



e-safety

BULLETIN

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A Mind to be Kind # KESway



- Our school has a mind to be kind
- Be kind when online
- Think about what you say BEFORE you say it
- If what you say/do/share online could lead to someone becoming upset - DON'T DO IT!

KESway

Apps in the News

Discord is a voice and text app and site, designed for gamers. It allows voice and text chat across different platforms. Users can only message each other if they have accepted a request from a follower/s.

App settings tips: “Discord has some good privacy settings where you can choose to block entire servers or individual people. These settings are all available in the PRIVACY SETTING section. You can also restrict friend requests in USER SETTINGS, so that requests can only come from friends of friends”.



Viber is an app which allows you to text, call, share photos and send video messages worldwide.

App settings tips: “ You can ensure your profile is private by heading to MORE, SETTINGS, PRIVATE and activating. This will ensure that only people you know can contact you or send images”.



Grand Theft Auto: San Andreas is a video game where the player follows and directs the life of the central character, Carl, in an open environment game. This means the player makes decisions and has free reign within a fictional city to complete a crime-ridden journey.

App settings tips: “ This game, aimed at older teens and adults, does not have many parental controls due to its 18+ age restrictions. We recommend playing this game with your child to make an informed decision on whether it is appropriate for them”.



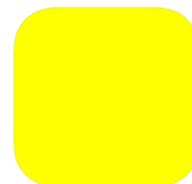
Kik is an instant messaging app. It lets you message others and create your own user name without using your mobile number. You can share photos, organise events, share games, news and anything of interest to you, from the internet. According to young people who have used this app, users of *Kik* have a high chance of being contacted by people they do not know and of viewing sexual content.

App settings tips: “*Kik* is a bit trickier than other messaging apps. On iOS you can block someone from their contact by clicking on INFO. With Android you can click on the main menu, head to CHAT INFO and click on the top right hand corner to block”.



Yubo is an app that allows you to connect and chat to new people. Users can swipe right on another profile to ‘like’ them and swipe left to pass onto other users profiles. You can video chat and/or watch other live videos. Children with experience of the app have said there is a high chance of being contacted by strangers and also of cyber-bullying. Children do not need to know the person to connect on this app and are essentially talking to strangers.

App settings tips: “You can click on HIDE MY CITY inside the app to make sure no one can see where you are, and there is also a feature that lets you restrict friends by inputting a mobile number to find them”.



E-Safety in the News

Technology and E-Safety are constantly in the news. We have summarised below some relevant news stories to help inform our students on the possible repercussions of misusing technology.

[Social Media is harming the mental health of teenagers](#)

A new study has found that teenagers who engage with social media during the night *could be damaging their sleep and increasing their risk of anxiety and depression*. Teenagers spoke about the pressure they felt to make themselves available 24/7, and the resulting anxiety if they did not respond immediately to texts or posts. Teens are so emotionally invested in social media that a fifth of secondary school students will wake up at night and log on, just to make sure they don't miss out. Research has shown that *teens need 9.5 hours of sleep each night* but on average only get 7.5. A lack of sleep can cause teenagers to become tired, irritable and depressed and more likely to catch viruses and bugs.

(Source: <https://www.theguardian.com/commentisfree/2015/sep/16/social-media-mental-health-teenagers-government-pshe-lessons>)

[British teenagers among the world's most extreme internet users](#)

A report by the Education Policy Institute (EPI) think tank, says: “Over a third of UK 15 year olds can be classed as ‘extreme internet users’ (6+ hours a day) - markedly higher than the average of OECD countries”. The report warns that young people's heavy use can have damaging consequences with the evidence pointing towards a correlation between extreme use of social media and harmful effects on wellbeing. Those classed as extreme users were more likely to report being bullied (17.8%) than moderate users (6.7%)

One in three UK children have experienced cyber-bullying, accessed harmful content such as websites promoting self harm or had other negative experiences while using social media.

Promoting a Healthy Relationship with ICT

1. Do not allow your child to go to bed with their mobile phone and restrict use in the hours before bed to give the mind time to unwind.
2. To set a good example, have 'tech-free' days where no-one in the household engages with their mobiles or tablets.
3. Set time limits on tech usage in your home. Having a guideline will help your child to take ownership of their dependence on tech.



4. Share passwords and log ins. Privacy is important to teenagers but it can be necessary to keep a check on your child's online behaviour.
5. Parents should be able to monitor their children's dependence on their devices and look at ways of developing some independence from tech.

ICT GUIDES AND SET UP

Filtering the internet to ensure students can only access appropriate content is a good way to protect them online. Below you will find some guides to different ways of doing this at home.

<https://www.howtogeek.com/167545/4-ways-to-set-up-parental-controls-on-your-home-network/>

<https://family.norton.com/web/>

<https://www.opendns.com/home-internet-security/>

[*Filtering mobile internet, app monitoring and contact information*](#)

A home network is not the only way to get online. 3G/4G on a mobile phone offers full access to the internet unless filtered correctly. The way to do this on a smart phone is to contact the operator. Most operators set filters up automatically, but it can be worth checking.

Monitoring apps such as *Whatsapp* and *Facebook* can help ensure a student is doing exactly what they should be, and not getting themselves into a situation that could cause an issue. Monitoring specific apps like this come at a cost, because the companies which offer the software charge an annual premium. *Norton Family* is one such company. It can monitor apps, text messages and even lock devices remotely. <https://family.norton.com/web/>

If you need any more information about the E-Safety issues discussed in this bulletin, below is a list of notable E-Safety businesses with a range of accurate and up-to-date E-Safety information.

<https://www.ceop.police.uk/safety-centre/>

<https://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>