



Gable Hall E-Safety



WHAT IS ONLINE SAFETY?

Online safety concerns staying safe whilst using online and communication technology. This means not only computers but other ways in which children and young people communicate using electronic media, e.g. smartphones and tablets. This allows children to access and benefit from technology like the internet in the safest way possible without risk to themselves or others.

The aim of promoting online safety is to protect young people from the potential adverse consequences of access or use of electronic media.

HOW DOES GABLE HALL SCHOOL PROMOTE ONLINE SAFETY?

Students are given guidance on online safety in computing lessons at the start of years 7, 8 and 9. This allows us to establish rules within the classroom and to give age-appropriate advice to the risks and benefits of this type of communication. E-Safety remains an important part wellbeing form time activities and PHSRE lessons.

All students and parents/carers at Gable Hall sign up to an acceptable user policy for the use of school computers and email accounts. This clearly states what constitutes as acceptable behaviour and the consequences for going against the policy.

Gable Hall School uses internet filtering and monitoring software to keep students safe online, this technology allows us to prevent access to inappropriate and unsafe websites and to monitor the use of school computers.

We retain the ability to monitor any messages sent from school email accounts and have classroom management software, which allows us to remotely monitor students' screens and to set trigger words or phrases that create alerts. This means we can instantly monitor possible inappropriate or unsafe student behaviours.



KEEPING STUDENTS SAFE AT HOME

The NSPCC has set up a specific web resource to support parents/carers and children during the Covid -19 lockdown period which can be found [HERE](#) and contains more general advice for children and parents/carers.

Being aware of the specific threats your child might encounter by being online at home can help to keep them safe. These threats include:

- cyberbullying (bullying using digital technology)
- invasion of privacy
- identity theft and other online 'scams' - for example "phishing"
- your child seeing offensive images and messages
- the presence of strangers who may be there to 'groom' other members on social media sites



HOW CAN I PROMOTE ONLINE SAFETY AT HOME?

Encouraging children to use their computer/laptop/tablet in a busy part of your house e.g. the living room or kitchen can be helpful. This can make it easier for you to be involved in your children's technology use. But remember, the internet can be accessed from a number of portable devices, for example, smartphones, iPod touch, games consoles and tablets.

Use parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.

Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows up and develops. They are not the sole answer to your child's online safety, but they are a good start and they are not as difficult to install as you may think. Internet service providers (such as BT, Virgin, Talk Talk etc.) are working hard to offer simple, effective and user-friendly internet content filters to cover all internet access. Click this link [HERE](#) for advice on how to set up internet filters directly on your router that will protect every device in your household.

Ensure that you know how to use any technology your child is using so that you know what the technology is capable of. Google (or any other search engine) is a great way to find out what technology can do. There are parents/carers guides out there to help you. When you understand what is possible you can set boundaries that you feel reflect your child's needs and online safety requirements.

Talk to your child about their use of the internet and technology to gauge their understanding of the risks involved and the understanding of how they can minimise those risks and any situations that they will need to discuss with you.

Anything you don't feel your child understands you can then ensure you monitor more closely and develop their understanding. You may wish to let your child's school know of any concerns you have so we can support at school

Ensure that when you use social networks such as Facebook you are aware of your own privacy settings. Children below 13 year's old should not have a Facebook account. Facebook has a safety centre, and lots of online safety websites have leaflets (e.g. Childnet) so as your child becomes old enough you can talk with them about safety settings and concerns when using social media.

Rules Rules Rules

WHAT SIMPLE RULES CAN I USE TO PROMOTE ONLINE SAFETY?

Children are used to rules and in the same way that parents have rules for their children when out with school friends, parents need to establish their expectations regarding online activity. Agreeing as a family on what your technology rules are can be helpful. This might include how long children can be online, websites the can/can't be visited, and when/where children are allowed online. Establishing boundaries from the start lets children be aware of your expectations and live up to them. Click this link [HERE](#) for some steps you can take now from home to keep your children safe:



WHAT SIMPLE RULES CAN I USE TO PROMOTE ONLINE SAFETY? SMART RULES FOR STUDENTS

Safe

Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your name, address, email address, phone number and password.

Meet

Meeting someone you have been in touch with online can be dangerous. Only do so with your parents/carers permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

Accepting

Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems, they may contain viruses or nasty messages.

Reliable

Someone online may lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books or with someone who knows. If you like chatting online it's best only to chat to your real world friends and family.

Tell

Tell a parent/carer, teacher or trusted adult if someone or something makes you feel uncomfortable or worried, or if someone you know is being bullied online.



HOW LIKELY IS MY CHILD TO ENCOUNTER ANY ONLINE SAFETY RISKS AT HOME?

According to a 2017 report from the UK Council for Child Internet Safety:

- Around 1 in 5 children aged 12-15 say that they encountered something online that they found worrying or nasty in some way they didn't like.
- 28% of children had had an experience that upset or bothered them whilst using social media in the last year.
- 24% of children said they have experienced online hate because of their gender, sexual orientation, race, religion or transgender identity. [Children's online activities, risks and safety.](#)
- A literature review by the UKCCIS Evidence Group 32% of 14-17 year olds reported that current or previous partners had shared inappropriate images with a wider audience of peers.
- 9% of adolescents aged 10-17 had reported receiving unwanted sexual solicitation online.

