FAIRFIELD
HIGH SCHOOL

Online Safety Information

QR Codes that will take you links on how to have conversations with your children about online safety.

How to put boundaries in place and parental permissions.

Parental controls for your child's phone.

Family Link – Google

Google Family Link is a family parental controls service by Google that allows parents to adjust parameters for their children's devices. The application allows parents to restrict content, approve or disapprove apps, set screen times, and more.

I phone Family Safety

iPhone family safety is managed primarily through Apple’s built-in Family Sharing and Screen Time features. These allow you to set up child accounts, manage app purchases with "Ask to Buy," track locations via "Find My," restrict adult content, and limit screen time from your own iPhone

YOUNGMINDS

This guide aims to help you feel more confident to have conversations with your child, set boundaries, and support them through the ups and downs of digital life.

A Parent's Guide to Social Media

How social media affects us and how teens can use social media in a health way.

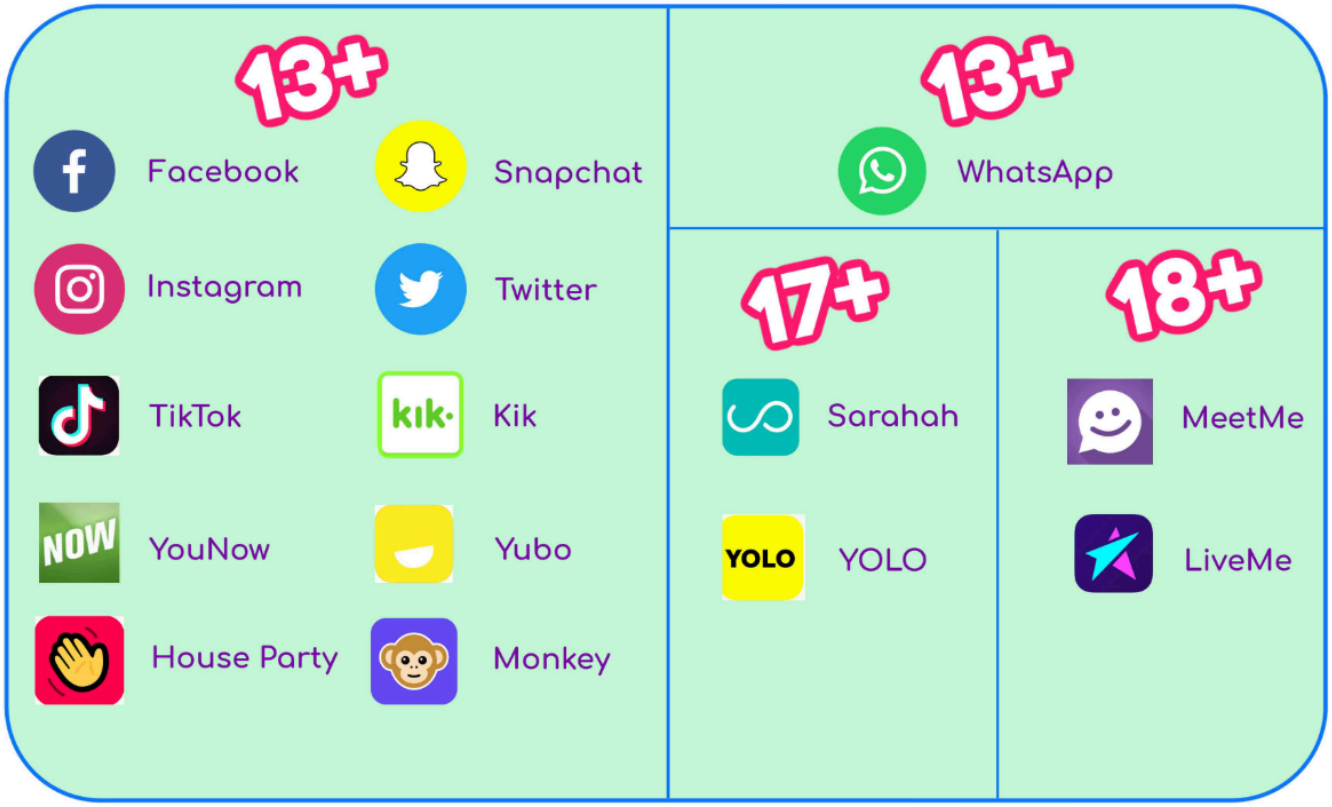
NSPCC

Helping Children Stay Safe on Social Media

The average Gen-A child spends 7.5 hours a day on screens - over 21 years of their life.

