

Staying Smart Online

Dear Parents/Carers,

At Capel Manor College we are committed to ensuring our students are safe, whether at College or outside. Helping students to understand the risks around online safety is crucial to preparing them for their future lives. You as a parent/carer are the most important people in providing support for your child/young person, and so we have created this guide to help you with some basic information and ideas of where you can get further advice and support as you provide support for your child/young person.

I hope you find this a useful guide.

Yours sincerely,

Ellen Luke-McDonald

Interim Director of Student Experience and Student Support

Understand the risks young people 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
- Becoming vulnerable to extremism and radicalisation

Who they might meet:

- People who might bully or intimidate
- People posing behind fake profiles (catfishing) for:
 - Mischief-making
 - Sexual grooming and stalking
 - Blackmail and extortion

Don't be afraid of the Dark Web

You may have heard about the Dark Web, making yourself familiar with this can lessen the fear and enable you to support your young person with anything they may face – Read the full article by Jamie Bartlett: parentzone.org.uk/article/dont-be-afraid-dark-net

Safety check toolkit

Privacy – I will keep my password and information secret. I know I must always check that my privacy settings are confidential.

Safe and Legal – I know that my internet use is monitored to protect me. I am aware that copyright laws exist.

Online actions have offline consequences – It is illegal to hack accounts and systems, send threatening and offensive messages, and send or share any indecent or nude images.

Report – People are not always who they say they are online (catfishing), see the links overleaf for details on how to report this type of activity.

Talk – Always talk to someone you trust if anything you see is worrying you.

Practical tips to help minimise the risks that your young person might face

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

Work through safety and privacy features on the apps that your teen is using, or might use. Make sure they understand the point of these and how to use them. Do not be put off by believing that they know 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 and images.
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally. This can be turned off.
- 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 them to come and talk to you if they see anything that upsets them.

For more information, hints and tips

www.childnet.com
www.themix.org.uk
www.nspcc.org.uk/onlinesafety
<https://parentzone.org.uk>
www.thinkuknow.co.uk/parents
www.askaboutgames.com

Capel Manor College's Student Services is available to all students and offers support, counselling and mentoring. Should you have any concerns please report to the Student Services team at your relevant campus. For any serious concerns contact safeguarding@capel.ac.uk or phone **01992 707 027**.

Keep talking and stay involved

In a mobile age, young people can not be completely protected, even by the best privacy controls, as another student may use different settings. It is important to keep communication open about the implications of social media.

Encourage them to think carefully about the way they, and others behave online, and how they might deal with difficult situations. Here are some questions to help start the conversation:

- 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 have 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 decision?

To make a report

Concerned about online grooming or sexual behaviour online?

Contact CEOP: www.ceop.police.uk

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation: www.iwf.org.uk