

**Student Support Team**

# Care and Guidance Booklet

## E-safety guidance for students and parents/ carers

The internet is an established fact of daily life and young people interact with it through a variety of media and devices more than any other generation. They will be carrying forward its capacity and usage to levels that we can barely imagine at present. However, like all powerful tools it has its dangers as well as its benefits and it is the responsibility of Sutton Community Academy in partnership with other organisations to educate young people to protect themselves and to use it responsibly.

The logo for Sutton Community Academy is a circular emblem. It features a central white circle containing the text "Sutton Community Academy" in a purple, sans-serif font. Surrounding this central circle are six stylized human figures, each represented by a dark grey triangle pointing towards the center and a colored circle (purple, grey, or black) representing a head. The entire logo is set against a white background with a subtle glow effect.

**Sutton  
Community  
Academy**

## What is Cyberbullying anyway?

For the most part, Cyberbullying is bullying, only it happens online, on phones or other connected devices. As for what bullying is, most experts agree that it involves repeated harassment. Related to E-safety this normally takes place in the form of 'trolling'. It is important to remember that not every mean comment or unpleasant interaction raises to the level of bullying. Sometimes it's just what kids call 'drama.' We mention this because too many kinds of behaviour are called 'cyberbullying' which can cause an overreaction and inappropriate responses.

Facebook requires everyone to be at least 13 years old before they can create an account. Creating an account with false information is a violation of Facebook's terms. This includes accounts registered on the behalf of someone under 13. If your underage child created an account on Facebook, you can show them how to delete it by going to the 'tools for parents and educators' section of Facebook as well as our

E-safety section within 'parents information at:

<http://www.suttonacademy.attrust.org.uk/academy/parents/e-safety/>

## What do I do if my child is Cyberbullied?

Since 2011 over 2,000 children have been investigated by the police for cyberbullying incidents. 1,200 children were cautioned, arrested or fined.

Cyberbullying cases are as individual as the people involved. However your child should:

1. Not react or retaliate
2. Block and/or delete the 'bully'
3. Report the bullying to the website it is hosted on and if it continues, the police.

The most important thing to do is talk with your kids about what's going on, help them think through what happened, how do they feel about it, and what they're going to do about it. No one knows how to resolve a situation without understanding it fully. It's important to involve your child in the process, not just take over yourself, because the main goal is to help him or her strengthen their self-confidence that might've been shaken and restore a sense of physical and/or emotional safety.

## What is 'Grooming'?

In essence, this is a process used by people with a sexual interest in children to attempt to engage them in sexual acts either over the internet or in person. Sadly, these people do attempt to make contact with children over the internet; this may be in social networking sites, chatrooms or games. They could be pretending to be someone else, or showing an interest in them.

It is important that children understand that people like this exist and that they should never do anything online or offline that they are uncomfortable with. Grooming is a process of manipulating a child to gain control over them; as a parent or carer you should be approachable so that if your child is concerned about something, they know they can talk to you.

If you're concerned about someone's behaviour towards your child, you can report it directly to CEOP or *in an emergency*, dial 999.

## What is 'Sexting'?

Taking and sharing inappropriate or explicit pictures or videos is often referred to as 'sexting'. It's an activity that young people (and adults!) are engaging in at quite a rate. Young people are used to sharing and documenting their lives online. It's very easy to hit the send button before actually pausing to think about the consequences.

If you find your child has been involved with an incident, 'A parents guide to dealing with sexting' will help you know what to do and how to handle it. This can be found on our website as previously outlined.

## Support groups/organisation Contacts

**BEATBULLYING**—[www.beatbullying.org.uk](http://www.beatbullying.org.uk)

Beatbullying is the leading bullying prevention charity in the UK

**CHILDNET**—[www.childnet-int.org](http://www.childnet-int.org)

Childnet international—the UK's safer internet centre

**SAFESOCIALNETWORKING**—[www.safesocialnetworking.org](http://www.safesocialnetworking.org)

Provides resources for young people

**THINKYOUKNOW**—[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

E-safety information and guidance (CEOP's website)

**KIDSMART**—[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

E-safety information and guidance

**SAFERINTERNET**—[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

Resources and activities and focus on safer internet day

**NSPCC**—[www.nspcc.org.uk](http://www.nspcc.org.uk)

The NSPCC was founded in 1884 and our vision is still to end cruelty to children in the UK.

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