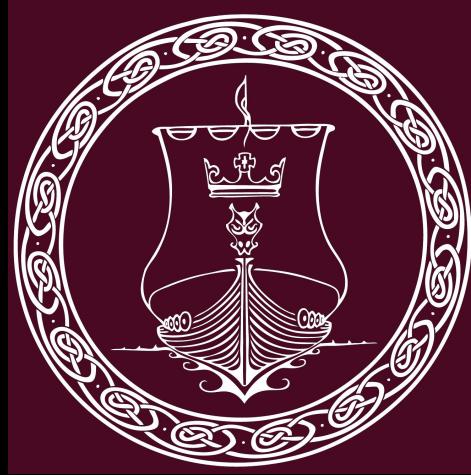


# Queen Elizabeth II High School



## Staying Safe Online

Tips and advice for parents



Teenagers are supervised closely when they learn to drive.

Do they receive the same level of supervision when going online?

The potential for them to come to harm from either is significant.

# 1. Don't allow devices in bedrooms overnight

Why?

- Kids need sleep - 9-11 hours per night.
- Avoid constant notifications
- Unsupervised late night access to online world is dangerous
- Creates a “screen time Cycle”



## 2. Supervise what's going on

Check:

- Apps
  - Messages
  - Search History
  - Photos
- (including recently deleted)

Start this at an early age. Asking an older teenager for their phone to check is much harder if it's not something they are used to!



# 3. You set the rules

## Age Restrictions for Social Media Platforms

(Ages specified in terms of 2014)

**13**  
Twitter  
Facebook  
Instagram  
Pinterest  
Google+  
Tumblr  
Reddit  
Snapchat  
Secret

**14**  
LinkedIn

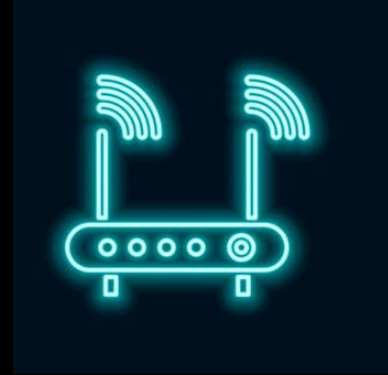
**16**  
WhatsApp

**17**  
Vine  
Tinder

**18**  
Path

**18**  
(13 with parents' permission)  
YouTube  
Keek  
Foursquare  
WeChat  
Kik  
Flickr

action for children



If you do allow your child to operate a social media account, you can reduce the risks by logging into that account on your own device. That way you can view any messages sent or received.

## Use iOS Screen Time for Parental Controls

### Screen Time

Get insights about your screen time and set limits for what you want to manage.

- Weekly Reports**  
Get a weekly report with insights about your screen time.
- Downtime & App Limits**  
Set a schedule for time away from the screen and set daily time limits for app categories you want to manage.
- Content & Privacy Restrictions**  
Restrict settings for explicit content, purchases, downloads and privacy.
- Screen Time Passcode**  
Manage Screen Time for children from your own iPhone or use a Screen Time passcode on your child's device.

### Downtime

Set a schedule for time away from the screen. Your permission will be required to allow more screen time. Calls, messages and other apps you want to allow can still be used.

Start	22:00
End	07:00

Continue      Set Downtime      Not Now

### App Limits

Set daily time limits for app categories you want to manage. After a limit has been reached, your permission will be required to allow more time.

- All Apps & Categories
- Social
- Games
- Entertainment

Set App Limit      Not Now

### Content & Privacy

You can customise content and privacy settings in Screen Time settings.

- Restrict Content**  
You can restrict explicit and mature content in the iTunes and App Stores, Music and websites.
- Restrict Privacy Settings**  
You can require your permission to make changes to privacy settings.

Continue

## 4. Watch what YOU post!



Think carefully about what images you post of your children and who is able to view them.

Young people will often look at their peers parents social media accounts to search for embarrassing photographs.

Adjusting privacy settings on your account will protect against this.

