

ONLINE IS FUN

It is important to remember that social media and online messaging and games can be fun when managed correctly.



Being able to use the internet to find information and interact with others is an important part of development as a person in the modern world.

We hope that you will work with your child using the advice given to ensure that they understand how to use the internet and Social Media safely in order to maximise their enjoyment online.

Your child will receive lessons and advice throughout their time at Clare Mount which will help them to stay safe online and also advise them on what to do if they think they, or a friend are being Cyberbullied.



REPORTING CYBER BULLYING

If you're reporting cyberbullying, keep a record of the date and time of calls, emails or texts - don't delete any messages you receive.

Your child can use the SHARP System Online link on the School Website under the Pupils tab. SHARP stands for **S**chools **H**elp **A**dvice **R**eporting **P**age System.

Should the incident potentially be a criminal offence you should report this to the police

PREVENTING CYBER BULLYING

Know the sites your child visits. Ask where they're going, what they're doing, and who they're doing it with.

Tell your child that as a responsible adult you may review their online accounts if you think there is reason for concern.

Install parental control filtering software but make sure you monitor these.

Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.

Ask to "friend" or "follow" your children on social media sites or ask another trusted adult to do so.

Clare Mount Specialist Sports College



E-Safety and Cyber Bullying



Advice for Parents And Carers

STAYING SAFE ONLINE

With the advent of so many ways of online communication and interaction it is important that your child understands how to stay safe online.

Sites and services such as Facebook, Twitter, Snapchat, Instagram and WhatsApp offer many ways to interact with friends and family online but it is important to understand there are people who will use these sites to bully and also to try and pretend to be someone they are not.

They should not add people or message people on Social Media sites who they have never met in real life. They may not be who they say they are.



WHAT IS CYBERBULLYING?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Examples of cyberbullying include mean text messages or emails, rumours sent by email or posted on social networking sites and embarrassing pictures, videos, websites, or fake profiles

Social networking sites are all online. Any information your child adds about themselves can be seen by anyone.

If you put too much information about yourself online, people you don't know may be able to find you. Here is some advice on Good Practice for your child:

- **Never put your full address on your site.** It's best to leave the space blank, or if you do want to add some information, make sure that you make your profile private so only your friends can see it.
- **It's also not a good idea to put your mobile number on your site** - your real friends will already have it!
- **It's a good idea to use a nickname rather than your real name.**
- **It's a good idea to put your real age on your site** - if you say you are older, you may get adults trying to contact you.

Use your Privacy Settings! Adjust your account settings so only approved friends can instant message you. This won't ruin your social life – new people can still send you friend requests and message you. This means that people you don't want to see your profile can't!