Headteacher: Aimi Vdovin
Bassant Road, Plumstead, London SE18 2NP
T: 020 8854 4785
E: info@rockliffemanor.greenwich.sch.uk
www.rockliffemanor.co.uk

ROCKLIFFE MANOR
PRIMARY SCHOOL

Wednesday 24th November 2021

Dear Parents and carers

RE: Online Safety Resources

The Inspire Partnership has identified that the teaching of computing and use of technology is to be a priority as part of our curriculum. As we move technology forward as a Trust, our strategy is to achieve the following for all pupils:

- Improve children's engagement in lessons
- Help children adapt to different learning styles
- Provide a secure and safe environment for online use
- Be prepared for the digital world

As the high-tech world advances in telecommunications, it is imperative that we all work together, both at school and home, to ensure that Online Safety is paramount and at the very core of all use of digital resources. As a school, we are very mindful of how important it is to ensure that our children are fully aware of how to use the internet safely. We do this by embedding e-safety lessons throughout our curriculum and by talking about issues surrounding the internet through circle time sessions and assemblies. It is important that we teach our children to communicate with respect and kindness in real life and online, and also that we show them that we are working together on this.

Please find below and attached some very useful resources to help you remain vigilant at home.

Parents' and Carers' Guide

Childnet have produced a leaflet designed to support parents to have those tricky conversations about life online.

"As a parent or carer, the best tool to support your child in leading a safe and positive life online is open conversation. This leaflet includes practical advice and conversation starters to help you discuss the online world with your child.

Whether you are approaching these conversations for the first time, or you have already made a start, this advice can help you to support your child to use technology in a happy and healthy way."

Childnet International - Lets talk about life online PDF

Parent Zone

Parent Zone offers advice and support to parents and carers to help children be safer online, develop resilience to cope with online challenges and help educate them for their digital futures. There is a specific parent area of the website where tips and information from experts about parenting in the digital world can be found.

The top articles include:

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- The six apps and services that every parent should know about.
- A guide for parents to some of the most popular apps children use online.
- Screen time: everything you need to know
- Low mood - or something else

Parent Zone - Top articles on digital parenting

There is also a comprehensive parental guide section which gives information and safety advice on many popular games and apps including; Fortnite, Disney+, Clash of Clans and Roblox. *see below*

Parent Zone - Parent Guides

Think you know - guides for parents and carers

Thinkuknow and the National Cyber Security Centre have worked together to give advice about how families can make small changes to the security of online accounts and devices to better protect them from online scams. 'Cyber security is the way we reduce the risk of becoming a victim of cyber crime. Cyber crime is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on.

For example:
- Phishing, where bogus emails asking for security information and personal details
- Malicious software, through which criminals hijack files and hold them to ransom
- Hacking to get information, including social media and email password

Cyber security is about protecting the devices we use and the services we access online. It's also about preventing unauthorised access to the personal information we store on these devices, and online.

Thinkuknow | Cyber Security: a guide for parents and carers

Please also find below a selection of helpful tips to guide parents through the privacy settings of different social media apps. You can find more information on their website Internetmatters.org

If you would like to discuss any of the information given, or learn more about our digital and online safety, please do speak with the School Office to make an appointment with one of our school leaders.

With best wishes

Mrs A Vdovin
Headteacher

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Social media tips

internet matters.org

Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent, there are simple things you can do to ensure your children's experience is both safe and fun.

internet matters.org

How to guide

Inside WhatsApp
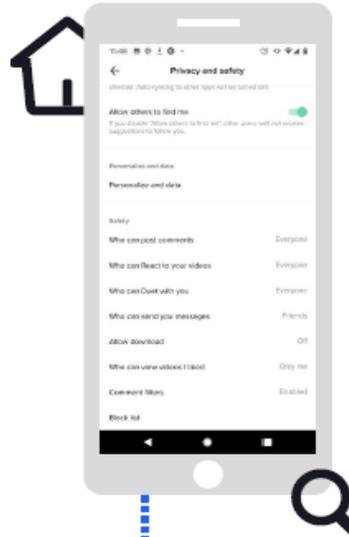
Global instant messaging app

Minimum age for users is **16**

800 million average **monthly** active users

Making use of privacy settings

You can find the privacy & safety settings within the **"Privacy and Settings"** section on the TikTok app.

