

What is E-Safety?

There are many statistics regarding the use of 'connected devices', incidents of cyber bullying and teachers' inappropriate use of social media which support the need for e-safety awareness across the school, but **what is e-safety?**

Firstly, let's tackle the term "e-safety". This can also be called 'internet safety', 'online safety' or 'web safety'. E-safety is often defined as the safe and responsible use of technology. This includes the use of the internet and also other means of communication using electronic media (for example text messages, gaming devices, email etc).

In practice, e-safety is as much about behaviour as it is electronic security. E-safety in this context is classified into three areas of risk:

- Content: being exposed to illegal, inappropriate or harmful material
- Contact: being subjected to harmful online interaction with other users
- Conduct: personal online behaviour that increases the likelihood of, or causes, harm.

Quoting directly from the Ofsted inspection briefing, e-safety (in the context of an inspection) is described as the school's ability:

- to protect and educate pupils and staff in their use of technology
- to have the appropriate mechanisms to intervene and support any incident where appropriate.

It is essential that all members of school staff (teaching and non-teaching) are aware of e-safety and their own responsibilities when using the vast array of technologies now available for both personal and professional use. For pupils, it is no longer acceptable to simply have a firewall in place to prevent them accessing certain sites from the school network - the vast majority have a connected device in their pocket they could use instead, making education on this topic essential. And parents must also be made aware of e-safety to ensure that good practice continues outside of school grounds.

What can schools do?

Cyber bullying can be prevented in many different ways. It is very important that schools help try and stop cyber bullying. By doing this it will allow children:

- to learn how to defend themselves at school without being afraid.
- to feel safe in their school environment.
- to decrease suicide rate especially in teen years.

To help prevent cyber bullying we can enforce e-safety. We can do this by:

- making sure cyber bullying is understood by all the member of staff.
- motoring internet traffic within the school.

- showing pupils how to use social media sites properly to prevent cyber bullying.

Schools should tell students what to do if they are in the situation where themselves or a friend are being cyber bullied. Schools should give students contacts on who they can talk to for advice and where they can get help.

Parents and e-safety



What can parents do to help their children to stay safe on the internet?

- First of all, parents should talk with their children to keep a good relationship.
- Parents should check what their children search on the web;
- Parents should know who their children talk with online;
- Parents should download e-safety software to protect their children online: for example McAfee or Norton Family;
- Parents have to know the legal age to have an account on social media: for example, on Facebook you have to be 13 to have an account;
- They should talk with their children about how to stay safe on the internet and search for possible dangers on the internet;
- They must know their children's passwords;
- They should set parental controls: like time restrictions and filters;
- If they think there is a problem, parents should contact the child's school or if necessary, the police.



How can young people be safe on the internet?

If talking to people online, don't give out personal information like your

- * Phone Number
- * Address
- * Full name
- * Private pictures
- * School name
- * passwords

You do not know what their intention would be and what they will do with it. They can easily lie about their age and their personal information.



Reach out for help even if you are not sure if it is bullying or not, speak to someone who you trust and don't keep it to yourself as the situation could get worse. It will help you process what is going on and you won't feel alone.

Never meet an online 'friend' without an adult accompanying you first. This is the safest way to go around it. You don't know if they are telling the truth or not.

Check your privacy settings on your social media accounts so that strangers can't see what you share and post.

If you are receiving and sending explicit photos of children under the age of 16, it is illegal and you will be prosecuted.



England

Childline : 08001111

Samaritans : 08457909090

NCH : text "Bully" 60000



- www.thinkuknow.co.uk
- www.stoptextbully.com
- www.childline.org.uk
- www.lwf.org.uk.
- <http://www.digizen.org/resources/cyberbullying/interactive/>

Blocking – Stopping someone messaging or e-mailing by you hiding your personal profile or detail of their account.

Blog – A web diary that anyone can create that can include any information.

Sexting – Sending explicit pictures to another, either through text messaging or social media.

SMS – Short Messaging Service (Mobile Text Messaging).

Online Buddy – Someone you swap messages with in chatrooms.

Spamming – Sending lots of messages to someone at once to annoy them.

Grooming – Older people getting to know younger people over time to sexually abuse them.

Facebook – Web site that allows children to create their own pages and upload pictures etc.

Stalking – When someone searches excessively at someone they don't know.