E-Safety at Linden Lodge

Parent Information

At Linden Lodge we understand that our pupil's use of the internet is important in providing a vital line of support within both school and at home. During these current times of lockdown, our home based pupils are able to access their education through our online blended learning offer on a daily basis and for all our pupils, the use of the internet supports their access to the wider world through social networks, information gathering/ sharing and entertainment platforms. We also however are fully aware that the use of the internet must be done in a safe and secure way and at Linden Lodge our staff teams all have a shared responsibility in educating our pupils about minimising potential threats to them online, whilst educating them on maximising the benefits that the internet can have on their educational, social and emotional development. At Linden Lodge we work with various organisations in order to support our own school development within online safety. Our staff teams have regular training access to resources that support them in delivering guidance to our pupils. In addition we having annual training from the organisation Childnet and this is also open to our parents group as well. Below you will find some useful information about having discussions with your children regarding online safety as well as links to organisations in which you can obtain further information.

10 Key messages to share with your child

One of the most important things you can do as a parent is to express an interest in what your child or children are accessing online. Below are 10 key messages that you can use to support them in staying safe online:

1. "You can always come to me if you need help." This is the most important thing to let your child know, and a way to give them confidence to speak to you when they need support.
2. "What would you do if this happened…?" Give your child strategies to deal with upsetting experiences online.
3. "Remember that not everyone is who they say they are online." Remind your child to always tell an adult if anyone they only know online makes them feel uncomfortable, or asks to meet up or share personal information or images.
4. "Keep your personal information safe, and other people's too." This includes full names, contact details, and real-time locations.
5. "Be respectful to others online." Remind them if it's not okay offline...
6. "Think before you post." Help your child to be aware that their online actions can have consequences for themselves and others.
7. "Remember to ask if it's okay." Asking for, and receiving permission from others online is important before sharing images, adding people into group chats, etc.
8. "Remember not everything is true online." Help your child to be a critical thinker to find accurate information.
9. "The things other people post online might not always show what their life is really like." Reassure your child that nobody's life is as perfect as it may seem online, and judging yourself against other's online lives isn't a fair comparison.
10. "Recognise how going online makes you feel and take a break when you need to." Your child may need support in doing this, such as timers and reminders.

    (Childnet 2021)

Useful links

https://www.childnet.com

https://www.nspcc.org.uk/keeping-children-safe/online-safety

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

https://www.saferinternet.org.uk/

https://www.childline.org.uk/

Linden Lodge School
A Specialist Sensory & Physical College