can take to tackle the issue

Discuss the concerns you have with your child and the potential risks they may face if they choose not to remove their account (be aware that it some cases it may not be possible to remove content or delete their account from the platform if they have set it up with an incorrect / fake email address)

If you are unable to **delete the account** yourself, several of the popular social networking platforms have forms you can fill in to flag if an account is underage to remove it.

[Twitter](#)
[Instagram](#)
[Facebook](#)
[YouTube](#)

Organisations that can help

- [ThinkUKnow](#)

- [NSPCCC](#)

Resources to learn more

- [Parent Info: Under 13 and social media](#)

- [Quib.ly: What is the safest social network for an under 13?](#)

- [Official UKCCIS Social networking guidance](#)

- [Advice of parents on social networking](#)

- [Huffington post: 10 Reasons Why I Asked My 13-Year-Old to Sign a Social Media Agreement](#)

My child is using numerous social media platforms and I am not sure how to keep them safe

Our [Pace of change research](#) findings suggest that children regularly use an average of four social networks and apps, with 21% using apps that could be considered 'risky' for children.

Steps you can take to keep them safe on social media:

Find out what apps they are using and why – Ask them to show you what apps they use and talk about how they used them and what makes them engaging.

[Check the minimum age guidance of the platform](#) – If you are unsure whether they should be using social media platform, find out what age is recommend to use it and stick to it.

Explain the importance of sharing safely – It is important they know to only share their content with people they know and apply privacy settings to make sure they have totally control over who sees what they share.

Teach them to **report anything that upsets them** – If they come across anything that upsets them, it is important that they know to come to you and report it on the platform.

Encourage positive behaviour online – Have a conversation about what is and isn't appropriate online. Much of the positive
behaviour that we value offline should be used online as well.

Follow and friend your child on social media – If your child is new to social media, it is a good idea to follow them to make sure you
have can see what their posting and mentor them on what is appropriate.

Create a strategy for monitoring their accounts – This may be a check once a week or less, stick to what works for you. As a child gets older it may be more important to check more often to make sure you are aware of what they're sharing.

Resources to find out more

- [Official UKCCIS Social media guidance for parents and carers](#)

- [Advice to parents on social networking](#)

- [A parent's guide to apps](#)

- [How to guides on popular apps](#)

- [Common Sense Media: What age should my kids be before I let them use Instagram, Facebook, and other social media](#)

- [aaporg: Talking to kids and Teens about social media](#)

My child has been groomed online

If you suspect your child has been groomed online, they may not tell anyone because they feel ashamed or guilty or simply not realise that they are being abused.

Here are some steps that you can take to help them:

Talk to your child – Let them know that they are in no way to blame for what has happened and that you are there to help protect them.

Report it to the authorities – If you think your child – or another child – could be in immediate danger tell your local police at once.

You can report any concerns about online grooming to the National Crime Agency's CEOP Command.

Report any child abuse images you find hosted by websites to the Internet Watch Foundation.

Get help – If your child wants to talk to someone in confidence they can call Childline on 0800 1111 or Get Connected on 0808 808 4994 (text 80849).

Parents can call the NSPCC's free 24/7 adult helpline on 0808 800 5000, email help@nspcc.org.uk or text 88858. You can also contact the Stop it Now! helpline (0808 1000 900) where you can seek advice anonymously.

Organisations that can help

- CEOP

- ThinkUKnow

- Childline

- Facebook abuse reports

- Twitter abuse reports

- Local Police constabulary websites

Resources to learn more

- Advice for parents on Online grooming

- ThinkuKnow – grooming fact sheet

My child is a cyberbully

It can be difficult to accept that your child could be capable of engaging in cyberbullying. However, as a parent it is important to keep calm and speak to your child to understand what has happened.

Here are some steps you can take:

Ask them stop and have an open conversation about the situation.

Try and find out the reason why to understand how to stop it from happening again.

Explain the severity of the behaviour and the possible consequences (losing friends, getting school or even police involved).

Work with family, the school or trusted adults to send a clear message to your child of the impact this could have on the person or people they are targeting.

Encourage them to exhibit **positive behaviour** such as empathy, respect and compassion and discourage bullying behaviour by incentivising positive behaviour.

Be patient and give your child some time to take onboard the positive behaviour and show them that they have your support.

Organisation that can help:

- Anti-Bullying Alliance

- Anti-Bullying Pro

- Facebook: Stop Bullying: Speak UP

- Bullying UK helpline: 0808 800 2222

Resources to learn more:

- Information for parents on Cyberbullying

- Ways to help your child stop being a cyberbully

- Help! My child is the cyberbully

- Cybersmile – Advice to parents on Cyberbullying

My child is being cyberbullied

If your child is being cyberbullied it important to give them your full emotional support.

