Learn about it ... *Teach your child some simple rules:*

Make sure your child knows not to share personal information like their phone number or email address online.

Only talk to real life friends or family if they are on sites with a social media element like Roblox or Club Penguin.

Use privacy settings wherever they exist to keep their information private.

Be a good online friend and always be kind to others.

Use secure and legal sites to download music and games.

Check attachments and pop ups for viruses before they click or download anything.

Help them to better understand the different online platforms they use and judge the quality and reliability of online resources.

Talk to a trusted grownup if they see/read something that makes them upset or uncomfortable.

Talk about it ... *Tips for a meaningful conversation:*

Start conversations when your children won't be embarrassed, for example on the way home from school.

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.

If your child comes to you with an issue, stay calm and listen without judging them.

Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are.

Ask them about things online which might make them uncomfortable.

Discuss AI-generated content and how they can decide if it is true/real or not.

Who can help?

Mrs Stoddart
Head of School
Designated Safeguarding Leader

Mrs Humes, Miss Pearce, Mrs Peers
Deputy Designated Safeguarding Leads

Mrs Kath Stoddart
Safeguarding Governor

Mrs Stoddart, Mrs Humes, Miss Pearce and Mrs Peers are available at any time throughout the day to discuss any concerns you may have.

School Telephone:

(01900) 812264

Our full *Online Safety Policy* and *Safeguarding Policy* can be viewed in school or can be found on the school website.

More information on safeguarding can be found at:
www.thinkyouknow.co.uk
www.childnet.com
www.kidsmart.org.uk
www.internetmatters.org

Flimby Primary School
Rye Hill Road, Flimby, Maryport, Cumbria,
CA15 8PJ
(01900) 812264
www.flimby.education

Flimby Primary School
E Safety

Changing Lives Learning Trust
RESPECT · RESILIENCE · ACHIEVEMENT · OPPORTUNITY

FLIMBY PRIMARY SCHOOL

E-Safety

Keeping our children safe online

How does your child use Computing in school?

At Flimby Primary school, computing is used across the curriculum. It is taught as a subject in its own right as well as in other subjects such as English and History In computing lessons pupils learn to use a range of computing skills including:

- **Programming —** learning to code, write and debug algorithms through unplugged, digital and physical computing devices
- **Data Handling —** recording information in graphs, charts and spreadsheets
- **Creating Media —** creating presentations and other digital imagery, website design
- **Digital Camera—**taking photographs, recording and creating videos
- **Networks and Systems—**learning how networks and computer systems work
- **Online Safety & Digital Literacy—** learning how to stay safe online, identifying inaccurate information, how to report a problem, safe search engines

"Children can now have a digital footprint before they learn to speak and often before they're even born!" (Internetmatters.org, 2019)

How can you keep your child safe online?

Put yourself in Control …

Make use of the parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting www.internetmatters.org

Search Safely ...

Use safe search engines such as Kiddle.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/ safetycentre

Set boundaries ...

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a communal area, decide on cut-off times for their technology use and keep devices out of bedrooms after children have gone to bed.

Explore together ...

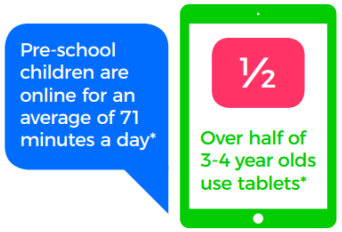
Set your homepage to a child-friendly site such as CBeebies or CBBC and give them a user account which only allows access to sites and apps you've chosen.

Help children learn through games ...

Games are a great way for children to explore the internet, learn about the world around them and communicate with their friends. Games on free sites such as CBeebies allow children to play with their favourite characters while games such as Hit the Button support children to develop their maths skills whilst having fun.

Guide to managing children's screen time

1. Set a good example with your own device use
2. Have discussions about the risks they may face online and what to do if they see something they don't like
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are designed to keep you watching or playing
5. Use tech tools and parental controls to manage the time they spend on apps and online
6. Get the whole family to unplug and create 'screen free' zones at home
7. Together find apps, site and games that will help children explore their passions and make screen time active



8. For younger children find ways to combine touch screen use with creative and active play
9. Encourage children to self-regulate the time they spend online and think about how they can use their screen time to support their wellbeing in a positive way.