HELPFUL LINKS

[CEOP \(the Child Exploitation and Online Protection Centre\)](#): A part of the Police Service which helps children stay safe online. If you feel uncomfortable or know someone has also been made to feel uncomfortable when using the internet, you can report it to CEOP.

[Think U Know](#): This website contains information for ages 5-7, 8-10, 11-16 as well as parents/carers.

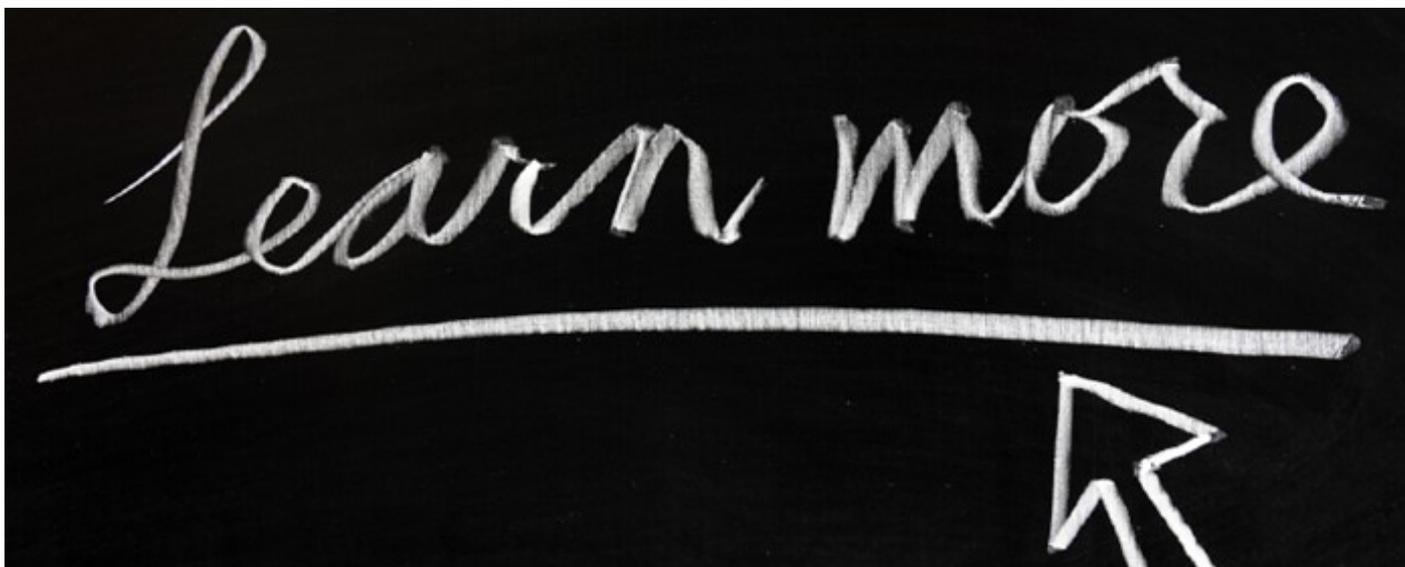
[Childnet](#): Advice for supporting young children online.

[Safer Internet Centre](#): A website with sections for parents/carers, teacher and young children as well as a hotline advice and to report concerns.

[Childline](#): Offers help to young people who are having problems of any sort, for example: exam stress, bullying, neglect, alcohol, family relationships, school gangs, racism, eating problems, homework and is there if you need to speak to someone. It offers specific advice on coping with the current covid situation.

[Advice for Parents/Carers on Cyberbullying](#): Government advice on how to protect children and steps to take to tackle cyberbullying





GABLE HALL SCHOOL SUPPORT WITH INTERNET USE AND ONLINE LEARNING

If you or your child has encountered any issues with online safety, including cyberbullying, or online predators you can: Email the schools' safeguarding email outlining your concerns

A member of the safeguarding team will contact you within 24 hours to discuss your concerns and to arrange support.

Remember we are here to help and below are our email addresses for guidance and support:

WhoCanHelp@gablehall.com – an email address set up for our students. The email will go straight to the safeguarding team who can direct to appropriate sources of support or information linked to well-being.

Pastoral@gablehall.com – an email address set up for Parents/Carers. The email will go straight to the Pastoral team who will refer your email to the appropriate member of staff and ensure someone contacts you directly to deal with your concern.

- If your child or someone else is in immediate danger call 999.



Other useful websites and numbers:

Essex Police: **101, 999**

www.essexpolice.uk

Thurrock Council: Social Services: **01375 652652**
(Out of hours) **01375 372468**

MASH **01375 652802**

www.thurrockmash@thurrock.gov.uk

Essex Social Services: **03456037627**

www.essexeffectivesupport.org.uk

Child Line: **0800 1111**

www.childline.org.uk

Mind Matters (NHS):

www.nhs.uk/oneyou/every-mind-matters/

Young Minds Crisis Messenger: **YM to 85258**