

Online Safety – Parents, Carers and Guardians

1. Online safety advice for parents and carers

The college would like to encourage parents and carers to provide age-appropriate supervision for the internet use of the children and young people in their care. Amongst other things, this should include:

- talking to their children about not accessing age-inappropriate material on devices
- knowing who their children are talking to online
- setting up age-appropriate parental controls on digital devices

Internet filters should be used to block malicious websites. These are usually free, but often need to be turned on.

The following information will help parents and carers to keep their children safe online:

- [support for parents and carers to keep children safe from online harm](#), which provides extensive resources to help keep children safe online and details of specific online risks, including sexual abuse, criminal exploitation, and radicalisation
- [support to stay safe online](#), includes advice on security and privacy settings, content blocking and parental controls

Additional resources to support parents and carers to keep their children safe online:

- [Thinkuknow](#) provides advice from the National Crime Agency (NCA) on staying safe online
- [Parent info](#) is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
- [Childnet](#) offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
- [Internet matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world
- [London Grid for Learning](#) has support for parents and carers to keep their children safe online, including tips to keep primary aged children safe online

- [Net-aware](#) has support for parents and carers from the NSPCC, including a guide to social networks, apps, and games
- [Let's Talk About It](#) has advice for parents and carers to keep children safe from online radicalisation
- [UK Safer Internet Centre](#) has tips, advice, guides, and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services
- [NSPCC](#) has advice on setting up parental controls, tips on how to talk to children about online safety, including the risk of sharing and receiving nude images and how to support children if they have seen something online that has upset them

2. Cyberbullying

Cyberbullying can include:

- sending threatening or abusive text messages
- creating and sharing embarrassing images or videos
- trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities, or friendship groups
- shaming someone online
- setting up hate sites or groups about a particular child
- encouraging young people to self-harm
- voting for or against someone in an abusive poll
- creating fake accounts, hijacking, or stealing online identities to embarrass a young person or cause trouble using their name
- sending explicit messages, also known as sexting
- pressuring children into sending sexual images or engaging in sexual conversations.

While using college devices or the college Wi-Fi, network, and internet you will be protected through the college web and spam filters which will block any inappropriate online material

If you are using a personal device or only connected to your mobile network

Then please follow the recommendations and guidelines below to ensure you are kept safe online

Report bullying on social media and online gaming

As well as supporting your child emotionally, there are practical steps you can take if the bullying has taken place on an online platform, such as a social media app or online gaming chat room.

- Don't stop them from using the internet or their mobile phone. It probably won't help keep them safe, it may feel like they're being punished and could stop them from telling you what's happening.
- Make sure your child knows how to block anyone who posts hateful or abusive things about them on each app or online service they use. You can usually find details of how to do this in the help or online safety area, under Settings.
- Report anyone who is bullying your child to the platform that's carried the offending comments, audio, image or video. Follow these links to contact some of the most popular social media platforms and learn more about blocking and reporting:
[Instagram>](#) [Snapchat>](#)
[WhatsApp>](#) [Facebook>](#)
[Skype>](#)
- You can find details of more apps and games children and young people use, and how to contact them, on our [Net Aware](#) site.
- [Thinkuknow](#) has advice on online safety for young people that's suitable for different age groups. The website shows children how to contact social media sites if they believe someone has posted something upsetting about them.
- [Block'em](#) is a free app for Android users that blocks unwanted calls and text messages from specified numbers. Its website also provides advice for iOS users.
- Worried about how to support a young person who has had a sexual image or video of themselves shared online? If they're under 18, they can use Childline and the Internet Watch Foundation's discreet [Report Remove tool](#) to see if it can be taken down. Young people can get support from Childline throughout the process.

Report bullying videos shared online

- Get in contact with the site the video's been shared on as soon as possible. Social networks are more likely to take the video down if the child involved in the video or their parents make the report. Depending on their terms and conditions, they may be able to remove it from the site. You can visit [Net Aware](#), in partnership with O2 - your guide to apps, games and social media sites to support you.