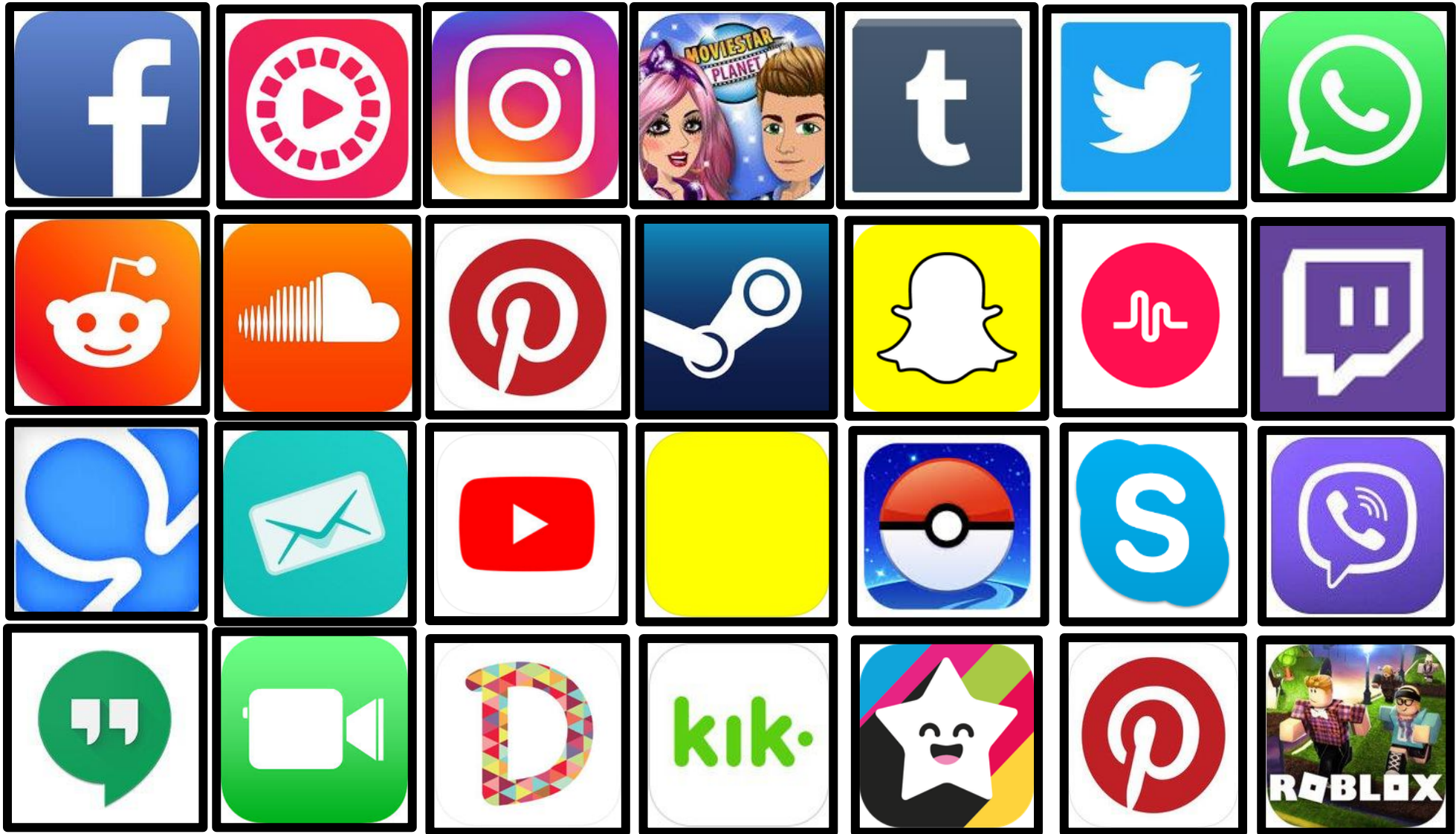


# LIFE ONLINE-THE REALITY

Parent / Carer Information Evening





# Where we stand today...

The COVID-19 pandemic meant that children have been online more than ever, however, the increase in screen time has also resulted in a significant upward trend in online abuse.

