



JSTC



Childnet
International



'Lockdown' Parent E-Safety Guide

What is E-Safety and what does it involve?

- E-Safety concerns safeguarding children and young people in the digital world; emphasising learning to understand and use new technologies in a positive way.
- E-Safety is less about restriction and more about education of the risks as well as the benefits, so we can feel confident online, supporting children and young people to develop safer online behaviours both in and out of school.
- E-Safety is also about informing young people where to seek help and advice on e-Safety issues and reporting.

What do we do at JSTC to support this?

- Educating our students through PSHE and ICT lessons
- Creating suitable resources for the students to take home such as the Student E-Safety Guide
- Hosting assemblies to support and guide them on how to interact online.
- Support from external agencies when educating our students



Key members of staff at JSTC for support

Mr R Thornalley	<i>Designated Safeguarding Leader</i>
Miss H Elias	<i>E-Safety Officer</i>
Mr S Curtis	<i>Headteacher</i>

If you wish to discuss any concerns or issues you may have with internet safety, please don't hesitate to contact the school and ask to speak to any of those listed above.

Your child will have a Progress Leader and Team assigned to them to provide support throughout the academic year. The Team will be happy to provide support where necessary should you have any concerns.



Coming out of 'Lockdown Life'

As we begin to leave lockdown behind us, we can begin to catch up with old friends and family without the aid of a computer screen! No more 'Zoom quizzes'!

It is important to have screen free time, to allow children to reconnect with face to face interaction. Smartphone / device addiction is recognised as a **health condition**; as it leads to sleep deprivation, lack of interest in the 'real' world and lack of confidence in their abilities at school and with peers.

Social media apps are designed using '**psychological tricks**' causing the user to be addicted to its use and features.

Tips for Parents:

1. Limit screen time for your child.
2. Encourage alternative activities.
3. Mobile free meal times.
4. Remove their device(s) from their bedroom at night time.
5. Check what apps / platforms your child engages with and discuss their internet use.





Tips for Parents



- 1) Limit screen time for your child.
- 2) Encourage alternative activities that do not require a mobile electronic devices.
- 3) Engage and encourage conversations with your child about what they look at online, what platforms they use and who they talk too.
- 4) Check privacy settings on all platforms; we recommend these are set to 'Private'.
- 5) Be supportive about any concerns or issues they may have.
- 6) Remind them of their responsibility; talk to your child about their responsibility when they use the internet—what is said online, stays online.
- 7) Help them manage their **online reputation**—Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.
- 8) Ensure your passwords are **strong** and are not shared with others.
- 9) Check attachments and pop ups for viruses before your child clicks or downloads anything.



Remote Learning Tips for Parents / Carers

Remote education ensures continuous learning outside the classroom.

For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. Here are some tips to help you with the new remote learning experience.

1. Monitor your child's progress and learning.
2. Establish a suitable daily routine.
3. Familiarise yourself with the school's remote learning procedures. Check ClassCharts for regular updates from JSTC and contact teachers for progress updates.
4. Ensure that your child is engaging in the lessons appropriately. Any concerns, contact your child's teacher.
5. Encourage screen breaks and for your child to engage in physical activity.



At John Spendluffe, your child's safety and education is paramount to us.

The Internet is an amazing place. Kids can play, create, learn and connect – the possibilities are endless. But there are also risks. They vary depending on the platform that your child may use.

We have listed all the apps and gaming forums that your child has access to and will most likely be using. We as a school have further resources to support you with each of the sites listed.

We encourage you to ask your child what apps, games or sites they use frequently; allowing you to understand how your child uses the internet and interacts with others.

Facebook	Instagram	Snapchat
Twitter	Reddit	Houseparty
Discord	KiK	Whatsapp
TikTok	Likee	PS Online
ROBLOX	Tumblr	XBOX Online



Useful websites for adults

Childnet

Advice and useful resources for parents, carers and young people.

<http://www.childnet.com/resources>

ThinkUKnow

Support and useful resources for parents, carers and young people. Resources are available for children also.

<https://www.thinkuknow.co.uk/parents/>

NSPCC

Resources and support platform for advice on key topics and issues around e-safety.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

