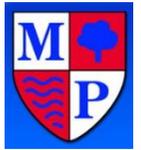




Cyberbullying and e-Safety



This week the children in school have been covering work on Cyberbullying. They have revisited what Cyberbullying is and how it happens. It is now a vital part of the Computing and PSHE curriculum because technology is a daily part of the children's lives.

Some statistics to be aware of:

25% of primary aged children have agreed to meet up with someone they have only met online.

Research into 5 million pupils (60 Wembley stadiums) aged between 8 and 15 shows:

- 11 stadiums are full of cyber-bullies*
- 26 stadiums are full of people affected by Cyberbullying*

This equates to 6 cyber-bullies in a class and 13 children in a class that will be affected by Cyberbullying.

The average age for searching inappropriate material on the Internet is 10 years old.

A third of primary aged children regularly use a webcam - mainly to create videos but sometimes to chat and occasionally for explicit images.

During the week your child has completed a variety of activities based on Cyberbullying and reminding them of what to do if they know of any bullying. They have also watched a play called "Sticks and Stones" from a drama company with a specific Cyberbullying focus.

On the back of this sheet are some tips to help you work with your child on Cyberbullying and eSafety. Together we can ensure your child is ready to use the modern technology to its full potential!

Search safely

Use safe search engines such as *Swiggle* or *Kids-search*. You can save time by adding these to your 'Favourites'.

Safe search settings can also be activated on *Google* and other search engines, as well as *YouTube*.

In school we use <http://www.primaryschoolict.com/> to ensure the children are searching safely.

Stay involved

Put your computer or main device in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.



Use airplane mode

Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

Explore together

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.

Cybersense - Aerial Trust: <http://cybersense.arieltrust.com/>

We have signed up to an online resource that guides children through a range of activities, to get them thinking about the issues surrounding cyber-bullying. There are 8 exercises in total all designed specifically for children. Working together, we will find out more about cyber-bullying, the risks involved and how children can avoid them.

If you would like to access it at home you will need this access code: IUH49HF9

Put yourself in control

Install *parental controls* on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Agree boundaries

Be clear what your child can do online:

- where they can use the internet,
- when they can have a mobile phone or tablet,
- the sites they can visit,
- the type of information they can share,
- how much time they can spend online.

Check if it's suitable

The age ratings that come with games, apps, films and social networks are an essential guide to whether they're suitable for your child - you must follow them.

Reminder:

Pupils should only be asking to become friends on social networks with other children they actually know. They should not be asking adults for friend requests even if they know them.