

# THE **SMART** RULES FOR CHILDREN USING THE INTERNET

## S

Keep **Safe** by being careful not to give out personal information when you are chatting or posting online. Personal information includes your email address, phone number and passwords.

## M

**Meeting** someone you have only had online contact with can be dangerous. Only do so with your parents' or carers' permission and 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** emails, messages or opening files, images or texts from people you don't know or trust can lead to problems — they may contain viruses or nasty messages.

## R

Someone online might not be **Reliable** and lie about who they are and information on the internet may not be true. Always check information by looking at the other websites, in books or with someone who you know such as friends or family.'

## T

**Tell** a parent, carer or trusted adult if someone you know is being bullied online.

## Parental controls

As a parent or carer it can be difficult to monitor what your child is up to online. Most parents and carers trust their children online, but it can be easy for a child to stumble across things that might upset or disturb them.

Filtering and moderation packages are a good way to stop the majority of inappropriate and harmful content coming into your home. They are a tool to help you set and change online boundaries in line with your child's development. There are some great packages out there, some are free and some come at a cost. Make sure you get one that suits your family's needs and budget.

You can report online abuse to the police at  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## Applying parental controls are not a single solution to staying safe online; talking to your children and encouraging responsible behaviour is critical.

However, controls are a vital first step to helping to protect your child online, here seven simple things you can do to use them effectively:

- Set up home broadband parental controls and make use of controls on your home broadband.
- Set controls on your search engine; encourage your child to always use child-friendly search engines, and activate and lock the safe search settings on the browsers and platforms they use.
- Make sure every device is protected. Controls should be installed on every device your child uses, such as their mobile phone, tablet and games consoles (both home and handheld).
- Use privacy settings. Activate the safety measures offered by different sites; social networking sites like Facebook have privacy settings that will help prevent your child seeing unsuitable advertising or sharing too much with other people.
- Block pop-ups. If you're worried about your children accessing inappropriate content though accidentally clicking on adverts in pop-ups, follow the advice from BBC Webwise on how to stop these.
- Find good sites and agree on them as a family. By talking to your child about their interests you can help them find suitable sites to visit and apps to use. Review these sites as they get older.
- Manage their use and access. Children may be very worried that your response to a problem will be to take away their internet access. Whilst this may be an appropriate response in some cases, the threat may be a barrier for a child who needs help. Be aware of this when talking to them about their internet use, and reassure them that they can talk to you or a trusted adult whenever they need to.

If you have any Cyber Safety queries/concerns then please do not hesitate to contact **Dianne Illsley**, Community Safety Manager or **Sergeant 3313 David Harrison** at Chesterfield Community Safety Partnership on 01246 345306 email [Dianne.Illsley@chesterfield.gov.uk](mailto:Dianne.Illsley@chesterfield.gov.uk) [david.harrison.3313@derbyshire.pnn.police.uk](mailto:david.harrison.3313@derbyshire.pnn.police.uk)

Information brought to you by Chesterfield Borough Council and Derbyshire Constabulary



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BOROUGH COUNCIL



# KEEP YOUR CHILDREN SAFE WHILST ONLINE

*Dear Parent/Carer,*

Your child today has watched an award nominated and widely acclaimed play called 'Escape' by the Saltmine Trust Theatre Group. Using a combination of a play and an interactive workshop this production teaches the rules of the internet in a fun and accessible way. Covering topics ranging from cyber bullying to the dangers of talking to strangers on the internet, this play is an innovative way to teach Internet Safety to Key Stage Two.

Briefly the story was about Sarah Thompson who lives on the edge of an enchanted forest, which on her eleventh birthday she is allowed to enter for the first time on her own. She starts her adventure with the three rules that will keep her safe echoing in her ears, but there are wolves in the forest and when Sarah meets a stranger all is not as it seems. **Will she remember the rules? Or will she leave the path and go her own way?**

To gain maximum benefit from the play we'd like you as parents to reinforce the safety messages of the play through a discussion with your child to ensure they stay safe on line.

### The three key Cyber Safety messages were:

- Never leave the 'Forest Path' or go anywhere with anyone you meet in the 'Forest' (i.e. don't visit unsafe websites)
- Never give out your name, telephone number or address
- If you ever feel worried or scared, call for an adult that you trust

If you have any concerns about your child please contact the Child Exploitation Online Protection Agency. CEOP is a command of the National Crime Agency and can investigate what is happening with the assurance that the safety and wellbeing of your child is paramount at all times.

**If you are concerned that your child is in immediate danger, call 999.**

**How do I make a report?** Contact: CEOP Safety Centre  
[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre) or [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)