Internet Safety

'Golden Rules' to aid parents

The following rules can be used when talking to your children about the Internet

Ground rules

- ☺ How should the internet be used in your home?
- ☺ Keep information private - think, would I tell this to a stranger?
- ☺ Agree rules about meeting online 'friends' in real life
- ☺ Generally - if not acceptable in real life it shouldn't be acceptable online

Online safety

- ☺ Anti-virus and parental monitoring systems
- ☺ Online safety guides
- ☺ Activate security and privacy settings

Location

- ☺ Internet access should be in a family room, rather than a bedroom
- ☺ Be aware that devices such as gaming consoles or mobile phones can access the internet
- ☺ Or via a neighbour's wireless network

Dialogue

- ☺ Share the experience
- ☺ Get them to teach you - this is better than any course you can go on
- ☺ Ensure they are happy to talk to you if they have a problem or feel uncomfortable

Top Tips for Children

The following tips are from 'Think U Know' and should be shared with your children

☺ Always ask a grown up before you use the internet. They can help you find the best things to do like watch 'Hector's World' with you

☺ Don't tell strangers where you live, your phone number or where you go to school. Only your friends and family need to know that

☺ Don't send pictures to people you don't know. You don't want strangers looking at photos of you, your friends or your family

☺ Tell a grown up if you feel scared or unhappy about anything

☺ You can also call 'Childline' on: 08001111 to talk to someone who can help

Useful Links

- http://www.saferinternet.org.uk

- http://www.kidsmart.org.uk/

- http://www.childnet.com/young-people/primary

- http://www.thinkuknow.co.uk

- http://www.netsmartzkids.org/

- http://www.connectsafely.org/guides-2/

- http://www.vodafone.com/content/parents.html

- http://ceop.police.uk/

- http://hectorsworld.netsafe.org.nz/

SAFER INTERNET DAY 2014
TUESDAY 11 FEBRUARY
Let's create a better internet together
www.saferinternetday.org.uk

Key Messages to share with your child

- Never share anything with anyone they wouldn't want you or their teacher to see. THINK BEFORE YOU POST
- Make sure they know who to talk to if they feel uncomfortable, upset or worried
- If they are not sure CHECK with you
- Never communicate online with anyone they don't know AND TRUST in the real world
- Keep personal information private
- Don't send anything to anyone you wouldn't want to receive yourself and don't share other people's content.

Things to consider:

Content
- be careful which sites the rest of the family visit
- tell your child(ren) not to fill out online forms without your permission (and why!)
- talk to your child(ren) about validity of sites when researching – anyone can create a website

Social networking/chat rooms/Gaming
- talk to your child(ren) about digital privacy
- talk to your child(ren) about 'friends' – someone they 'meet online' is NOT a friend
- decide what **PEGI rating games** you will allow them to play and be aware that extreme gaming may be a safeguarding issue (e.g. 16+, 18+ games)

Cyberbullying
- talk to your children about **cyberbullying and cyberbullies**
- teach them how to report the cyberbullying to the school, service provider or police and what evidence is helpful

Mobile devices - know how your child's **phone, tablet** or **gaming device** works
- Does it have GPS tagging to photos?
- Does it have parental controls (e.g. can you block them from uploading images if necessary)?
- Does it access the internet? Can it upload images?

Resilience
- encourage and enable your child(ren) to make good choices
- demonstrate your own knowledge and understanding of the world
- get involved
- make sure they know what to do and who to go to if they need help

Online/Offline
- help your child(ren) to understand that these worlds are not so different – rules that apply offline in the real world apply to the online world too

Moderation
- help your child(ren) to understand why they should switch off occasionally (and definitely at least 30 minutes before bed)

Useful links

- Vodafone Digital Parenting: www.vodafone.com/parents
- Parents in the Digital Age: http://www.pitda.co.uk/
- The Parent Zone: http://www.theparentzone.co.uk/parent
- Get Safe Online: www.getsafeonline.org
- Internet matters: www.internetmatters.org
- Childnet International: www.childnet.com
- Parental controls: http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls
- ParentPort: www.parentport.org.uk
- Child Exploitation & Online Protection Centre: www.ceop.police.uk
- ThinkuKnow: www.thinkuknow.co.uk/parents
- UK Safer Internet Centre: www.saferinternet.org.uk
- BBC Webwise: http://www.bbc.co.uk/webwise/0/

Parental Control:

Digital Literacy for Parents/Carers
Short courses for parents/carers hosted by school with training provided by ICTinspires

Safe internet searching:
e.g. Google Safe search and lock/YouTube filter: www.**google**.co.uk/familysafety
Set up filtered searching on all devices in the home: http://www.opendns.com/parental-controls
Consider purchasing Net Nanny or similar: http://www.netnanny.com

Limit computer access
Search for **Windows Parental Controls** (In Windows 7 you can set limits on your child's computer use—and help them be safer online—without constantly peeking over their shoulders).

Facebook
Search for **Family Safety Centre** - learn how to adjust settings.
A parent guide to facebook: http://www.connectsafely.org/pdfs/fbparents.pdf

Mobile phones and Game consoles:
Search for 'parental controls' for the device name within Google.

