

# Online Safety

## Be Informed – Keeping Children Safe Online

At SAIL Academy, safeguarding includes ensuring that children understand how to use the internet safely and responsibly. With increasing access to devices, social media and online games, it is important that children are aware of risks and know how to seek help.

The online world is an exciting place to learn, create and connect—but it also presents challenges that we must work together to manage.

**BE SMART ONLINE**

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – **0800 11 11** or [www.childline.org.uk](http://www.childline.org.uk)

**BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)

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## What Are the Risks?

Online harm can include any behaviour that causes emotional, physical or psychological harm. This may include:

- Cyberbullying
- Exposure to inappropriate content
- Online grooming (building trust to exploit a child)
- Pressure to share images or personal information
- Stranger contact in games or apps

Children can be particularly vulnerable when using live streaming, chat functions or social media platforms.

## Wiltshire Police cybersecurity advice

Staying safe online means being aware of the different risks and ways to protect yourself. Wiltshire police have a range of pages of information to help with this.

Topics that you can find information about include:

- [Sexting and staying safe online \(wiltshire.police.uk\)](https://www.wiltshire.police.uk)
- [Online child abuse \(www.wiltshire.police.uk\)](https://www.wiltshire.police.uk)
- [Cyber crime \(www.wiltshire.police.uk\)](https://www.wiltshire.police.uk)
- [Useful contacts for advice about fraud and cyber crime \(www.wiltshire.police.uk\)](https://www.wiltshire.police.uk)
- [Sextortion | Wiltshire Police](#)
- [Deepfakes | Wiltshire Police](#)
- [Non-consensual intimate image abuse \(revenge porn\) | Wiltshire Police](#)
- [Cyberflashing | Wiltshire Police](#)

## Supporting Children

We encourage all families to:

- Talk openly about online experiences

- Know what apps and games your child is using
- Set clear rules and expectations
- Use parental controls and privacy settings
- Remind children to report anything that worries them

Regular conversations about online safety are one of the most effective ways to protect children.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

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**1 MONITOR VIEWING HABITS**

Whilst most apps have moderation tools, inappropriate content can still slip through the net.
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**2 CHECK ONLINE CONTENT**

Understand what's being shared or what seems to be 'trending' at the moment.
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**3 CHECK AGE-RATINGS**

Make sure they are old enough to use the app and meet the recommended age-limit.
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**4 CHANGE PRIVACY SETTINGS**

Make accounts private and set content filters and parental controls where possible.
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**5 SPEND TIME ON THE APP**

Get used to how apps work, what content is available and what your child likes to watch.
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**6 LET CHILDREN KNOW YOU'RE THERE**

Ensure they know that there is support and advice available to them if they need it.
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**7 ENCOURAGE CRITICAL THINKING**

Talk about what people might post online and why some posts could cause distress.
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**8 LEARN HOW TO REPORT & BLOCK**

Always make sure that children know how to use the reporting tools on social media apps.
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**9 KEEP AN OPEN DIALOGUE**

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.
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**10 SEEK FURTHER SUPPORT**

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

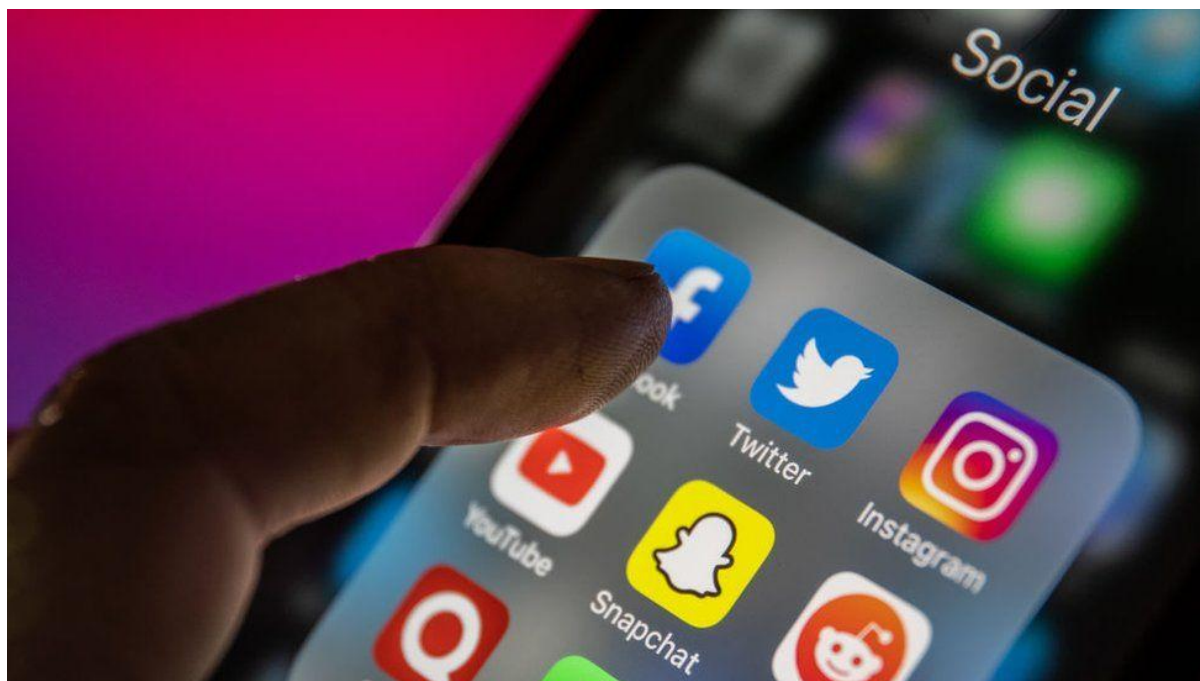
**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020