In school we do our utmost to ensure that any online abuse is reported and dealt with seriously as per our school's acceptable use, anti-bullying and behaviour policies.

These policies can all be accessed via the school's website

# Understanding The Risks

Children who have unsupervised and unlimited access to the internet are more at risk of being victim to:

- Cyberbullying
- Sexual Exploitation
- Sextortion
- Criminal Exploitation
- Grooming
- Receiving inappropriate material (pornographic, hateful, violent, illegal)
- Self-Harm
- Emotional Harm
- Addiction
- Suicide

# What can you do?

As a parent or carer you play a vital role in helping to keep your children safe online.

You do not have to be an expert on the internet to keep your children safe however, you may require support via a parents guide to technology.

Below are just some of the many that you can access online

[Parents and Carers - UK Safer Internet Centre](#)

[Child Safety Online: A practical guide for parents and carers whose children are using social med](#)

[Online Safety Leaflets & resources - Internet Mattersia - GOV.UK \(www.gov.uk\)](#)

[NSPCC | The UK children's charity | NSPCC](#)

# It is vital as parents / carers that you:

- Get informed
- Teach your children to respect the Internet and learn to use the internet safely and positively. It's a privilege.
- Set boundaries (Parental Controls, Limiting Screen Time)
- Ensure privacy settings are in check
- Respect the age restrictions of online games and social media platforms
- Monitor your children's phone use and their viewing habits
- Report online abuse and/or any online safeguarding concerns
- Are in control

# THE APPS YOUR CHILDREN SHOULD NOT HAVE

<u>App</u>	<u>Why your children should not have it</u>
<u>Snapchat</u>	This app lets children send and receive “self-destructing” photos and videos. It has been linked to sexting and harassment, and its <u>Snap Maps</u> feature has also caused extra safety concerns among parents as people can track where your child is at any time.
<u>Discord &amp; Telegram</u>	Discord contains adult content and there is a high level of inappropriate content like swearing, explicit language, and graphic images/videos.
<u>Kik</u>	This app allows children to send messages for free that won’t show up as texts. It utilizes usernames and can allow strangers get in touch with your children. Kik was reportedly used before the <u>murder of a 13-year-old girl in 2016</u> .
<u>Whisper</u>	A dangerous app that has many anonymous users. Your children can connect with many unknown people using this application. Although the app prohibits children below 17 years of age, many people tend to install it without completing the content shared.
<u>Yubo</u>	Police have called this free app “ <u>Tinder for Teens</u> .” Children can make new friends through Snapchat and Instagram. The app does not have an age verification, so police fear this could bring children in contact with predators.
<u>Tellonym</u>	This app boasts being the most honest place on the internet where people can post anonymous messages to others. This app opens up children to cyberbullying with no way for them to know who is doing the bullying
<u>TikTok</u>	This app has very loose guidelines, so children can easily run into offensive and explicit content.
<u>Instagram</u>	This app has a strong track record for worsening children's self-esteem and body image. It has caused severe mental health issues amongst children, in particular girls.

# These Apps put your Child at Risk of Harm

In Tower Hamlets, the use of these apps have led to professionals dealing with the aftermath of:

- Grooming
- Exploitation (Sexual and Criminal)
- Bullying
- Self-Harm
- Sexual Abuse
- Physical Abuse
- Joint Enterprise
- Radicalisation
- Social, Emotional and Mental Health difficulties
- Addiction
- Suicide



# What the school is doing to support you!

Swanlea have just invested in the National Online Safety' app, that can easily be downloaded onto your phones.

It is a free app designed to support parents in taking an active role in teaching children about online dangers.

Just search NOS via google and the link will appear



National  
Online  
Safety®

# As parents / carers please:

- Monitor your child's phone
- Regularly check their phones messages & images
- Set boundaries for phone use / screentime
- Limit screen time – no child should sleep with their phone in their room overnight
- Remember you are legally responsible for any and all content on your child's phone
- Seek help if you are worried about your child's phone use