



E-Safety: Top Tips for Perryfields Parents and Carers

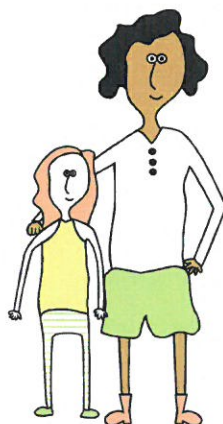


The Internet has changed all of our lives, but particularly the lives of young people. For parents and carers this opens up a whole new world of things to be aware of. Children can use it to research school work, communicate with teachers and other children and play interactive games. Children who are old enough to punch in a few letters on the keyboard can literally access the world. For some parents and carers, this can all be a bit too much. These top tips could help if you are struggling to keep up with the things that your child is doing online or wonder whether what they are doing is safe.

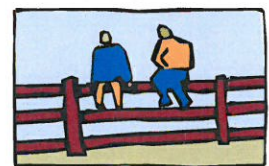
Tips as recommended by www.thinkuknow.co.uk, www.childnet.com and www.saferinternet.org.uk.

Talk to your child about what they're up to online.

Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them, if they know you understand they are more likely to come to you if they have any problems.



Set boundaries in the online world just as you would in the real world.



Think about what they might see, what they share, who they talk to and how long they spend online. It is important to discuss boundaries at a young age to develop the tools and skills children need to enjoy their time online.

Keep all equipment that connects to the Internet in a family space.

For primary school aged children, it is important to keep Internet use in family areas so you can see the sites your child is using and be there for them if they stumble across something they don't want to see.

Know what connects to the Internet and how.

Nowadays even the TV connects to the Internet. Make sure you're aware of which devices your child uses to



connect to the Internet, such as their phone, i-pod or games console. Also, find out how they are accessing the Internet – is it your connection, or a neighbour's Wi-Fi? This will affect whether the safety settings you set are being applied.



Use parental controls on devices that link to the Internet, such as the TV, laptops, computers, games consoles and mobile phones.

Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but



they are a good start and they are not difficult to install.

Stay safe when gaming online.

90% of children aged 5-15 live in a household with a fixed or portable games console. Talk with your family about safe and responsible gaming. You might like to agree rules on how long to play for, how to behave towards other gamers and agree rules about not meeting up with anyone met online in a game.



Consider which parental controls might be helpful as well as deciding the games suitability by checking the age rating and PEGI descriptors. (Visit www.pegi.info for more information.)

Social Networking and Instant Messaging - Connect with Respect

Most Social Networking Sites, including Facebook, stipulate a **minimum age of 13 or 14**.



- ☞ Children should be encouraged to **'Think before you post.'** *The Internet never forgets.* Once you post something online you don't know who else could make a copy of it. This goes for webcams too. Children are advised **not to share personal information online** and should also consider the potential impact of their posts on other people.
- ☞ Use **privacy settings** or account settings so that only approved friends can view your full profile on social networks. Make sure you/your children know how to block and delete Instant Messaging and social network contacts. We recommend that children do not put a picture of themselves as their profile photo as this will usually appear in a general search.
- ☞ Make sure you/your children know how to **report anything that upsets or worries you**. Most social networks and instant messenger services have an administrator or a reporting button. If you are suspicious about the behaviour of an adult towards a child, you should report it to the police at CEOP (www.ceop.police.uk)

Legally enjoy content online

Downloading or sharing copyrighted files without the permission of the owner is illegal and it puts your computer and personal information at risk. Talk with your family about what is and isn't acceptable to download, stream and share. Using illegal file-sharing programmes can expose your computer to viruses and spyware -

protect your wireless connection with a password and check your virus and spyware protection is up to date.



Learn how to stay safe when using a Smartphone.

Remember that Smartphones connect to the Internet, so the same advice and rules for keeping safe online apply. It might help to agree a set of family rules to ensure safe and responsible smartphone use. Rules might include not meeting up with people that were only met online, how much to spend on apps and a limit, which websites it's okay and not okay to visit and whether phones should be switched off at night.



Children - Remember the SMART rules - Be SMART on the Internet.

S

SAFE - Keep safe by being careful not to give out personal information - such as your full name, email address, phone number, home address, photos or school name - to people you are chatting to online.

M

MEETING - Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A

ACCEPTING - Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!

R

RELIABLE - Information you find on the Internet may not be true, or someone online may be lying about who they are.

T

TELL - Tell your parent or carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



You can report online abuse to the police at www.thinkuknow.co.uk