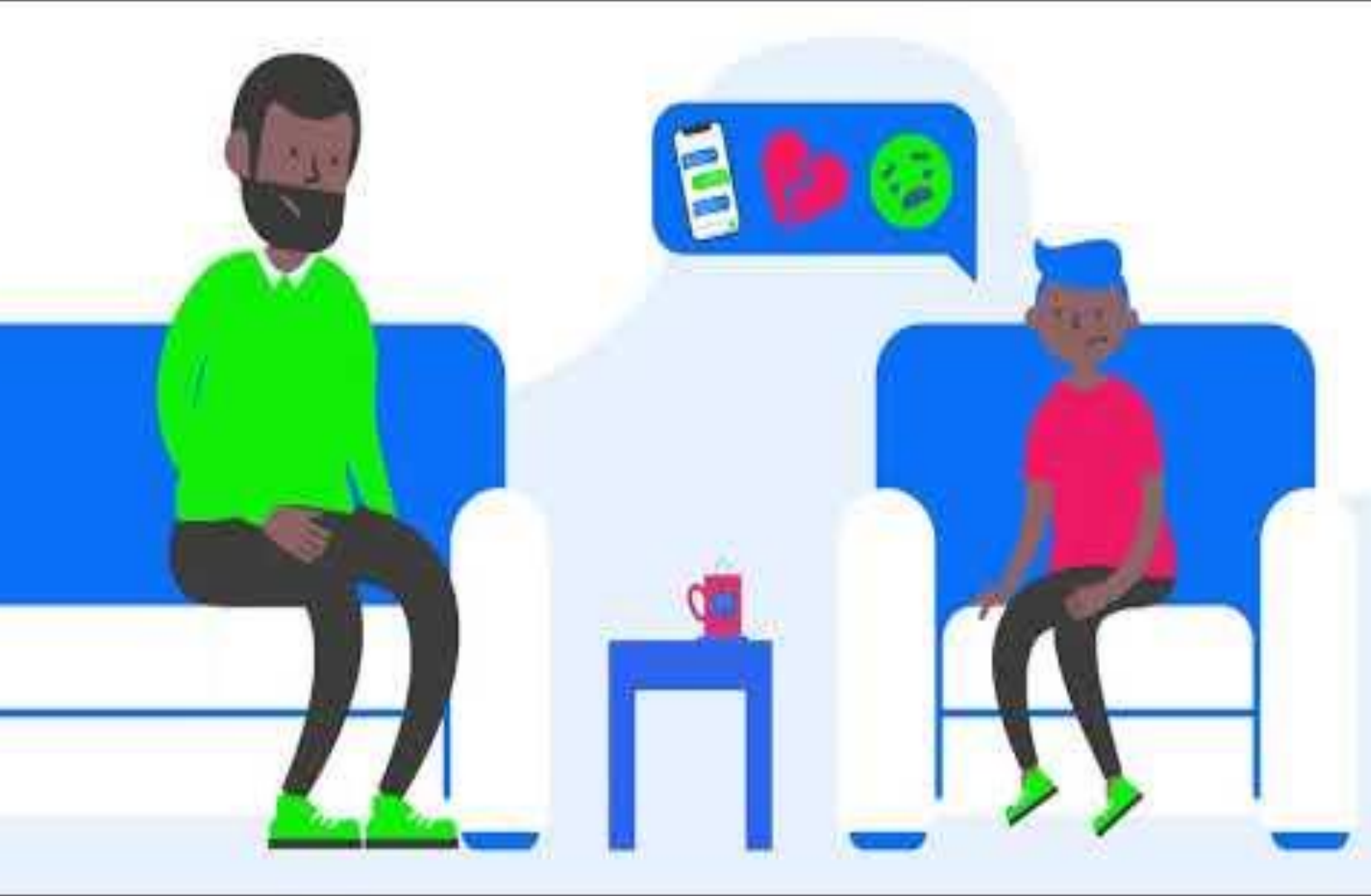# Cyber Security at Bishopbriggs Academy

This Session:

1. WHAT THE EXPERTS SUGGEST

2. SURVEY RESULTS

3. WHAT YOU CAN DO

4. WHAT WE CAN DO

5. NEXT STEPS

The video we will watch is from '**Internet Matters**' - an online resource where parents and professionals can find the most comprehensive and credible resources, information and support to keep children safe online.

Launched in May 2014 by their founding partners (BT, Sky, TalkTalk and Virgin Media), Internet Matters support parents and carers to navigate the ever-changing digital landscape. They aim to offer the best advice and information available to help you engage in your child's online life and manage the risks they may face online.

