

# Online Safety Newsletter

How can we make children feel confident to tell us when something goes wrong online?



Children are often aware of what they should do when something goes wrong online but some of them still fail to report issues to an adult. Research by the NSPCC found that 1 in 4 children have experienced something upsetting on a social media site yet many of these incidents do not get reported. Why is this?

One of the main issues is that children have a fear of their access to technology being taken away if they report a problem. An instant reaction can be to remove the "offending device" but we need to begin focusing on what caused the problem and the positive fact that the child came to report it. If children feel they are responsible when something goes wrong online, even when they are not, the cases of them reporting an issue will reduce even further.

Another problem can be communication between parents and children about the online world that they are so enthralled with. Children have so much understanding of their online gaming worlds and rarely want to share events and knowledge with parents. It is crucial to have a good understanding and lines of communication with your child about what they are doing online for both their confidence and yours. Try to speak to your child once a week about something they are doing online. This will not only allow you to have a better understanding of their online activities but will also normalise communication about online issues which will encourage them to communicate if something goes wrong.

If you need more advice and resources to help you speak to your child about online safety issues please visit some of these links:

[www.childnet.com](http://www.childnet.com)

[www.internetmatters.com](http://www.internetmatters.com)

[www.saferinternet.org](http://www.saferinternet.org)

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

**Safe websites for learning:**

**Maths:**

[www.topmarks.co.uk](http://www.topmarks.co.uk)

[www.mathszone.co.uk](http://www.mathszone.co.uk)

**English:**

[www.primaryhomeworkhelp.co.uk](http://www.primaryhomeworkhelp.co.uk)

[www.ictgames.com](http://www.ictgames.com)

# An Internet Safety Checklist from [www.internetmatters.org](http://www.internetmatters.org)

## Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

## Explore together

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.

## Put yourself in control

Install parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

## Use aeroplane mode

Use aeroplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

## Stay involved

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

## Talk to siblings

It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

## Search safely

Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

## Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

# 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 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](http://www.thinkuknow.co.uk)

**THINK  
U  
KNOW**  
CO.UK



[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.