Children and young people can still access social media through websites on their laptops, tablets without having app downloaded.

Age restrictions for Social Media



Teen slang dictionary

Explains common social media slang. Gain an understanding what phrases mean used by children and young people.

Teenager’s Guide to Supporting their Digital Wellbeing

Whatsapp groups

How to stop your child being added to group whatsapp chats by others.

If someone repeatedly adds you to groups you don't want to be a part of, go to your group privacy settings and choose **My contacts except** to exclude them. This prevents that person from adding you to groups in the future. You can also block the contact entirely, which stops all communication including group adds.

Change group privacy settings

Click **Settings,** Click **Privacy** > **Groups**.

Select one of the following options:

- **Everyone**: Everyone, including people outside of your phone's address book contacts, can add you to groups without your approval.
- **My Contacts**: Only contacts in your phone's address book can add you to groups without your approval. If a group admin who's not in your phone's address book tries to add you to a group, they'll get a pop-up that says they can't add you and will be prompted to tap Invite to Group or press Continue, followed by the send button, to send a private group invite through an individual chat. You'll have three days to accept the invite before it expires.
- **My Contacts Except:** Only contacts in your phone's address book, except those you exclude, can add you to groups without your approval. After selecting My Contacts Except... you can search for or select contacts to exclude. If a group admin you exclude tries to add you to a group, they'll get a pop-up that says they can't add you and will be prompted to tap Invite to Group followed by the send button to send a private group invite through an individual chat. You'll have three days to accept the invite before it expires.

CEOP Education from the National Crime Agency

CEOP Education

The CEOP Education team is a part of the National Crime Agency and we run an education programme which provides training, resources and information for children and young people aged 4 - 18, their families and professionals who work with them.

The National Crime Agency

The National Crime Agency (NCA) works with child protection partners, including the police, across the UK and overseas to protect children and young people from online child sexual abuse.

We encourage students to take screenshots of any unkind comments or online bullying so that we can provide appropriate support to those involved. Students, parents, and carers can share any concerns with the Safeguarding Team at NDW or with the relevant Head of Key Stage.

We ask students to block any individuals who are unknown to them or who are being unkind. If contact has been made by an unknown person, students should report it using the relevant social media reporting tools.

If your child is being pressured, bribed, or coerced online to send money or share photographs of themselves, please report this to the police by calling 101.

KEEPING CHILDREN SAFE ONLINE

WhatsApp group chats: what parents need to know

Group chats can be a fun way for young people to stay in touch, but they can also be used by others to groom, exploit or harm children.
It's important to know the risks and how you can help keep them safe.



WHY GROUP CHATS CAN BE RISKY

- Children may be added to groups by people they do not know.
- Grooming can start with friendship, attention, gifts, games or status.
- Children can be pressured to share photos, personal information or their location.
- Sexual images can be requested, shared or used to threaten or blackmail a child.
- Criminal exploitation can involve secrecy, money, gifts, drugs, violence or pressure to meet others.
- Screenshots, forwarding and disappearing messages can make harmful content difficult to control.

TALK TO YOUR CHILD

- Ask who is in their groups. Help them think about who they really know online.
- Check privacy settings together (e.g. who can add them to groups, who can see their profile and posts).
- Encourage them to tell you if someone makes them uncomfortable.
- Reassure them: they will not be in trouble for asking for help.

Have open and regular conversations

WARNING SIGNS

- Suddenly secretive about their phone.
- New online friends or contacts they cannot explain.
- Receiving gifts, money or new phones/clothes.
- Becoming withdrawn, anxious or upset after being online.
- Missing school or going missing.
- Talking about meeting people they know online.
- Sexualised messages/images or pressure to send pictures.

WHAT PARENTS CAN DO

1. Keep accounts private and review group-chat settings (e.g. who can add them).
2. Encourage children to block and report suspicious accounts.
3. Save evidence/screenshots if something worrying happens.
4. Do not confront a suspected exploiter yourself as this could put your child at further risk.
5. Get advice early — you do not need to be certain that exploitation is happening.

Stay involved. Stay informed. Keep them safe.

WORRIED ABOUT A CHILD?

Herefordshire Children's Services – SAFE Team
For advice and support about child exploitation (including online exploitation) and missing children.

Email: **exploitationteam@herefordshire.gov.uk**

If a child is in immediate danger call **999**

For safeguarding concerns contact **Herefordshire MASH**
01432 260800 (office hours)
01905 768020 (out of hours)

Trust your instincts. **Early advice can make a difference.**
Safeguarding is everyone's responsibility.

Herefordshire Council