Allow others to find me
By disabling this function other users can't find you when searching for your TikTok profile.

Private account
You can set your account to private, so only your friends can see your videos.

Who Can Send Me Comments
Choose who can comment under your videos.

Who Can Duet with Me
Decide who can duet with you.

Who Can React to Me
Decide who can react to your videos.

Who Can Send Me Messages
Choose who can send you private messages on TikTok.

Filter Comments
Use the self-defined comment filter to make sure no one can post comments under your videos using words that you find hurtful.
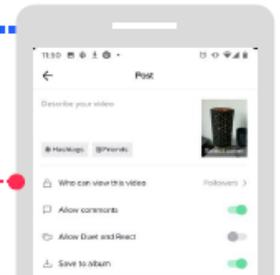
Allow Download
Disable downloads to ensure no one can download your videos.

My Block List
You can block people on TikTok you don't want to interact with. Moreover, before uploading each video, the app lets you decide who you want to share it with.

Top Tip: Even after uploading each video you can still make changes to its privacy settings. To change who can see your video after uploading it click on the three dots next to the video and go to "Permission Settings".

Understand the risks children may need to deal with

What they could see or do:

- Seeing or sharing of violent, sexual and pornographic content

- Inaccurate or false information and extreme views

- Promotion of harmful behaviours including self-harm, anorexia and suicide

- Over-sharing of personal information

- Actively or unintentionally getting involved in bullying or hurtful behaviour

Who they might meet:

- People who might bully, intimidate or frighten

- People posing behind fake profiles for:

  – Mischief-making

  – Sexual grooming and stalking

  – Blackmail and extortion

  – Identity theft and hacking

How this could affect them

- Fear of missing out leading to excessive use or exaggeration

- Getting upset by things they have seen and being uncertain about what to do

- Engaging, or being pressured into engaging in more risky behaviour either by accident or by design

- Developing unrealistic, and perhaps depressing ideals of body image and gender

- Becoming subject to peer pressure or interactions that are intense or too difficult to handle

- Creating an online reputation that may create problems for them in the future

1. Are they sharing inappropriate selfies?

Discuss the reasons why they feel the need to share such images and the potential long-term impact this could have on them if the pictures are used without their consent.

2. Do you feel they're spending too much time on social?

Talk together so they understand your concerns. Agree house rules on when and how long they can go online and which sites they should visit.

3. Are they sharing their location through apps?

Make sure geo-location is disabled to keep their whereabouts private. Explain why it's important that they never share personal information with people they don't know online.

4. Have they posted too much personal information?

Talk to them about who they've shared the information with and assess the risk it poses to your child. You can also ask your child to remove the information from their account and help them understand how to share safely.

5. Are they chatting to strangers online?

Make sure your child understands that people may hide behind fake profiles for dishonest reasons and the person they've been chatting to could easily be someone with bad intentions.

6. Are they gaming with strangers online?

Playing games can be fun and positive but ensure your child understands people may hide behind fake profiles for dishonest reasons and learn how to block and report anything offensive.

Adopt Me!
Everything you need to know about the popular Roblox game.

Amazon Prime
Setting safety and purchase restrictions.

Among Us
What you need to know about the popular multiplayer game.

AC: New Horizons
Everything you need to know about the Nintendo game.

Apex Legends
Everything you need to know about the battle royale game.

Clash of Clans
What parents need to know about the game kids love.

Critical thinking
Help your child question what they see online.

Cryptocurrency
All you need to know about the latest finance trend.

Digital detoxing
Does your child really need a digital detox?

