



## King Henry VIII School Pastoral Letter – How can Parents Monitor Online Safety at Home?

Dr MB Cuthbert (Deputy Head/DSL)

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Dear Parents and Guardians,

At King Henry VIII School, we use some very sophisticated software to filter and monitor the use of computers within school. We have very strict rules around the use of mobile phones and smart watches, with a significant sanction attached if pupils/students use them within school. Please see our [Behaviour Policy](#) for further information.

We rely on parents setting boundaries for internet and mobile phone use at home. My next pastoral letter will be around how parents can build up trust with their children around internet and mobile phone use.

Below is some guidance on how you can keep your children safe on their devices.

### Deciding what's appropriate for children to see online

The online world gives us access to a huge amount of information and services, but the scale of information available also means that there is content that is inappropriate for children. What is or isn't appropriate is up to individual parents and carers to decide, and could be based on things like age, ability, beliefs, and family values.

### What are parental controls?

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have [inappropriate content](#)
- manage the content different family members can see.

## Setting up parental controls on:

### Home broadband and WiFi

Home internet providers can offer parental controls for your family. You can:

- use a filter from your internet provider to control the content that you and your family see. Some providers allow different settings for each user.
- set up any device connected to your home broadband. How you do this depends on your provider and you'll need to access your home router. You can ask your internet provider for help setting this up. Remember that this only affects your child accessing the internet through the WiFi – if they are using 4G or 5G etc to connect you need to check the settings on their mobile device too.

### Games consoles

Most games consoles have internet access, which means your child can go online and chat with other players or make in-game purchases. On many consoles there are parental controls which allow you to manage which features are available to your child. On some devices you can:

- turn off chat functions to stop your child from talking to people they don't know
- restrict games based on age
- turn off in-game purchases, or set a limit.

Check the website for the console your child has for a parents section and details of features. Some games also allow you to change settings for that individual game.

### PlayStation Family Management

On PlayStation consoles you can set up a Family Manager account which allows you to manage different accounts for different children/users. Within this you can manage a range of features, such as restricting communication with other players, restricting content, setting play time controls and set spending limits. See all the features available for [PS4](#) and for [PS5](#).

### Mobiles, tablets and computers

All mobiles, tablets and computers have parental control settings, which can differ between devices, these include:

- allowing or disallowing in-game or in-app purchases
- settings such as location settings and what information your child is sharing
- wellbeing settings to help with limiting screen time.

You can get more advice about setting up controls on different devices from your mobile provider and the [UK Safer Internet Centre](#).

On Apple devices such as iPhone, iPad, Apple Watch, Apple TV etc. there are features available for parents all tied into an account. You can set content and privacy restrictions, prevent purchases, allow or disallow apps and more. See what parental controls are available on [Apple iOS devices](#).

## Apps and online services

Many social media, apps and online services such as film and TV streaming services have features such as:

- content filters
- chat filters
- privacy settings
- in-app purchase settings.

You can find out about these features by looking in the settings on each app, or take a look at their website for more information. They might be called settings, family features, privacy or security.

**Facebook** has a [Parents portal](#) which helps explain the features available.

For **Netflix**, you need to visit the website to set up [parental controls](#) – we suggest you do this as soon as you create an account.

**Microsoft Family Safety** – by creating a family group you can manage many settings, such as setting screen time limits, blocking inappropriate content, receive activity reports, set app and game limits and more. To learn more about Microsoft Family Safety see the [Microsoft page](#) and [Xbox Family Settings](#).

## Search engines

Sometimes, innocent searches can lead to not so innocent results. If you're worried:

- make sure the content your child sees online is appropriate for their age by using parental controls and filters in search engines like [Google](#), [Yahoo](#) and [Bing](#)
- make sure you have set parental controls on the home broadband and devices.

[Google Family Link](#) - a very useful app to manage a range of features such as restricting content, approving or disapproving apps, setting screen time and more. For lots of useful information see the [Google FAQ page](#).

## WiFi and being away from home

The controls you've set up on your child's device and your home broadband won't work if they use 3G or 4G, public WiFi or log onto a friend's connection instead. Remember:

- public WiFi is often available when you're out and about, but it's not always safe
- some public places and businesses offer family-friendly WiFi. When you see the family-friendly WiFi symbol it means there are filters to stop children from seeing inappropriate or upsetting content
- [talk with your child](#) and agree what they can and can't do online. If your child is visiting friends or family, remember that they might not have the same controls set up.

We are here to help you navigate the online world with your child/children. Please contact us if you would like any further support.

Many thanks for reading my pastoral letter,

MB Cuthbert

Dr MB Cuthbert

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# Safeguarding & Wellbeing at **KHVIII** School for STUDENTS

All students can expect the following from **KHVIII** Staff:

- Vigilance
- Understanding and action
- Stability
- Respect
- Information and Engagement
- Explanation
- Support
- Advocacy

If you are **WORRIED** or are worried about a friend, share your concerns with the Designated Safeguarding Leads (DSLs), a trusted staff member, My Concern Boxes or use the 'I Need Help' button on the School's Intranet.

## DESIGNATED SAFEGUARDING LEADS & PUPIL WELLBEING SUPPORT



Dr Cuthbert  
Deputy Head  
DSL

Mrs  
Cadwallader  
School Nurse  
DDSL

Mr Dearden  
Headmaster  
DDSL

Mrs Kaczur  
Assistant  
Head  
DDSL

Mrs Brindley  
SENCo  
DDSL

Mrs Tromans  
Pupil  
Wellbeing  
Mentor

Mrs Dowding  
Deputy Head  
Student  
Leadership

Rev Slavic  
School  
Chaplain

### Emergency Help

Call **999** if you are at immediate risk  
**NHS Mental Health Crisis service**: call  
**0300 200 0011** free 24/7 service  
<https://youngminds.org.uk/>  
Free **text YM to 85258**  
24/7 crisis support  
Samaritans call free on **116 123**  
<https://www.childline.org.uk/>  
Call free on **0800 1111**

### Mental Health Support

<https://www.kooth.com/> Free, safe and anonymous support from trained counsellors  
**RISE (for children and young people)** call **08081 966798** (select option 2) Crisis & Home Treatment team  
**Dimensions Tool** offers immediate tailored self-help support and signposting to local services.  
**IAPT Website** Coventry & Warwickshire Improving Access to Psychological Therapies (IAPT) service  
Tel: **024 7667 1090**

### Online Safety and Other Support

<https://www.thinkuknow.co.uk/>  
to REPORT abuse  
**NSPCC** Call for free: **0808 800 5000**

<https://www.childnet.com/>  
<https://www.supportline.org.uk/problems/internet-safety/>  
<https://nationalonlinesafety.com/>

All employed Staff who are safe to work with children wear a **BLACK** KHVIII Lanyard

All Governors who have been DBS checked wear a **BLUE** Lanyard

**GREEN** lanyards are worn by visitors that are allowed to be on site without supervision



**PINK** lanyards are worn by visitors that are NOT allowed to be on site without supervision: report to reception