# 5. Keep up to date



Keep up to date with latest apps, scams, dangers, etc. with the Safer School App

# NSPCC



Online shop NSPCC Learning Online safety advice ReciteMe accessibility toolbar

# NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Donate

What is child abuse? Keeping children safe Support us About us Events

Helpline Search

## Keeping children safe online

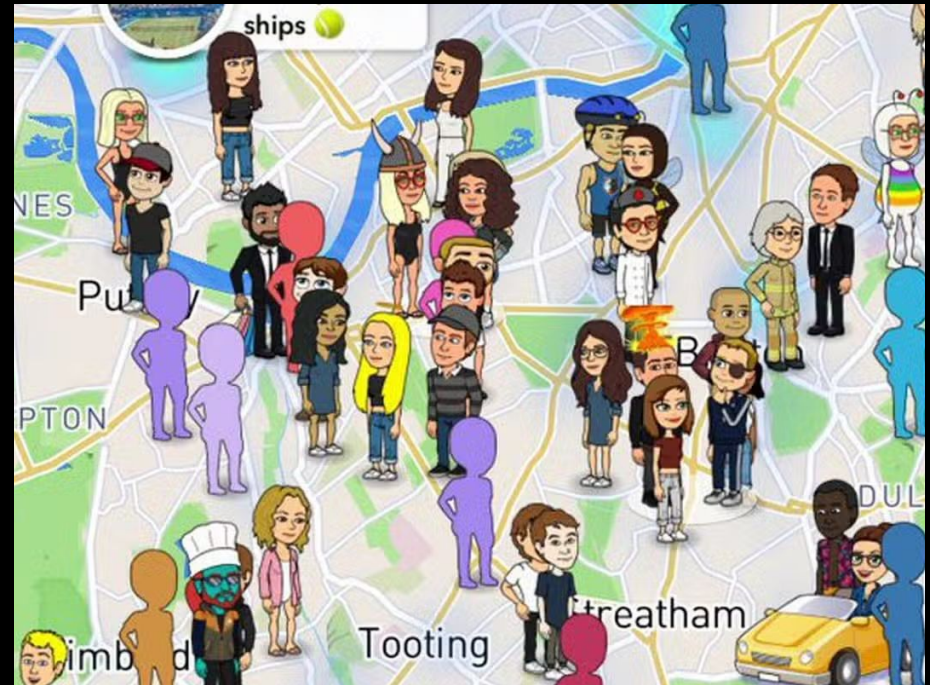
We all have a part to play in keeping children safe online. Find out how with our online safety guides.

### On this page

<a href="#">Online safety advice</a>	<a href="#">Our online safety work</a>	<a href="#">Inappropriate and sexual behaviour</a>
<a href="#">Worried about something online?</a>	<a href="#">Online safety guides for parents</a>	<a href="#">Resources for professionals</a>
<a href="#">Resources for children</a>	<a href="#">Resources for children with SEND</a>	<a href="#">Help us keep children safe online</a>



## 6. Location services have pros & cons.



Location services are a fantastic way to keep track of where our children are. However, some apps share location information with everyone. Check that your child is not sharing their location unnecessarily.

## 7. Block the negative



Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this.

They can also use setting that block words, phrases or posts they don't want to see. Encourage them to make their online space a positive one.

## 8. Keep chatting



Regular chats with your child about what they like doing online and how it makes them feel is important.

Don't forget to talk about the positives as much as the negatives. If they are comfortable talking to you they are more likely to open up when things go wrong...



