BHES Online Safety: A Guide for Parents

What is this guide about?

This guide explains how Bristol Hospital Education Service (BHES) helps keep your child safe online. It also gives you tips on how to support your child at home.

What online risks do children face?

Children may face risks such as:

- Online bullying (cyberbullying)
- Talking to strangers or being groomed
- Seeing inappropriate or upsetting content
- Being pressured to share personal or private images
- Spending too much time online or becoming addicted
- Believing false or harmful information

How does BHES keep children safe online?

We take online safety seriously. Here's what we do:

- Use secure and filtered devices and platforms
- Teach students about online safety in lessons
- Train staff to spot and respond to online risks
- Monitor online activity during lessons
- Work closely with parents and carers

What can you do to help?

You can support your child by:

- Talking regularly about what they do online
- Setting rules and screen time limits
- Using parental controls on devices and apps
- Encouraging them to tell you if something worries them
- Attending BHES online safety workshops

Where can you or your child get help?

If you're worried about something online, here are some places to go:

- Talk to your child's teacher or the BHES safeguarding team
- Report abuse to CEOP: www.ceop.police.uk
- Call Childline: 0800 1111 or visit www.childline.org.uk
- Visit Internet Matters: www.internetmatters.org
- Contact the NSPCC: 0808 800 5002 or www.nspcc.org.uk