All Saints Catholic School Pastoral Bulletin

Dear Parents and Students

It has been a wonderful half term, we have welcomed back our students into the school and shared many opportunities to speak, laugh, celebrate and pray together.

As we move into the Easter Holidays many of your children will be preparing for their assessments on their return so will be spending more time on computers or in isolation working to this end.

This bulletin is therefore a collection of resources aimed at supporting children with online safety. Please remember that the first and best support is spending time talking with your child discussing what they are doing online and what information they are using.

As always if you need any additional support, please feel free to contact me.

Yours in Christ,
Mr R Poddington

Online Safety at Home

1. **Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: Supporting your child with reporting unwanted content online

2. **Make sure they know about CEOP:** Young people can report a concern about grooming or sexual abuse to CEOP at https://www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.

3. **Have an ongoing conversation**: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read having a conversation with your child.

Knowing your child's activities

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video: In-game chat: a guide for parents and carers .

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.
For information about the contexts in which images are shared and how best to respond, take a look at nude selfies: a parent's guide.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their parent's website and download their home activity worksheets for fun, online safety activities to do with your family.

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read <u>having a conversation with your child</u>.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: <u>Supporting your child with reporting unwanted content online</u>

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <u>https://www.ceop.police.uk/safety-centre/</u> and get support from a specialist Child Protection Advisor.

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit <u>Parental Controls & Privacy Settings Guides - Internet Matters.</u>

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read <u>having a conversation with your child</u>.

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: <u>Supporting your child with reporting unwanted content online</u>

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <u>https://www.ceop.police.uk/safety-centre/</u> and get support from a specialist Child Protection Advisor.

Advice for parents about online safety and digital wellbeing

Know how many social media sites your child uses. How many people can see their profiles?

What do they talk about?

What information do they share about themselves with others on-line?

Havering LONDON BOROUGH **HES** Dedicated to education	Remote Learning – Keeping Children Safe Online Internet Matters Expert support and practical tips to help children benefit from connected technology and the internet safely and smartly • London Grid for Learning for support for parents and carers to keep their children safe online • NSPCC Net-aware Let's keep kids safe online: Your guide to social networks, apps and games • Parent info Help and advice for families in a digital world • Thinkuknow – Education programme from the National Crime Agency to stay safe online – includes home activity packs created to support parents during the coronavirus period, containing 15-minute do at home with their child UK Safer Internet Centre – Tips, advice, guides and resources for parents and carers to help keep children safe online
BBC	**BBC:** Own It keyboard and app • Helps young people make smart choices, feel more confident and get advice when its needed • Builds a picture of a child's digital wellbeing to help them understand the impact that their online behaviours can have on self and others www.bbc.com/ownit/take-control/own-it-app

Talking to your child about their concerns or conflicts

'We are one in Christ'

RUAH RESTORATIVE PRACTICE
The Six Key Questions

What has happened?

What were you thinking at the time?

Who was affected?

How were they affected?

What needs to be done to put things right?

What do you need to do differently in the future?

Respect - Understanding – Affection – Humour