

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and 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. Issues that your child may encounter on the internet will vary depending on their age and online activities. Potential online risks can be grouped into these four categories:

CONDUCT: Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It is easy to feel anonymous online and it is important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it is important to keep personal information safe and not share it with strangers. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.

CONTENT: Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It is important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

CONTACT: It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

COMMERCIALISM: Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within applications. Encourage your children to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms.

Above information from www.childnet.com

Within school we use the SMART rules to help children understand how to stay safe online.

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

M MEETING
Meeting someone you have only been in touch with online can be dangerous, so it's not a good idea. Only do so with your parents' or carer's 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!

R RELIABLE
Someone online might lie about who they are. If you are chatting online it's best to only chat to your real world friends and family. Information on the internet may not be true. Always check information with other websites, books or someone who knows.

T TELL
If you are getting cyberbullied always tell an adult.
Tell your parent, carer, trusted adult or Childline 0800 1111 if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

SMART rules from www.childnet.com

Many social networking sites and websites have age restrictions. These are they to help to protect younger users from potential dangers. Current age restrictions for some of the most popular sites are:

13	Twitter, Facebook, Instagram, Pinterest, Google+, Tumblr, Reddit, Snapchat, Secret, Pandora, iTunes, Spotify, Skype, Myspace
14	Linkedin
16	WhatsApp
17	Vine, YikYak
18	Path
18 (13 with parental)	YouTube, Keek, Foursquare, WeChat, Flickr, Keek, Kik

Young people need to be aware of how much personal information they upload onto websites, including social networking sites. If a user of a social networking site does not protect their information by enabling the correct privacy settings, they could be exposing their information to strangers and as a result be at risk of online contact and grooming.

Posting or chatting about personal details might enable someone to identify and contact your child online or in person. There is also the more likely risk of cyberbullying with young people intentionally harming another person online. Talk to your child about protecting their privacy online and talk through the available privacy settings with them. It is a good idea to talk to your child about their social networking life online. In the same way that you might ask them about their social life offline, talking about social networking sites together is no different.

One way to get the conversation going is by asking them whether they know where to go for help, or whether they know how to make their profile private, or even ask them to help you with your privacy settings.

Above information from www.childnet.com

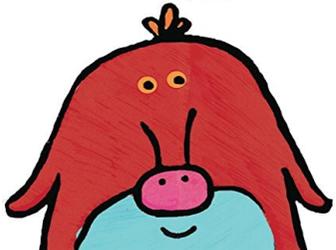
We recommend that you ensure your child is aware of the following:

Information from www.safetynetkids.org.uk

- Do not post any personal information online – like your address, email address or mobile number.
- Think carefully before posting pictures or videos of yourself. Once you have put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- Keep your privacy settings as high as possible.
- Never give out your passwords.
- Do not befriend people you do not know.
- Do not meet up with people you have met online.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before you post something online.
- Respect other people's views, even if you do not agree.
- If you see something online that makes you feel uncomfortable, unsafe or worried leave the website, turn off your computer if you want to and tell a trusted adult immediately.

PENGUINPIG

Written by Stuart Spindlow
Illustrated by Amy Bradley



Penguin Pig is a great book to use for addressing online safety with young children. It is particularly suitable for children aged 4-8 years. It can be found in local libraries or purchased from www.penguinpig.co.uk.

Scan these QR codes using a QR code reader to go direct to useful websites:



www.childnet.com



<https://ceop.police.uk/>



www.saferinternet.org.uk



www.nspcc.org.uk



www.safetynetkids.org.uk



www.thinkuknow.co.uk



www.kidsmart.org.uk



www.internetmatters.org

These websites offer more detailed information and should assist with any questions you may have. Within them you will find ways to contact specially trained experts should it be necessary.

 **Victoria**
ACADEMIES TRUST



STAYING SAFE ONLINE

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Guidance, information and advice about keeping young people safe when accessing online content such as websites, apps etc.



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