



E Safety Information For Parents and Carers



www.upton-st-leonards.co.uk



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At Upton St Leonards C of E Primary School, we are committed to safeguarding our children. Part of that commitment is helping our children to stay safe online and to use ICT resources responsibly.

The Internet is an amazing resource. One which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices.

Our aim is to enable children to use the Internet and online resources safely and responsibly.

They should be aware of the potential risks and know how to report concerns.

Being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your children have better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online.

We hope that you find the following leaflet useful and informative.

Please share any relevant sections with your children.

What You Can Do Right Now

- Maintain an open dialogue with your child and encourage him or her to talk to you about their Internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.
- Agree rules as a family about not disclosing personal information and check your children's privacy settings.
- Some ISPs (Internet Service Providers) have restriction settings that you can set through your router or the company website. Check with your ISP.
- Create a family agreement to establish your child's boundaries, and your expectations, when on the Internet.
- Bookmark your family's favourite websites and add www.ceop.police.co.uk to your favourites if you ever need to report online abuse to the police
- Encourage children to talk to someone they trust if they are worried or upset by something that happens online.
- Give your child strategies to deal with any online content that they are not comfortable with - such as turning off the screen, telling an adult they trust and using online reporting facilities.
- Make use of available filtering and monitoring software. These can help to block inappropriate material but remember they are not 100% effective
- Make sure your children know the SMART rules on (see attached page). These have been written especially for young people by Childnet.
- Suggest that they use a nickname (not their real name) on websites, chat rooms and other online forums.
- Help them to set up strong passwords (a combination of letters, numbers and symbols) and explain why they shouldn't share them with anyone.

- Make sure they use a PIN lock on their mobile device. (smartphone, tablet etc.)
- Discuss the fact that not everyone on the internet is who they say they are.
- Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.
- Set up a family email address that your children can use when signing up to new games and websites.
- Encourage your child to talk to you about the games that they play online.
- Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others.
- If possible, restrict online activity to a visible place in the home.



For a comprehensive and easy to use resource of the most up-to-date information for keeping your child safe online, check out Internet Matters.

internet
matters.org

learn about it
talk about it
deal with it

FIND OUT MORE >



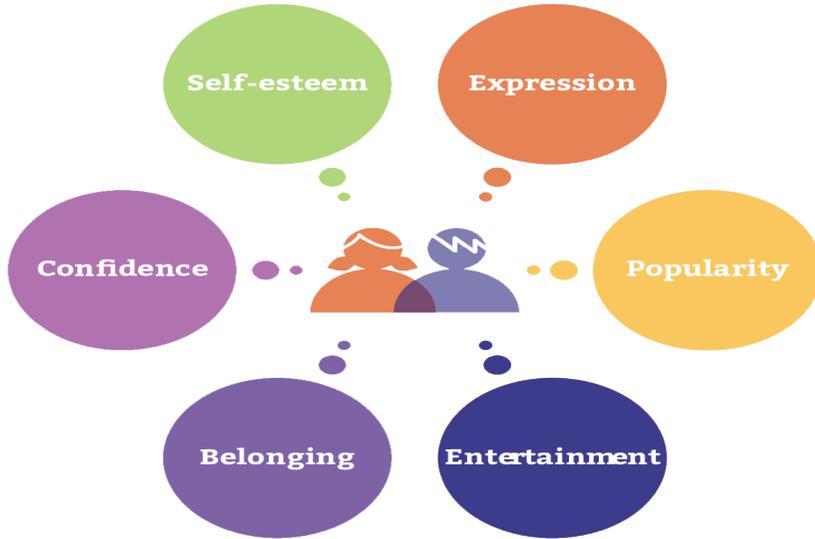
A Guide to Safer Social Networking

Share this with your children

- Check the age restrictions on social networking sites. Many have a restriction stating that children under the age of 13 (or older) are not allowed to use the site. Stick to the age restrictions.
- Do not let peer pressure or what other people are doing on these sites convince you to do something you are not comfortable with.
- Be wary of publishing any identifying information about yourself - either in your profile or in your posts - such as phone numbers, pictures of your home, workplace or school, your address or birthday.
- Use strong passwords and keep your profile closed and allow only your friends to view your profile.
- What goes online stays online - possibly forever. Do not say anything or publish pictures that might later cause you or someone else embarrassment.
- Never post comments that are abusive or may cause offence to either individuals or groups of society.
- Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.
- Learn how to use the site properly. Use the privacy features to restrict strangers' access to your profile. Be guarded about who you let join your network.
- Be on your guard against phishing scams, including fake friend requests and posts from individuals or companies inviting you to visit other pages or sites.

- If you do get caught up in a scam, make sure you remove any corresponding likes and app permissions from your account.
- Ensure you have effective and updated antivirus/antispyware software and firewall running before you go online.

Why Children Use Social Media



Age Restrictions On Social Media

13	14	16	17	18	18
Twitter Facebook Instagram Pinterest Google+ Tumblr Reddit Snapchat	LinkedIn	WhatsApp	Vine Tinder	Path	(13 with parents consent) YouTube Keek Foursquare WeChat Kik Flickr

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 with 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, 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

THINK YOU KNOW

For further information:

www.childnet.com/sns

www.internetmatters.org

www.nspcc.org.uk/onlinesafety

www.parentzone.org

www.thinkyounow.co.uk/parents

www.askaboutgames.com