Discord
All you need to know about the popular chat service

Disney+
Everything you need to know about Disney's streaming service

Esports
What are esports? What do parents need to know?

Facebook
Info and advice on the latest features and updates.

Facebook Portal
The new family of gadgets for video chatting.

Family games
Family-friendly titles for tablets and phones.

Fortnite
Your guide to the online multiplayer gaming craze.

Game age ratings
PEGI game certifications explained for parents.

HP: Wizards Unite
Everything you need to know about the AR game.

Houseparty
Everything you need to know about the video-chatting app.

Influencer Marketing
All you need to know about vlogging and influencers.

In-game chat
What you need to know and associated risks.

Instagram
Details on the hugely popular photo-sharing platform.

LGBTQ+
Advice and information on all issues around LGBTQ+.

Live Streaming
All you need to know about live streaming.

The Metaverse
Everything you need to know about the new direction in tech.

Minecraft
How to stay safe using the ever popular game.

Netflix
Chill - we have Netflix parental controls covered.

Netflix Party
The new way to stream with your loved ones – remotely.

Nintendo Switch
Nintendo's new family-friendly console.

Peer pressure
Dealing with negative influence from online friends.

Pokémon Go
Helping your child catch Pokémon safely.

PUBG Mobile
Everthing you need to know about the online game.

Roblox
Everything you need to know about the online game

Secret Conversations
Learn more about Facebook's secret messaging service.

Skype
The video calling app tested for families.

Snapchat
Information and advice on the photo & messaging app.

Social media apps
A guide to the most popular apps your child may be using.

TikTok
Everything you need to know about the video app

Traumatic events
How to talk about traumatic events with your child.

Twitch
A complete guide to this popular live-streaming service.

WhatsApp
The social media app that makes family communication easy.

YouTube Kids
YouTube's younger sibling, created specially for under 13s.

Zoom
Everything you need to know about video-chatting service.

Inspire
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Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- **Ask them to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.

- **Explain how you can use privacy settings** to make sure only approved friends can see posts & images.

- **Check if any of their apps have 'geo-location' enabled**, sharing their location unintentionally.

- **Show them how to report offensive comments** or block people who upset them.

- **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.

- Encourage your child to **come and talk to you** if they see anything that upsets them.

Keep talking and stay involved

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media.

Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- People may **not always be who they say they are online**: how can this create problems?

- Why is it **unwise to meet** anyone in the real world that you've only ever met online?

- Even if you think your messages are private, remember that words and images can always be **captured and broadcast**.

- People **present themselves differently online** - do they really look like that? Are they always having that good a time?

- Be aware that screens, and especially being anonymous, can lead people to say things they **wouldn't say to someone's face**.

- What does **being a good friend and a likeable person** online look like?

- There can be **pressure to be part of a particular group** online or to be seen to be **following a certain set of ideas**. How can you take a step back and make your own decisions?

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There are three settings to manage what information is shared

1 Everyone

This option will show last seen, your profile photo and status to all users.

2 My contacts

Last seen, profile photo and status content will only be available to your child's contacts from their address book.
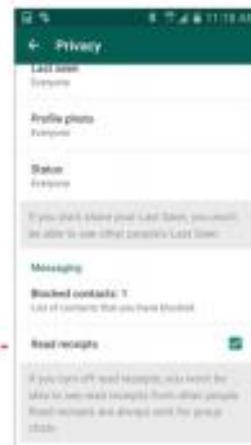
3 Nobody

No content will be shown to any user.

Please advise your child to change this setting to "My contacts" so that only their contacts are able to see this information.

If you would like to stop sending "read receipts" you can untick this option in the App.

Remember - if you uncheck Read receipts, you will also not be able to see other users' read receipts.

Inspire Partnership Academy Trust
Chief Executive Officer – Robert Carpenter
Registered Office – Sandbach Place, London SE18 7EX
Registered in England Company Number – 10421212

Inspire Partnership