Oakley Online Safety Factsheet

Supported by information from NSPCC

Oakley School
Skills for Life and Independence

Key risks:

Think about:

Who are they talking to?

What are they seeing?
What they are oversharing?
Note:
Innocent online searches can lead to not so innocent results.
Once something goes online, it stays online (its permanent)

A child's experience online:

Focus on:

- **what** your child is doing and accessing
- how long for (online wellbeing)
- whether it is age appropriate
- features of apps and games e.g. chat rooms, purchasing options,

Practical Advice:

Keeping your child safe online:

- Supervise your child
- Check games and videos before they watch and play them
- Turn off Auto-play settings?
- Look at the safety settings / features on their Apps and Games together e.g. purchasing options, chat functions
- Set boundaries in the online world just as you would in the real world
- Agree rules and boundaries together (but be realistic)
- Don't restrict your child from the digital world, teach them.
- Talk with your child about online safety
- Explore your child's favourite apps, sites and games together, show an interest
- Look at your home internet settings
- Know what connects to the internet and how, including surrounding Wifi (neighbours)
- Remind them to ask for support if something worries or upsets them
- Make going online a family activity where you can support each other
- Turn off notifications
- Talk about sharing personal details online e.g. name phone numbers through setting up a WhatsApp Group.
- Keep all equipment that connects to the internet in a family space
- Parental controls on all devices that link to the internet

Top Tips for talking with your child:

- Always start with something positive – ask your child to show you what they like doing online to show you are interested and you care
- Make sure they know the basics to stay safe online e.g. how to block a contact
- Explore Apps and Games together so you can understand them and make them safe together
- Remind them they can always come to you for support about anything.

Where you can seek support:

- Speak to DSLs at Oakley
- Speak to other parents and share experiences / tips
- NSPCC Family Agreement - cso_familyagreement_interactive_jan2022.pdf (nspcc.org.uk)
- Internet Matters

Oakley Accessibility Tips and Ideas

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iPads are incredible tools for supporting a range of learning, communication and leisure needs. There are a few ideas for helping to make their use easier, safer and more productive.

Guided Access:

This is a really valuable tool that helps to lock the iPad screen into apps.

To use Guided Access with iPhone, iPad and iPod touch

Go to Settings  > Accessibility, then turn on Guided Access.
Tap Passcode Settings, and then tap a Guided Access Passcode.
Enter a passcode, then re-enter it.

Make sure that the Guided Access Passcode is not easily guessed and that you keep it secure.

To start a Guided Access session

Open the app you want.
On a device with a 'Home' button, triple-click the Home button to start. On a newer device, triple-click the side button.
Tap Guided Access, then tap Start.

Using Guided Access to control features

When you are in the Guided Access screen you also have the option of turning off features or you can set a time limit. When you are in the Guided Access screen you can manage the following features:

- ***Sleep/Wake Button:*** To turn off the Sleep/Wake button on your device, turn this off.
- ***Volume Buttons:*** To turn off the volume buttons on your device, turn this off.
- ***Motion:*** To limit how your device responds to motion, turn this off.
- ***Keyboards:*** To turn off the keyboard so that it does not appear, turn this off.
- ***Time Limit:*** To choose a time limit for your Guided Access session, turn this on.
- ***Restricting areas of the screen such as in app settings:*** Circle areas on the screen that you would like to disable. Select
- Start to begin a Guided Access session
- ***End a Guided Access session:*** Triple-click the side or Home button, enter your Guided Access passcode, then tap End.

Screen Display and Brightness

Brightness

Alter the brightness of the screen within the Display and Brightness setting. Lowering the screen brightness saves battery and can make the screen more comfortable to view.

Content and Privacy Restrictions – parental controls

In settings  > Screen Time you can block or limit specific apps and features on your child's device. You can also restrict the settings for explicit content, purchases and downloads, and privacy.

Go to https://support.apple.com/en-gb/105121 for details

Restricting Access to the Camera

Be aware that the camera on an iPad can be accessed even when the screen is locked.

If a person can be identified from a photo or video, then it is classed as personal data. It should be treated like any other personal data and kept secure. It should not be stored for longer than is needed. If a photo is going to be shared with third parties permission will be needed. It can be useful to restrict access to the camera on an iPad for these reasons.

Go to Settings  > Screen Time > Content & Privacy Restrictions. Toggle the switch to the On position, tap on Allowed Apps, then switch Camera to the Off position. This will remove the Camera from the lock screen.

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Using iPads

Seating and positioning

Key tip from https://www.healthychildren.org/



Change position often. Staying in one position for too long stresses muscles and joints.



Swap between bending forwards and backwards.



Move around while using devices. Propping up the device on a table or other surface can help.



Prop your device on a cushion. This can stop your child's muscles from getting tired



Use devices at eye level. This can avoid neck strain.



Put distance between screens and eyes. This is less tiring for eyes.



Bending the neck too far backwards or forwards can lead to pain or strain

Screen Distance

Protect vision health using Screen Distance on an iPad with a TrueDepth camera.
Screen Distance can remind users to engage in healthy viewing habits that can lower their risk of myopia (near-sightedness). It gives adult users the opportunity to reduce digital eyestrain.

Go to Settings > Screen Time.

Tap Screen Distance, then turn on Screen Distance.