Step you can take to help:

Reassure them that the situation will be resolved.

Ask them not to reply to attempts by the cyberbully to contact them as cyberbullies are looking for the attention.

Keep a written record of what has happened and keep the messages (text, emails) that have been sent as evidence by taking screen shots or printing them out.

Use tools on social media networks and mobile services to **block out the bullies.**

Don't deny your child access to technology, instead moderate their uses of the device.

Organisation that can help

[Anti-Bullying Alliance](#)
[Anti-Bullying Pro](#)
[Facebook: Stop Bullying: Speak UP](#)
[Bullying UK helpline: 0808 800 2222](#)

Resources to learn more

- [Cyberbullying: What parents should know](#)

- [Is your child a target or a cyberbully](#)

- [Cybersmile: How to help your child avoid being cyberbullied](#)

My child has seen porn online

If your child has accidentally come across pornography or actively sought it out by searching for it, it will prompt questions about what they have seen. Here are some things you can do to, to help them make sense of what they have seen and keep them safe in the future:

Steps you can take

Have an age appropriate conversation and explain that there are some things online that are for adults only and if they see something that upsets them online, they should always come and tell you.

It may be a good time to **help your child think critically about the image**s they see online and offline.

Try and **give them coping strategies** to help them deal with any online content that they are uncomfortable with like closing the laptop lid or turning off the screen.

Reassure them that they can always come to you if they feel they have seen something online that has worried them.

Be prepared that they may have **questions about sex and relationships**.

Limit the chances of exposure to inappropriate content by setting up filters and parental controls on devices – i.e. filters on your home internet, and YouTube Safety Mode and Google Safe Search.

Make sure the **devices are used in a shared room**, like living room or kitchen to limit.

Discuss the problem with other parents to **encourage a shared strategy**.

Organisation that can help

- [ThinkuKnow](#)

Resources to learn more

- [Advice for parents on managing access to inappropriate content](#)

- [Telegraph: Is my child secretly watching porn?](#)

- [The Atlantic: I didn't expect to find pornography in my 9 year olds web history](#)

My child is self-harming

If you suspect that your child is self-harming, stay calm and try and talk to them openly about it.

Steps you can take

Find out why by talking to them and working together to address to the causes.

Don't take it personally if your child cannot talk to you about it, instead consider speaking to your child's GP or school to see what help is available to you and your child.

Give your child space and show them that you trust them to build up their confidence. Try and strike a balance between maintaining an awareness of their activities and their right to privacy.

Self-harm can be very addictive, and it is important that the decision to stop comes from the person who is self-harming.

Prevent access to self-harm and suicide websites by applying filters on your broadband and mobile operators. Please note that there are also many websites that can help your child deal with these issues so you can set your filters to allow access to these sites if you wish, or simply visit the websites in our recommended list.

Organisations that can help

- Young Minds

- Selfharm UK

- Harmless

- The National Self-harm Network

  Resources that can help

- Advice for parents on self-harm

- Childline – advice on self-harm

My child has been radicalised online

If you are worried that child may be groomed online to be radicalised, here are some practical steps you can take to deal with the situation:

Have an open conversation with your child about what they are doing online and who they are speaking to.

Help them to be **critical about the things they see online** and report anything that they are worried about.

Encourage them to share their ideas and opinion so that they can be challenged on things that may not be true or considered extreme.

If they come across extremist content they should report it.

Organisations that can help

• The Active Change Foundation (ACF) provide a confidential helpline to prevent British nationals from travelling to conflict zones. 020 8539 2770

• The Anti-Terrorist Hotline is where to report any suspicious activity that may be related to terrorism. 0800 789 321

• If your child wants to talk to someone in confidence they can call Childline on 0800 1111 or Get Connected on 0808 808 4994 (text 80849)

Resources that can help

• Advice for parents on radicalisation

• Educate. Against. Hate site

• New measures to keep children safe online at school and at home

Other people are posting pictures of my child online without permission

Sharing photos online has become the norm for a number of parents however, if you are uncomfortable with your child's picture being showcase on social media sites or elsewhere online, here are some steps you can take:

Approach the person(s) and advise them of your concerns and ask them to take it down or crop it to remove your child from the picture.

If your child's photo is being taken at school or a club you can **specify that it not be used by any parents on social media sites**. Most schools have this outlined as part of their policy on pictures.

If your child picture is on a suspicious site, you can **contact CEOP or IWF organisation** who specialise in dealing with online sexual abuse to ensure your child's picture is removed.

Organisations that can help:

IWF – Internet Watch Foundation

CEOP

Facebook help centre

Resources to learn more:

• Ask the police

• ThinkUKnow – Posting pictures and videos

• Mumsnet