## Guides to Popular Apps & Games

Below are key platforms commonly used by children, alongside important safety advice.



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### TikTok

A video-sharing app where users create and share short clips using music and effects.

**Risks:**

- Exposure to inappropriate content
- Contact from strangers
- Pressure to create/share content

**Tips:**

- Set account to private
- Enable family pairing
- Monitor what your child is watching



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### Roblox

An online gaming platform where users create and play games.

**Risks:**

- Chat features with unknown players
- In-game purchases
- User-generated content

**Tips:**

- Restrict chat settings
- Set spending limits
- Check game suitability



## Fortnite

A popular online multiplayer game (12+ age rating but often played by younger children).

**Risks:**

- Voice chat with strangers
- Online trends and dares
- In-game purchases

**Tips:**

- Turn off voice chat or limit to friends
- Supervise gameplay
- Set spending controls



## Netflix & Streaming Platforms

Provide on-demand TV and film content across devices.

**Risks:**

- Age-inappropriate content
- Binge watching

**Tips:**

- Set up child profiles
- Use age ratings
- Monitor viewing habits



## YouTube

Used to watch videos, tutorials and entertainment.

**Risks:**

- Inappropriate recommended content



- Advertising and influencers

**Tips:**

- Use YouTube Kids
  - Enable restricted mode
  - Watch content together
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## WhatsApp / Snapchat

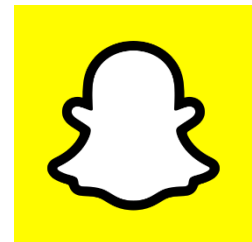
Messaging platforms used to communicate with friends.

**Risks:**

- Group chats and peer pressure
- Sharing images/videos
- Disappearing messages

**Tips:**

- Review privacy settings
- Discuss responsible sharing
- Encourage reporting concerns



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## External Links & Support

If you would like further advice or need support, the following trusted organisations provide excellent resources:

[UK Safer Internet Centre](#)

[Childnet](#)

Online Safety Information for parents and carers

As a parent or carer you play a key role in helping your child to stay safe online. Follow the below links for resources that will help you to support your child to use the internet safely, responsibly and positively.



[The latest tips, advice and resources to help children and young people have a safe and positive time online.](#)



[Safety settings and advice for families.](#)



[This website has lots of information and advice to help you keep your child safe and access support.](#)



[A glossary of some of the most important words to help you keep up-to-date with the latest internet-related language.](#)



[A section for parents and carers with information about to keep your child safe online.](#)



[Information about parental controls on the iPhone, iPad and iPod touch.](#)



A review of some of the more popular websites, apps and games that children use the most.



Protecting Children, Empowering Parents.



CEOP (Child Exploitation and Online Protection Command) is a law enforcement agency and is here to help keep children and young people safe from abuse and grooming online. The website has resources for children from 4-years old, from 8-years old, for teenagers and for adults. You may be familiar with the report button to report a suspected crime..

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## Reporting Concerns

If you are worried about something your child has experienced online:

- Speak to your child's class teacher or a member of the Safeguarding Team
- Use the reporting tools within apps
- Contact CEOP or NSPCC for specialist advice

Always take concerns seriously—support is available.

## SAIL Commitment

We are committed to:

- Teaching online safety across the curriculum
- Promoting responsible and respectful online behaviour
- Monitoring and filtering internet use in school
- Supporting families with guidance and resources

## Final Message

Online safety is a shared responsibility. By working together—school, families and children—we can ensure that all pupils develop the skills they need to stay safe, happy and confident in the digital world.

