



## ► Useful links

[www.nspcc.org.uk](http://www.nspcc.org.uk) - NSPCC website has helpful links and tips about how to keep your children safe online. They have recently teamed up with O2.

[www.youtube.com](http://www.youtube.com) - YouTube has some fantastic internet safety videos to share with your children. Ensure that you check out the videos before allowing your children to watch them.

[www.saferinternet.org.uk](http://www.saferinternet.org.uk) - This is the UK safer internet Centre. They run the global 'internet safety day' every year.

[www.ceop.police.uk](http://www.ceop.police.uk) - Child Exploitation and Online Protection Command Reports of online abuse can be made through this website. Helplines and advice are available through this link.

[www.esafety-adviser.com/latest-newsletter](http://www.esafety-adviser.com/latest-newsletter) - This is a free online e-safety magazine

**These SMART rules are the rules we follow in school. Discussing these with your children is very useful and helps to embed the children's understanding .**

**Be smart on the internet**

**S SAFE** Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password. **ZIP IT**

**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. Remember online friends are still strangers even if you have been talking to them for a long time.

**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! **BLOCK IT**

**R RELIABLE** Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows. **?**

**T TELL** Tell your parent, 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](http://www.thinkuknow.co.uk). **THINK U KNOW**

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world. **FLAG IT**



## Information for Parents

You play an important role in keeping your children safe online

## What is internet safety?

Internet safety is a term used to promote the protection of young people from the unwanted consequences of using electronic media including the internet, mobile phones and social networks. Although the benefits of the internet far outweigh the potential dangers, parents must be aware of the very real risks their children may be exposed to online.

It's important to be aware of technology, toys and internet safety. That's because over the next few years, millions of objects will be connected to the internet.

## Put yourself in control with parental controls

Install parental controls on your home broadband. Most internet-enabled devices also allow you to set parental controls so you can manage what content your children can see and how they interact with others online.

## Social Media

Social networking sites are a huge favourite with children, allowing them to stay in touch with friends over chat, meet new people with similar interests, and share photos and videos. Social media sites have a strict age limit most are **13 years** and these should be adhered to. In school we teach children that they should not be using social media at their age. As a parent, if you allow your children to use social media then there's plenty you can do to ensure your children's experience is both safe and fun.



- Educate yourself on the social networking sites
- Teach your child to never share personal details
- Help them set their privacy settings at the strongest level
- Set clear rules about what they should and shouldn't post.

## Digital Footprint

A digital footprint is all of the information online about a person either posted by that person or others, intentionally or unintentionally. Filling out a form, leaving a comment, updating your status, checking into a location, emailing, posting a photo, visiting a website, using a search engine... everything you do online leaves a trail. This trail is your digital footprint. **THINK** before you post.



**ONLINE SAFETY 101:**  
**RULES TO HELP**  
**KEEP YOUR FAMILY**  
**SAFE ONLINE**



Help your children stay safe online—  
work as a **TEAM**

**Talk** about staying safe online

**Explore** the online world together

**Agree** rules about what's ok and what's not

**Manage** your family's settings and controls

... and repeat making it part of your everyday life!

The increasing use of digital technology and the internet has also provided new and particularly intrusive ways for bullies to reach their victims. Cyberbullying is bullying that takes place over digital devices where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful behaviour.

