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Parents Guide to E Safety

Keeping Safe Online
Top Tips

- **Be involved in your child's online life.** For many of today's young people there is no line between the online and offline worlds. Young people use the internet to socialise and grow and, just as you guide and support them offline, you should be there for them online too. Talk to them about what they're doing, if they know you understand they are more likely to approach you if they need support.
- **Go to www.thinkuknow.co.uk and watch Thinkuknow films to learn more.** the Thinkuknow programme has films and advice for children from five all the way to 16. Your child may have seen these at school, but they can also be a good tool for you to find out more about what young people do online and some of the potential risks.
- **Keep up-to-date with your child's development online.** Be inquisitive and interested in the new gadgets and sites that your child is using. It's important that as your child learns more, so do you.
- **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 continue to discuss boundaries so that they evolve as your child's use of technology does.
- **Know what connects to the internet and how.** Nowadays even the TV connects to the internet. Your child will use all sorts of devices and gadgets; make sure you're aware of which ones can connect to the internet, such as their phone or games console. Also, find out how they are accessing the internet – is it your connection or a neighbour's WiFi? This will affect whether your safety settings are being applied.
- **Consider the use of 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 are not as difficult to install as you might think. Service providers are working hard to make them simple, effective and user friendly. Talk to your service provider and learn how to set your controls.
- **Emphasise that not everyone is who they say they are.** Make sure your child knows never to meet up with someone they only know online. People might not always be who they say they are. Make sure your child understands that they should never meet up with anyone they only know online without taking an adult with them.
- **Ensure online screens are visible**

How do I talk to my child about what they're up to online?

As a parent or carer you have a challenging job, you need to know what your children are doing online and also help them to do it in a safe way. With technology changing on a day-to-day basis, the best way to stay informed is to get involved.

Here are three good ways to help you keep up-to-date with your children and teach them the basics of staying safe online.

Let them teach you

The people who know best about what your children are up to online, are your children! Get them to tell you about the sites they're using. Ask them questions such as:

- Why do they like the site?
- What can they do on it?
- What's so fun about it?
- Who uses it at school?
- Who you can talk to?
- Who are their friends on it?

This is a good way to develop a trusting relationship with your child about what they are up to online.

Reach an agreement

A good way to set boundaries with your child about what they can and can't do online is to create an agreement with them.

Here are some examples of the areas you might want to discuss:

- Limits on the amount of time your child spends online, or playing computer games.
- Having regular screen breaks – at least five minutes every 45-60 minutes.
- Not sharing any pictures thy wouldn't be happy to share with you.
- Not giving out personal details, such as mobile phone number and address, to people they don't know and trust.
- Coming to you if they are concerned. Or, if not, knowing where they can go for independent help and support.

You can introduce an agreement after watching one of the <u>Thinkukonw films</u>.

Three Simple Rules

ZIP IT
Keep your personal stuff private and think about what you say and do online.

BLOCK IT
Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

CEOP Your advice, help and report centre…

Need immediate help?

Do you need immediate help or have a real emergency? If so call 999 or contact your local police here:

- In Northern Ireland – http://www.psni.police.uk/
- Community PSNI Officer – Lesly Ward

When should I report to CEOP?

We help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it to us below.

Remember if you need immediate help call 999

Other people who can help

For advice and to seek help on a range of issues, from hacking to cyberbullying.

Help from the Internet Watch Foundation (IWF)

If you have inadvertently stumbled across potentially illegal online content, specifically images of the child sexual abuse, criminally obscene material or anything that incites racial hatred then please submit a report to the Internet Watch Foundation (IWF). The IWF works in partnership with the police, government, the online industry and the public to combat this type of material and you are helping to make the internet safer for all by taking this action.

Help from ChildLine

You can ring ChildLine on 08001111 where you can speak to someone in private and the number will not show up on your phone bill. ChildLine is managed by the NSPCC is there to help you so please don't be afraid to make the call.

The ChildLine website also offers excellent help and advice on a whole range of issues.

Help from Cyber Mentors

Cyber Mentors offer a very similar service online to ChildLine but this time you can speak to someone online who is your own age. Their site offers excellent advice and guidance so please use it.

Visit the Cyber Mentors website

Help from Action Fraud

If you have been 'scammed, ripped off or conned' you can report to Action Fraud. www.actionfraud.org.uk , or on 03000 1232040. It is a 24/7 service. This service is run by the National Fraud Authority, the UK's government agency that helps coordinate the fight against fraud.