

e-Safety



**GEORGE
SALTER
ACADEMY**

e-Safety stands for Electronic Safety. It is about utilising information and communication technologies in a safe and responsible way.

It is mainly concerned with the safeguarding of young people in the digital world and making sure they feel safe when accessing new technology.

e-Safety at George Salter Academy

According to a recent BBC article, [more than two-thirds of people aged 13 to 22 have been bullied online](#).

Therefore, e-safety is a high priority at George Salter Academy as we recognise that modern technology is a fundamental part of modern-day life which can be beneficial as well as bringing its problems and risks to all.

We provide training, advice and guidance to both staff and students on using the Internet and make sure that they are aware of the risks.

As well as learning about e-Safety in their ICT lessons and other subjects, students receive additional information during assemblies and PSHE.

We also provide parents with information during parents' evenings and throughout the year.

For parents of existing students we have more advice and guidance on our FROG VLE as well as links to external support for both students and parents on many aspects of e-Safety.

Principles of e-safety

We encourage our students to follow important principles such as:

- keep personal information private
- consider the long-term implications of any content posted online
- do not upload or post inappropriate, offensive or illegal content to their own or other online spaces
- read and adhere to any website's terms of conditions of use – including those around age restrictions.

Factsheets

We have attached several factsheets and leaflets to support you with e-safety.

Information and guidance about:

- [Cyberbullying \[pdf, 414 KB\]](#)
- [Inappropriate websites \[pdf, 372 KB\]](#)
- [Music downloads \[pdf, 1.6 MB\]](#)
- [Online Gaming \[pdf, 580 KB\]](#)
- [Online Grooming \[pdf, 719 KB\]](#)
- [Social Networking \[pdf, 3.1 MB\]](#)
- [Social Networking \(FAQs\) \[pdf, 781 KB\]](#)
- [Videochats and Webcams \[pdf, 158 MB\]](#)

Help and resources:

- [Keeping up with the children \[pdf, 896 KB\]](#)
- [SMART-Principle \[pdf, 252 KB\]](#)
- [Resources Online \[pdf, 523 KB\]](#)

Digital Parenting Magazine:

- [Issue 1 \[pdf, 21 MB\]](#)
- [Issue 2 \[pdf, 37 MB\]](#)
- [Issue 3 \[pdf, 14 MB\]](#)

Spot the warning signs of cyberbullying

While digital harassment doesn't leave physical signs such as bruises and black eyes, there are emotional and behavioural red flags that can tell parents if their child is a victim of online bullying.

Your child may be the victim of cyberbullying if he or she is:

- hesitant to be online or unexpectedly stops or avoids using the computer
- nervous when an Instant Message, text or Email appears (Watch the response)
- visibly upset, angry, or depressed after using the computer or cell phone
- hiding or clearing the computer screen or cell when you enter or doesn't want to talk about online activity
- starting to use the computer when you're not in the room
- going back and forth to check screen in shorter spurts
- withdrawing from friends, wanting to avoid school or peer activities or is uneasy about going outside in general, pulling away from family members
- suddenly sullen, evasive, withdrawn, having a marked change in personality or behavior
- dropping in academic performance or falling behind in schoolwork
- refusing to go to school or to specific classes, or avoiding group activities.
- showing changes in mood, behavior, sleep, appetite, or showing signs of depression or anxiety.

Though moodiness and mood swings can be just part of being a teen - the key is to look for a pattern in your child.

If a child really changes – becomes withdrawn, stops speaking to friends, etc. – the parents should ask what is going on and not be satisfied with "nothing" as an answer.

Even if these signs are not due to cyberbullying, they clearly warrant looking into.

Use your instinct! If you are concerned, don't wait.

Remember, you are not alone. Ask for support!

Help and support

If you suspect your child is being cyberbullied, please contact Natasha Good, email: natasha.good@georgesalter.com

The following websites also offer help and guidance:

ThinkuKnow - Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it.

CEOP - The Child Exploitation and Online Protection (CEOP) Centre is dedicated to eradicating the sexual abuse of children. That means we are part of UK policing and very much about tracking and bringing offenders to account either directly or in partnership with local and international forces.

Digizen -The Digizen website provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible DIGItal citiZENS. It shares specific advice and resources on issues such as social networking and cyberbullying and how these relate to and affect their own and other people's online experiences and behaviours.

Childnet - Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children.

We work directly with children and young people from the ages of 3 to 18 on a weekly basis, as well as parents, carers, teachers and professionals, finding out about their real experiences online, and the positive things they are doing as well as sharing safety advice.

Kidsmart - The Kidsmart website has been written by Childnet International, a non-profit organisation working to help make the internet a great place for children

CBBC Internet Safety - From the makers of BBC children channel CBBC test your internet safety knowledge with Hacker, listen to some Stay Safe songs with Helen Skelton, News Kids On the Block and Bobby Lockwood and get some tips from the Horrible Histories gang.

GetNetWise - GetNetWise is a public service brought to you by Internet industry corporations and public interest organizations to help ensure that Internet users have safe, constructive, and educational or entertaining online experiences. The GetNetWise coalition wants Internet users to be just "one click away" from the resources they need to make informed decisions about their and their family's use of the Internet.

Stay Safe Online - Get Safe Online is the UK's leading source of unbiased, factual and easy-to-understand information on online safety.

The website is a unique resource providing practical advice on how to protect yourself, your computers and mobiles device and your business against fraud, identity theft, viruses and many other problems encountered online. It contains guidance on many other related subjects too – including performing backups and how to avoid theft or loss of your computer, smartphone or tablet.