



Parkstone Grammar School

Safeguarding E-Safety



"Keeping you safe is the most important this we do."

*We encourage all of our students to continually embrace **commitment, courage and compassion** in all aspects of their school and wider life.*

*Parkstone Grammar School **promotes the safeguarding of students** through education and ensuring we uphold a safe environment and culture on school site and in all our interactions.*



Choosing a strong Password

Passwords are like the key to your accounts - only the person with the key can access them. When choosing a password, you want to make sure you choose one that is unique, strong, and not easily guessed by strangers or those close to you. Choose a password that uses letters, numbers, lowercase, uppercase, and characters.



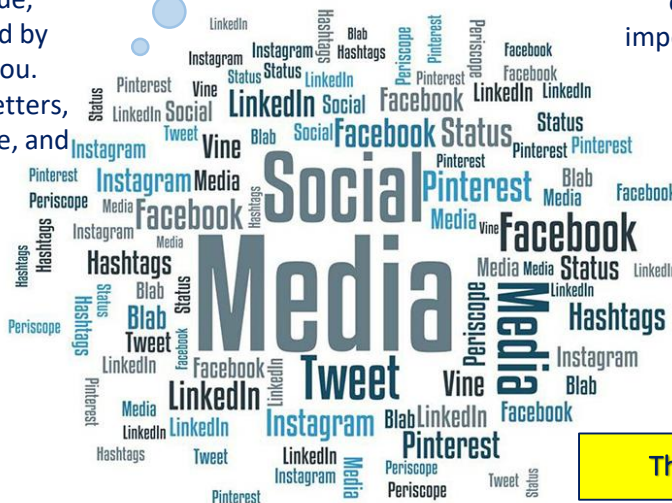
Friends

Be careful when making **friends** on the internet. Many great friendships can be cultivated through social media, but there are many people who pretend to be someone they are not. Much like you would off-line, only talk to people you know and can trust.

Are you worried or concerned?

Speak to your tutor, Miss Clayton (Designated Safeguarding Lead) or any member of the Safeguarding Team

How do I stay safe online?



Personal Details

Don't give your full name, address, or phone number to anyone online that you don't trust or know. This is especially important in chat rooms or social media sites.



BEFORE YOU POST... THINK!



- T** - is it true?
- H** - is it hurtful?
- I** - is it illegal?
- N** - is it necessary?
- K** - is it kind?

Think before you post

Don't upload or share anything you wouldn't want your parents, teachers or friends seeing. Once you press send, it is no longer private. You can't be sure who will end up seeing it. Once it is online, you no longer have control of it.



Limit what you share on social media

Just because the Internet is so massive does not mean that embarrassing or risqué pictures, rude or mean comments, or illegal activities will disappear forever. Watch what you post about yourself or others -- or allow your friends to post about you -- because you may have to live with it for a long, long time.



Safeguarding at Parkstone