Digital Safety Pack

A guidance and resource pack to help keep young people safe and well when accessing the internet at home.

What's in this pack?

1. Making devices safe
2. Advice on digital dangers
3. Safe use of social media
4. Other useful online resources

Making devices safe

How to adjust safety settings and controls for devices.

An easy step by step guide to help keep young people and children safe when using devices and the internet at home.

Step 01

Set parental controls on the broadband being accessed to prevent children and young people seeing content that is inappropriate

Step 02

Ensure that parental controls are enabled on smart phones by activating them on the mobile network

Step 03

Use the device settings to ensure only age-appropriate apps can be downloaded

Step 04

Disable location services so that children can not share their location with others unintentionally

Additional resources for ensuring safe device use can be found here:

NSPCC - https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/

UK Safer Internet Centre - https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology/

Advice on digital dangers

Protecting children and young people from online dangers.

Guidance for protecting against digital dangers and online harm when at home or away from school.

Step 01 Discuss safe online behaviour

- Remind them not to accept friend requests from strangers
- Verify requests from friends
- Never agree to chat privately with strangers or someone who they do not know well
- Never share personal information such as phone number, address, passwords or name of their school

Step 02 Talk about healthy relationships

- Discuss how to detect someone that might not be who they say they are
- Explain that groomers compliment and engage in conversations about personal information like hobbies and relationships
- Talk about how groomers will try to isolate a child from people close to them in order to make their relationship feel special

Step 03 Be supportive

- Make it clear that you support them and you understand
- Be open to conversations and questions about safe internet use and what 'healthy' looks like online
- Be open to discuss uncomfortable topics such as inappropriate comments, images, requests or even bullying

Step 04 Look out for the warning signs

- Secretive behaviour about what they are doing online
- Internet or smartphone usage late at night
- Talking to friends you have not heard of
- They are clingy, have problems sleeping or are bed wetting
- A lack of interest in hobbies and usual activities
- Having new items, such as a phone or clothing they cannot explain
- They seem withdrawn, anxious, depress or aggressive
- Having older boyfriends, girlfriends or friends in general

Step 05 Report things that concern you or cause alarm

- Contact the Child Exploitation and Online Protection (CEOP), which is part of the National Crime Agency at **www.ceop.police.uk/safety-centre**
- Reports are reviewed by a Child Protection Advisor who can work with you to keep your child safe
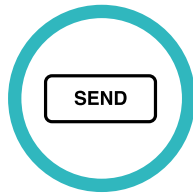
Safe use of social media

Encouraging young people and children to stay safe on social media.

Keeping children safe across social media, and the key risks to be aware of and to look out for.

Step 01

Talk about the value of privacy to help relieve the pressure to share everything online

Step 02

Explain that anything shared online is permanent and can never truly be deleted. Encourage them to think about what they post

Step 03

Educate them about good online behaviour and the importance of being kind to others

Safe use of social media checklist

✓ Don't let children use social media until they reach the required age

✓ Keep the computer or device in a public and accessible location where you can monitor activity

✓ Limit the amount of time children can be on social media for

✓ Block location access to all social media sites and ensure children don't display their location on their profiles

✓ Make sure any accounts created are set to private using privacy settings

✓ Monitor online activity and make sure the content being posted is harmless with no identifiable features

Other useful online resources

National Online Safety:

10 Top Tips: Remote Learning for Children
10 Top Tips: Remote Learning for Parents

UK Safer Internet Centre:

Parent controls for TV on demand

Safety features and settings for web browsers

Safety features available on social media networks

Internet Watch Foundation recommended resources:

PAPYRUS is a UK charity committed to suicide prevention, including the closing down of websites that encourage suicide.

Parents Protect! is a child protection campaign that delivers training to parents.

Click Clever Click Safe is a UK Council for the Child Internet Safety campaign aimed at young people and parents.

Thinkuknow provides advice for online games and chatroom safety.

ChildLine: NSPCC has set up this website especially designed for children and young people who would like free confidential information on issues such as cyberbullying or abuse.

Smoothwall

Avalon House
1 Savannah Way
Leeds
West Yorkshire
LS10 1AB

Tel: 44(0) 870 1999 500
Email: enquiries@smoothwall.com

smoothwall.com

 Smoothwall
 Smoothwall
 Smoothwall-ltd
 SmoothwallTV

smoothwall®