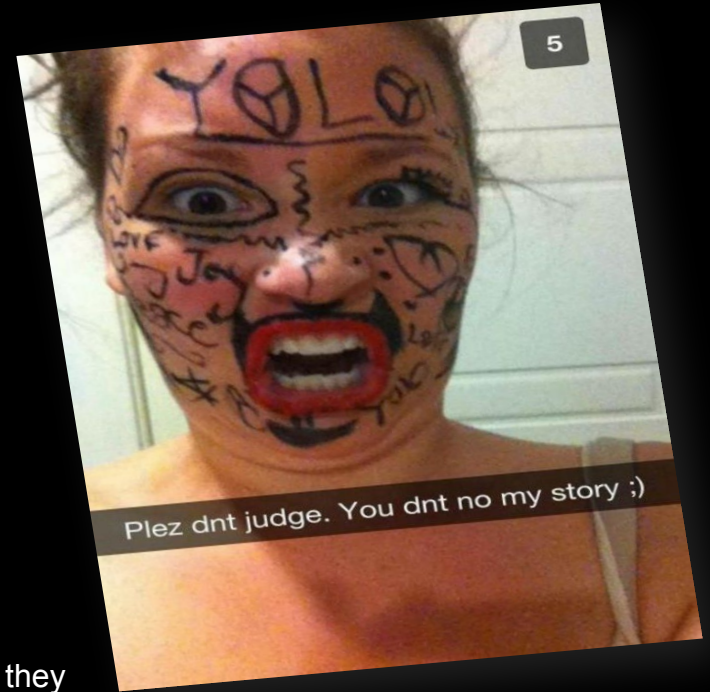
## 9. Mistakes happen - Be understanding

For Example:

- Online Arguments
- Sexting/ sharing of inappropriate images

*In a recent ofsted survey Nearly 90% of girls and 50% of boys said that sending of explicit pictures or videos happens to them or their peers a lot or sometimes.*

Young people are more likely to report when things go wrong if they don't feel they will get into trouble. The earlier things are reported - the smaller the potential for harm. Not telling someone when things go wrong can lead to problems getting bigger and bigger.



# 10. Report concerns

## NSPCC Helpline

Due to an increase in demand across our service, our voice Helpline is currently available 10am–8pm Monday to Friday. You can still talk to us or make an online report by email at any time.

Contact us



Nude image of you online?  
We can help take it down.



## Bullying Report Form

Once you have submitted this form it will be investigated and dealt with by an appropriate member of staff.

Bullying is when a person, or group of people, cause physical, emotional or psychological harm to another person. It usually involves several incidents and is often repeated over a period of time.

Are you sure that this incident matches the description of bullying?

### Your Details

Name

Tutor Group

Relationship to the victim

### Victim's Details

Their name(s) – required

Their tutor group(s)

### Perpetrator Details

Their name(s) – required

Their tutor group(s)

### What happened?

Describe what happened in as much detail as possible – required

Which area/room did this happen in?

What best describes the bullying?

Did anyone else see what happened?

Their name(s)

Their tutor group(s)

