

Top Tips

Discuss what they can share - teach your child to think before they share online and the consequence of doing this over the mobile phone, such as sharing their location.

Discuss and monitor costs - phones can be expensive. As well as bills, costs can be run up through downloading apps, music or leaving data-roaming on abroad. Your child should be made aware of the financial responsibility that comes with owning a phone. There are different ways to manage costs, such having a contract or pay-as-you-go deals, make sure you discuss this in the shop.

Keep their mobile number private - young people need to understand that their phone number should only be given to people they know and trust, make sure that if they are concerned, they ask you first.

Be prepared in case the phone is lost or stolen - know who to contact to get the SIM card blocked. Every phone has a unique 'IMEI' number, make sure you write this down so if the phone is stolen, the police can identify the phone if they find it.

Need Advice / Got Concerns?

Some useful websites to help you control what your internet and mobile devices can do:

www.internetmatters.org



internet matters.org

www.saferinternet.org.uk

If you have concerns or want to report an incident these websites can help you find the appropriate services:

www.thinkuknow.co.uk



www.ceop.police.uk

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More and more young people own mobile phones and with it grows the issue of safety. Many mobile phones can:

Access the internet - Young people can go on any site that you can find online, including sites like Facebook, YouTube and also potentially age inappropriate sites.

Take and share photos and videos - Young people can take images and videos and these can be shared quickly, easily and for free through text messages, emails, uploading or apps.

Chat with instant messaging, video and text - Young people can take part in private chats with people through their mobile phone.

Share your location - Many phones can identify their user's location in real time. This can then be shared on social networking sites and apps.

Play games - Young people can use their mobile to play games and download new ones, sometimes these can come at a cost.

Add and buy 'Apps' - Apps are programs that you can add to your phone that enable you to do a wide range of things, from playing games

to finding up-to-date train times. Some of these apps have a cost.

With all of these functions available, talking to people is now only a small part of what mobile phones are used for. It can be difficult to keep tabs of what your child is doing on a mobile phone.

How can I help my child use their mobile phone safely?

Parental settings - Android, IOS and Windows mobile phones all offer parental settings that can do various task from stopping app purchases to restricting websites on there devices. Try looking online for more advice on how to activate these settings.

Ask your provider - Some mobile network providers also have setting that can be placed onto your young persons device. Ask your network provider for more information.

Internet Safety app - use the internet to find apps to monitor usage, some are free others require a subscription. Go to this website for an example of an app: www.qustodio.com

Loopholes - even if you have set controls, your child may be accessing the internet through other sources. Many phones can access the internet through Wifi, which could be available on your street and picked up for free. Accessing someone else's Wifi may mean that your safety settings no longer apply.

Understand what your child's phone can do - all phones are different and you need to know what they are capable of so you can manage the risks.

Set a pin code on your child's phone - setting a pin code is like a password. Without a password, others may use your child's phone. This could enable them to access personal information, online accounts or run up expensive bills.

Set boundaries and monitor usage - this doesn't mean spying on your child! You can set rules with them about where it is used and how long for. For example, if you don't want your child to use their mobile at night, why not only charge it overnight in the living room.