Working with a wide coalition of industry partners including the BBC, Google, Samsung and Facebook, they also collaborate with sector experts, government and schools to reach UK families with tools, tips and resources.
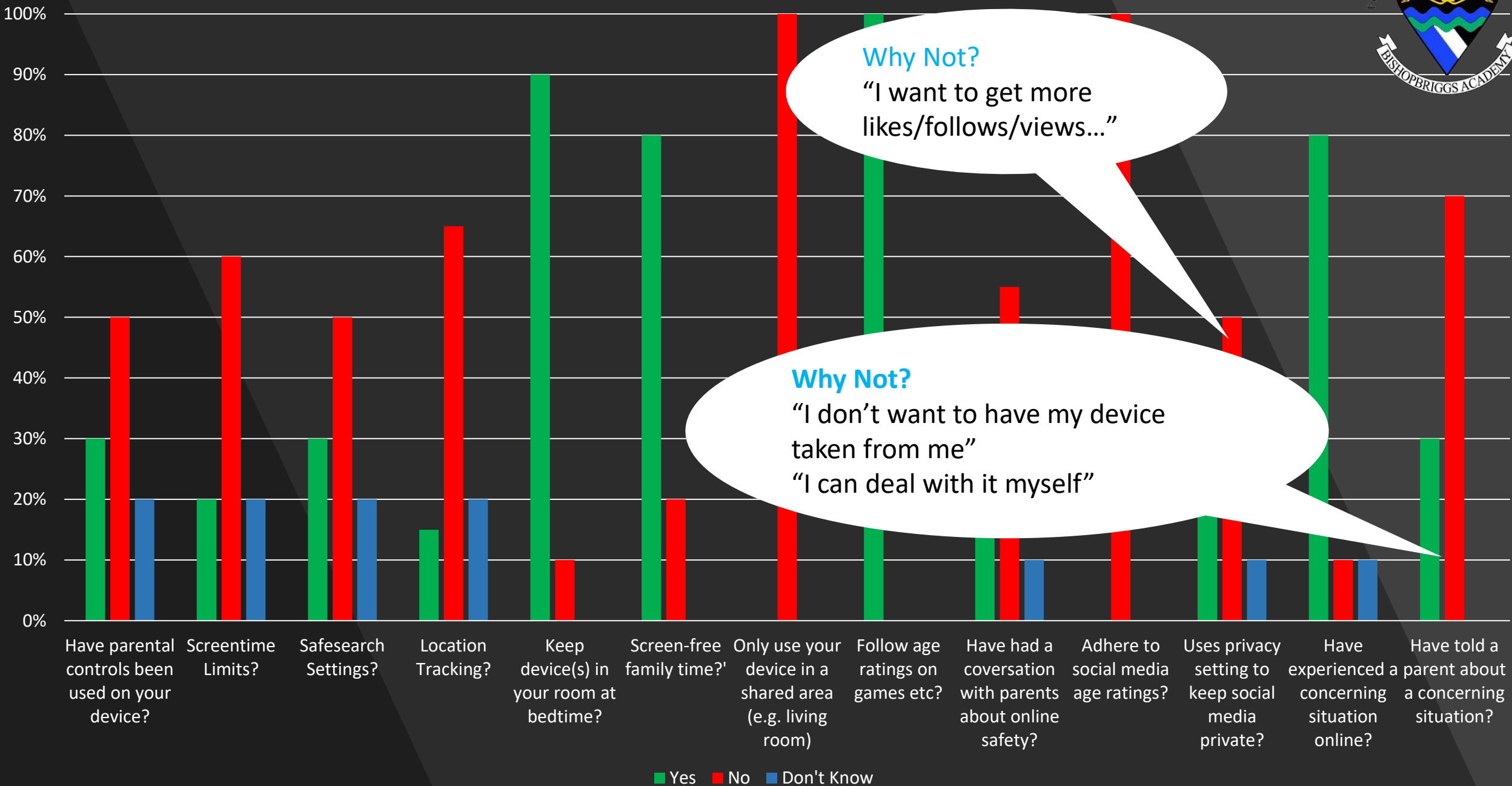
What You Can Do

1. Have a conversation

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

2. Agree on boundaries

Have a family agreement about where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. It's a good idea to introduce tech-free meals times and encourage them to keep phones out of the bedroom at night to help them build a healthy balance with screen time.

3. Put yourself in control

Make use of parental controls on your home broadband and any internet-enabled devices that your child uses. The end of this presentation will link you to 'how-to' guides to learn how to set these up. It's important to continue having regular conversations with children about their online use to equip them with coping strategies to deal with online risks.

Tips for a meaningful conversation

- Ask them for advice on how to do something online and use this as a conversation starter.

- Make sure they know they can come to you if they're upset by something they've seen online and remember to listen and not overreact.

- Make sure they know how to block abusive comments and report content that worries them.

- Remind them that if they are involved in bullying someone online or sending inappropriate images it may get reported to their school or even the police.

- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use.

What We Can Do

- Teach Cyber Safety through computing, assemblies and PSE.

- Support pupils with any situations that they bring to us.

- Support parents/carers with any situations you're concerned about and would like to discuss with us.

Further Information

- https://www.internetmatters.org/advice/11-13/

For example:

https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/new-pdf/parental-control-tiktok-privacy-and-safety-settings.pdf

Please take a moment to complete an evaluation form.

https://forms.office.com/r/PJTSYc3yUk

Cyber Security at Bishopbriggs Academy

Thanks for Listening. Any Questions?