



## Parent ICT Guidance

[Family Sharing Explained \(external site\)](#)

[Safer Schools NI App Guidance \(download instruction\)](#)

[Online Safety Hub – Safeguarding Board for Northern Ireland \(up-to-date parent and student support\)](#)

Our C2k Learning Platforms including Teams and Google Classroom and other resources can be access through [www.C2kschools.net](http://www.C2kschools.net)

## Internet Safety

e-Safety is an important aspect of ICT use at Cookstown High School. Training is provided to students through the ICT course taught in Years 8 and 9, with focus on staying safe while online. It is also covered at a whole school level through the Personal Development program provided in assemblies and the Pastoral teams. Children need parental supervision and common-sense advice in order that their experiences whilst on-line are happy, healthy, and productive. Children need to conduct independent actions in order to develop, however, they still need parental involvement and supervision (direct and indirect) in their daily lives if security is to be maintained. Therefore, the same general parenting skills that apply to the “real world” also apply while on-line.

## Internet : Guidance For Parents

- Stay in touch with what your children are doing by spending time with them whilst they are on-line, i.e. make on-line time a family activity; make sure that you know the services your child uses.
- Find out what types of information and services are offered and whether there are ways for parents to protect their child.
- Keep the computer in a family room rather than a child’s bedroom.
- Learn yourself about how to access the services – ask your child to explain the services to you; go on-line yourself so that you are familiar with and understand the potential benefits and risks associated with Internet access.
- If you don’t know how to log on, get your child to show you.
- Seek out the advice and counsel of other local Internet users and become familiar with the appropriate systems;
- Get to know your child’s ‘on-line friends’ just as you do their other friends.
- If you are concerned about your child’s on-line activities, talk to them about it;
- Develop an agreed set of ‘Family Internet Rules’

## **SWGfL Website**

SWGfL provides useful concise guides on setting up and using a large variety of social media platforms as well as answers to various questions that you may have.

[SWGfL Website](#)

## **Safer Schools NI App**

The digital world is 24/7; it's outside and inside of the school gates, so you need a service that does the same. Safer Schools NI is a digital library of age-appropriate safeguarding resources that you can check out anytime, from your phone to your computer to your classroom.

When you need information about online safety, whether that be the latest gaming buzzwords doing the rounds in the playground, or keeping up to speed with the most recent risks on platforms like TikTok, Roblox, Snapchat and more, you

[Safer Schools NI App](#)

## **Online Safety Hub**

Every child deserves to feel safe and happy online and to be able to explore their online spaces and places safely, knowledgeably and without fear. This is the priority and the vision of the Northern Ireland Executive's Online Safety Strategy.

The Online Safety Hub brings together the latest advice for young people, families and professionals to help promote child safety online. It's maintained by INEQE Safeguarding Group and is updated with the latest resources and advice from many members and partners.

The Hub is free to access, and it provides information and signposting to support services if help is needed. It has advice on a range of online safety topics including gaming, screen time, sharing nudes, online bullying, pornography, privacy and safety setting, online blackmail and much more

[Online Safety Hub](#)

## **Privacy and Safety Settings Checklist for Parents and Pupils**

This checklist is designed to help parents and pupils maintain a safe online presence by following best practices for online privacy and behaviour. Use it as a guide to navigate the digital world securely and responsibly.

## **For Parents and Pupils: General Privacy Practices**

### **1. Use Strong Passwords:**

- Create unique passwords for each account with a mix of letters, numbers, and symbols.
- Change passwords regularly to keep accounts secure.

### **2. Enable Two-Step Verification:**

- Activate two-step verification (2FA) for added security on important accounts like email and social media.

### **3. Review Privacy Settings Regularly:**

- Adjust account privacy settings to control who can see your information and posts.
- Keep personal details, such as addresses and phone numbers, private.

## **For Pupils: Safe Online Behaviour**

### **1. Think Before You Click:**

- Avoid clicking on unfamiliar links or attachments in messages or emails.
- Verify websites before entering personal or financial information.

### **2. Be Responsible When Posting Online:**

- Only share content you are happy for others to see permanently.
- Avoid posting or sharing anything that could harm or upset others.

### **3. Recognise Suspicious Messages:**

- Watch out for emails or messages asking for personal details.
- Report anything that seems odd to a trusted adult.

### **4. Avoid Public Wi-Fi for Sensitive Information:**

- Do not use public Wi-Fi to log into accounts or shop online unless using a VPN.

## **For Parents: Supporting Pupils' Online Safety**

### **1. Discuss Safe Internet Use:**

- Talk with your child about the websites they use and how to stay safe online.
- Set clear rules for screen time and acceptable online activities.

### **2. Encourage Open Communication:**

- Let your child know they can approach you if they encounter anything upsetting online.
- Avoid blame when they report an issue, focusing instead on resolving the problem.

### **3. Monitor App and Game Permissions:**

- Check the apps and games your child uses, ensuring they only access age-appropriate content.
- Limit app permissions to what is necessary.

### **For Pupils and Parents: Device Security**

#### **1. Update Software Regularly:**

- Keep devices up to date with the latest security updates.

#### **2. Install Antivirus Software:**

- Protect devices from malware with reliable antivirus programmes.

#### **3. Lock Devices When Not in Use:**

- Use PINs, passwords, or biometric locks to prevent unauthorised access.

### **For Pupils: Social Media Safety**

#### **1. Keep Location Private:**

- Turn off location-sharing features on social media apps.

#### **2. Be Selective with Friend Requests:**

- Only accept requests from people you know personally.

#### **3. Check Tagged Photos and Posts:**

- Review and approve tags before they appear on your profile.

### **For Parents: Staying Informed**

#### **1. Learn About New Online Trends:**

- Keep up with new apps and websites your child might use.
- Attend workshops or access school-provided resources for online safety advice.

#### **2. Check Online Activity Periodically:**

- Review your child's browsing history and discuss any concerns.

#### **3. Encourage Critical Thinking:**

- Teach your child to question what they see online and recognise fake news or scams.

### **For Both Parents and Pupils: Reporting Issues**

#### **1. Report Problems Promptly:**

- Inform the school or a trusted adult if anything inappropriate or harmful occurs online.
- Use reporting features on apps or websites to flag inappropriate content.