



## Digital Safety Pack

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**A guidance and resource pack** to help keep young people safe and well when accessing the internet at home.



## What's in this pack?

1. Making devices safe
2. Advice on digital dangers
3. Safe use of social media
4. Other useful online resources



# Making devices safe

## How to adjust safety settings and controls for devices.

An easy step by step guide to help keep young people and children safe when using devices and the internet at home.



### Step 01

Set parental controls on the broadband being accessed to prevent children and young people seeing content that is inappropriate



### Step 02

Ensure that parental controls are enabled on smart phones by activating them on the mobile network



### Step 03

Use the device settings to ensure only age-appropriate apps can be downloaded



### Step 04

Disable location services so that children can not share their location with others unintentionally

# Advice on digital dangers

## Protecting children and young people from online dangers.

Guidance for protecting against digital dangers and online harm when at home or away from school.



### Step 01 Discuss safe online behavior

- Remind them not to accept friend requests from strangers
- Verify requests from friends
- Never agree to chat privately with strangers or someone who they do not know well
- Never share personal information such as phone number, address, passwords or name of their school



### Step 02 Talk about healthy relationships

- Discuss how to detect someone that might not be who they say they are
- Explain that groomers compliment and engage in conversations about personal information like hobbies and relationships
- Talk about how groomers will try to isolate a child from people close to them in order to make their relationship feel special



### Step 03 Be supportive

- Make it clear that you support them and you understand
- Be open to conversations and questions about safe internet use and what 'healthy' looks like online
- Be open to discuss uncomfortable topics such as inappropriate comments, images, requests or even bullying



### Step 04 Look out for the warning signs

- Secretive behavior about what they are doing online
- Internet or smartphone usage late at night
- Talking to friends you have not heard of
- They are clingy, have problems sleeping or are bed wetting
- A lack of interest in hobbies and usual activities
- Having new items, such as a phone or clothing they cannot explain
- They seem withdrawn, anxious, depressed or aggressive
- Having older boyfriends, girlfriends or friends in general



### Step 05 Report things that concern you or cause alarm

- Contact your school district counselor for help, advice and practical resources.

# Safe use of social media

## Encouraging young people and children to stay safe on social media.

Keeping children safe across social media, and the key risks to be aware of and to look out for.



### Step 01

Talk about the value of privacy to help relieve the pressure to share everything online



### Step 02

Explain that anything shared online is permanent and can never truly be deleted. Encourage them to think about what they post



### Step 03

Educate them about good online behavior and the importance of being kind to others



## Safe use of social media checklist

- ✓ Don't let children use social media until they reach the required age
- ✓ Keep the computer or device in a public and accessible location where you can monitor activity
- ✓ Limit the amount of time children can be on social media for
- ✓ Block location access to all social media sites and ensure children do not display their location on their phones
- ✓ Make sure any accounts created are set to private using privacy settings
- ✓ Monitor online activity and make sure the content being posted is harmless with no identifiable features

# Other useful online resources

## National Online Safety:

Smoothwall's partners National Online Safety have a wealth of further help and advice.

Unlimited free online safety guides for your teachers and parents can be found at:

<https://nationalonlinesafety.com/guides>

Free digital online safety storybook for children aged 4-8, access here:

<https://nationalonlinesafety.com/guides/online-safety-storybook-digital-version>

Free parent guides on supporting remote learning safely for students can be found at:

<https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-parents>

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