Top Tips for parents:
1. Be involved in your child's online life.
2. Keep up-to-date with your child's development online
3. Set boundaries in the online world just as you would in the real world.
4. Consider the use of parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.
5. Emphasise that not everyone is who they say they are.
6. Know what connects to the internet and how
7. Watch Thinkuknow films to learn more: https://www.thinkuknow.co.uk/parents
8. Get the computer out of the bedroom!

INFORMATION FOR PRIMARY TEACHERS Childnet International

1. CHILDNET RESOURCES AND WEBSITES

Childnet: In our Teachers and Professionals area you will find resources to help you use the internet safely and positively as a professional, and information to help safeguard your workplace and the young people you work with.

The **Hot Topics** section contains detailed information on a range of e-safety topics such as downloading, sexting, social networking, gaming and grooming. www.childnet.com

UK Safer Internet Centre: Childnet is part of the European Commission appointed UK Safer Internet Centre. Together with partners the Internet Watch Foundation and the South West Grid for Learning, we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. You can access a range of resources from across the UK, Europe and wider afield at www.saferinternet.org.uk.

Digizen: A website providing information and advice to encourage responsible digital citizenship. It shares advice and guidance on preventing and responding to cyberbullying, including the film '**Let's Fight It Together**' and specific information on social networking. www.digizen.org

KidSMART: This award winning Childnet website is for children, teachers, parents and carers and offers fun games and activities for children alongside effective internet safety advice. Don't forget to check out our new Early Surfers' Zone for 3-7 year olds where you can read the online stories '**The Adventures of Smartie the Penguin**' and '**Digiduck's Big Decision.**' www.kidsmart.org.uk

Chatdanger: A site for teenagers that shares advice on how to stay safe while chatting online; it gives real life accounts and highlights the potential dangers on interactive services like chat, IM, online games, email and mobiles. Young people can also write to the website for specific advice on different online situations. www.chatdanger.com

2. OTHER RESOURCES, ACTIVITIES & LESSON PLANS

Think U Know: A website run by CEOP that contains information for children, parents and teachers, as well as a link for children to report abuse online.
www.thinkuknow.co.uk

Digital Literacy and Citizenship: A free set of curriculum documents to support digital literacy and citizenship teaching in school. The documents include medium term plans, individual lesson plans and links to online resources and activities. www.swgfl.org.uk/digitalliteracy

Mini Mentors: Part of the Cyber Mentors programme, encouraging primary pupils to look after themselves and show respect to others through a training programme.
www.cybermentors.org.uk/teachers-and-professionals/resources/

Horrible Histories: The BBC created a number of e-safety videos for Safer Internet Day 2012. They are free to view online and can provide a good introduction to a lesson or class discussion.
www.bbc.co.uk/cbbc/topics/stay-safe

TES Teaching Resources: The TES website has an extensive resource bank for all subjects, including e-safety. Resources and lesson plans have been created and shared by teachers.
(Sign up required) www.tes.co.uk/teaching-resources/

3. SOCIAL NETWORKING
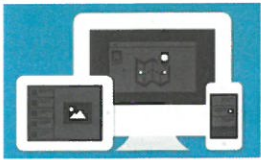
Young People & Social Networking Sites: Aims to help parents understand the positive and creative ways young people are using social networking spaces (eg Facebook, Twitter and Google+). It also points out the potential risks of using these sites and ways to minimise these risks.
www.childnet.com/ufiles/Young-people-and-social-networking-A.pdf

Facebook Family Safety Centre: Provides useful information and tips for parents and carers, teens and educators. These pages do not require a Facebook account in order to view them. www.facebook.com/safety

Google+ Safety Centre: Provides useful information and tips for parents and carers, teens and educators. These pages do not require a Google account in order to view them.
www.google.com/+/safety

Twitter Help Centre - Tips for Teachers: Provides useful information and tips for teachers and professionals. These pages do not require a Twitter account in order to view them.
support.twitter.com

4. PROFESSIONAL REPUTATION

Professional Reputation: A guide about your personal use of social networking sites; keeping you, the young people you work with, and your job safe.
www.childnet.com/teachers-and-professionals/for-you-as-a-professional/professional-reputation

Facebook Checklist: Practical information around privacy settings, how to choose what information and images to share, and where to turn for help.
http://www.childnet.com/downloads/Facebook_Check/Facebook_Checklist.pdf

Using Technology: A guide to help you use technology safely and responsibly, whether in your work with young people or at home.
www.childnet.com/teachers-and-professionals/for-you-as-a-professional/using-technology

5. SEARCH ENGINES SUITABLE FOR USE IN SCHOOLS

BBC: www.bbc.co.uk/cbbc/find

Safe Search: primaryschoolict.com

Ask Kids: www.askkids.com

Yahoo!: kids.yahoo.com

6. WHERE TO GO FOR HELP

Need help? Advice about how to report concerns such as cyberbullying, inappropriate content or illegal behaviour.
www.childnet.com/teachers-and-professionals/for-working-with-young-people/need-help

Professionals Online Safety Helpline: The UK Safer Internet Centre has been funded by the European Commission to provide a Helpline for professionals who work with children and young people in the UK, specifically tackling the area of e-safety. 0844 381 4772

Child Exploitation and Online Protection (CEOP): A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online. www.ceop.police.uk

Internet Watch Foundation: The UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk

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