

## What is E-Safety?

**E-Safety is an important factor in today's society.**

Adults and children now have a host of different devices, most of which provide access to the internet. We live in a digital world, where communicating with people from other towns, cities and even countries is as easy as it has ever been.

It is important that children understand the dangers of giving out personal information and that they need to be vigilant when using the internet.

**In school, children are educated about the risks of sharing information whilst using online gaming, social networking and various applications such as: Tik Tok, Snap Chat and instant messenger.**



## Internet Filtering

To help protect children, all schools have internet filtering in place when laptops and iPads are used. This prevents children accessing websites and content that is inappropriate.

**As parents you can also implement filtering at home free of charge.**

All the major internet service providers provide instructions on how to setup filtering at home.

The school website contains links to the major internet service providers webpages on how to setup filtering at home.

## Trending

You may often hear the word 'trend' or 'trending' used by the media. This is another way of saying 'what is popular' at the moment.

**As a parent it is important to keep up to date on what the latest 'trends' are.**

Even if you overhear it in a conversation, take the time to research it online and learn about any concerns or dangers relating to that particular app or website.

The most popular apps and websites that children and young people use are highlighted on the school website.

**Click the QR code below to be taken to the relevant page.**



## Games Consoles

It is important to remember that games on consoles such as PlayStation and XBOX are now played online.

For example, your child can very easily play a game of FIFA against someone from a completely different country. Most games now utilise a headset where your child can also talk to the other person while playing a game.

**As this communication is not filtered, it could mean that your child is exposed to language or conversations that are inappropriate.**

The school website contains guides on the most popular consoles and games your child may play on.

Click the QR code below to be taken to the relevant page.



## Talk to your Child

Sit down with your child and spend some time asking them the questions below:

### 1: Which apps/games are you using at the moment?

This will give you a good overview of the types of things your children are doing on their devices, along with their interests. Remember that they might not tell you everything they are using, so it is a good idea to ask them to show you their device.

### 2: Which websites do you enjoy using and why?

As in the tip above, asking this question will allow you to find out what your child is doing online, and encourage positive conversations about their online activity. Ask them how they use the websites, and take an interest in how they can use them in a positive way, also asking them to show you if possible.

### 3: Do you have any online friends?

Children can form positive relationships with people online, and this has become more common thanks to online multi-player options, but they may not fully understand the difference between a friend and a stranger. You could make the question more specific to your child, for example: *"Have you met anyone online that you like to play games with?"* They may not want to share this information with you, so ensure you teach them about healthy relationships.

### 4: Do you know where you can go for help?

Although you may be the adult they trust the most, some children struggle to talk about what happens online due to confusion or embarrassment. Because of this they may struggle to approach the normal people who would help, such as yourself or a teacher. Have a chat to your child about exactly where they can go for help, and how they can report any activity that they believe is inappropriate online.

## Useful Website Links

Below are some useful websites to help you make sure you do everything you can to keep your child safe online:

### Internet Matters

Helping parents keep their children safe online.



[internetmatters.org](https://internetmatters.org)

### Parent Zone

The experts in digital family life.



[parentzone.org.uk](https://parentzone.org.uk)

### BBC Own It

Help your child boss their online world.



[bbc.com/ownit](https://bbc.com/ownit)

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## School Website / Facebook / X

The school website has 8 pages dedicated to helping both parents and children when it comes to e-safety:

- 10 + Games and game console guides
- 25 + further guides covering internet filtering, apps and social media
- 25 + useful website links for both parents and children

**We also have Facebook and X social media accounts.**

Any updates relating to e-safety will also be posted on both these platforms.



Our Facebook handle is @StBartsLeeds



Our X handle is @StBartsCofE