I'm not a student



Submit your message

**REPORT**  
**REMOVE**

**Nude image of you online?  
We can help take it down.**

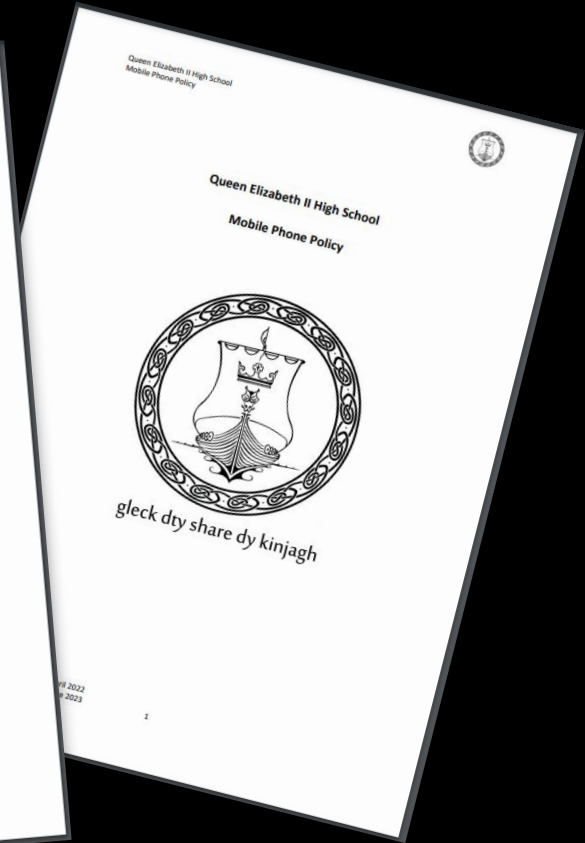
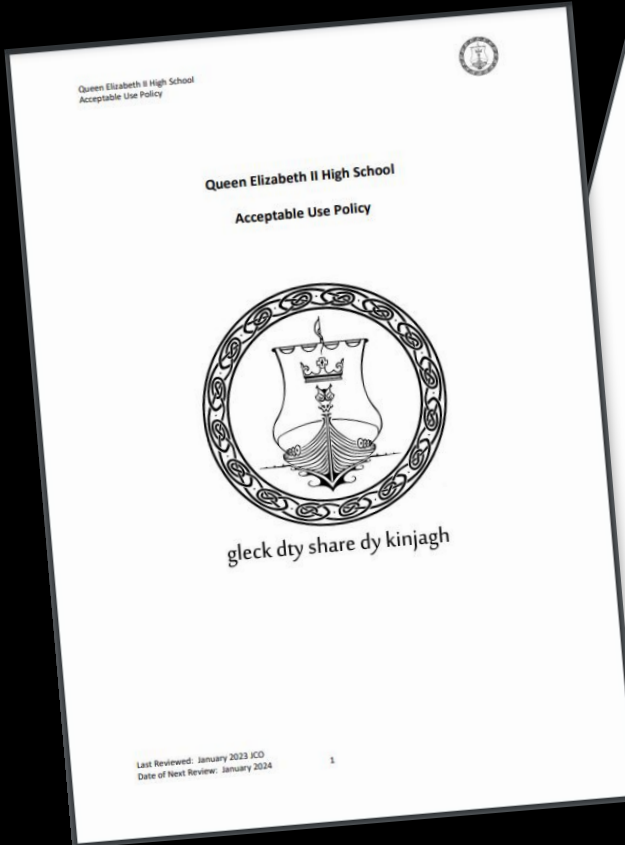
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

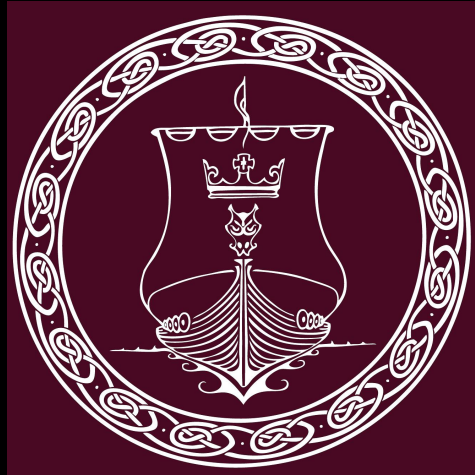
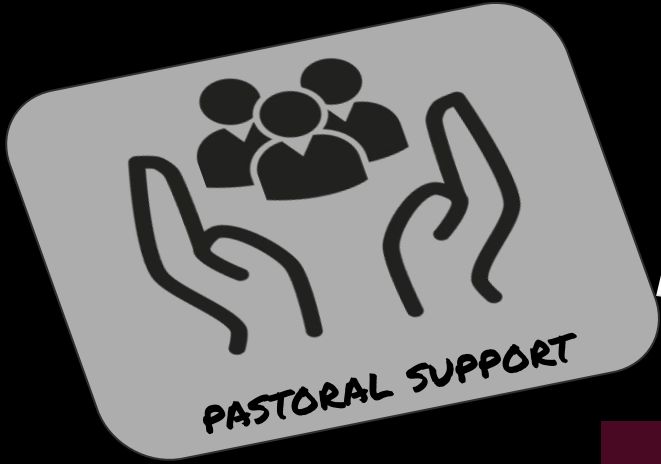


“Report Remove” is a powerful tool for getting nude images removed from online platforms like FaceBook and Instagram.

# Schools AUP & Mobile Phone Policy

- No devices used in school day (without teacher permission).
- No Recording, storing or sharing images
- Confiscated devices may need to be collected by parents.





In School Support  
Speak to someone