



E-safety Tips

Computer gaming is the fastest growing leisure activity in history...

- Look for the game's advice for parents and carers
- Check the age rating of the game - it is now illegal to sell 12, 16 and 18 games to underage children. <http://www.pegi.info>
- Know who they're talking to if they are online gaming (better to prevent this, games aren't moderated and the language can include a lot of swearing)
- Talk to them about acceptable online behaviour
- Ask your child to teach you the game and join in the fun....

Help them to understand the limits for sharing information

- Not sharing pictures and videos without your permission.
- Limit the amount of personal information shared - for example, not to share their address or which school they go to.
- Only share personal information with their friends.
- Show them the film 'Jigsaw' to look at some of the consequences of sharing personal information.

Set up your search engines to conduct 'safe searches'...

- For more information, you can visit Google's informative safety centre for simple step by step guides - www.google.com/familysafety/tools
- Bing is Microsoft's search engine - Visit Bing's safety centre for more information - www.microsoft.com/en-gb/security/default.aspx
- Children being children may change these settings, so make sure you revisit often or set a password if possible.
- K9 is free to download software that offers filtering for all activity on your computer - visit www1.k9webprotection.com/

CEOP (The Child Exploitation and Online Protection Centre) is the UK national lead agency for the protection of children online.

How can I help my child use their mobile device safely?

- **Understand what your child's device can do**
- **Mobile Phones Parental settings** -This can include, blocking access to certain sites and monitoring your child's activities. Speak to the sales representative. You can find out more about what controls are available looking at 'parents' sections online. All mobile phone companies have instructions available for parents and services to keep content safe.
- **Loopholes** -your child may be accessing the internet through other sources. Wifi, which could be available on your street and picked up for free. Your safety settings no longer apply.
- **Keep their mobile number private**
- **Be prepared in case the phone is lost or stolen** - Know who to contact to get the SIM card blocked. Every phone has a unique 'IMEI' number, make sure you write this down so if the phone is stolen, the police can identify the phone if they find it. You can get this by dialling *#06#.

This includes any of your own devices, which children will access...

- **Set a pin code** on your child's device to prevent them from changing settings, and on your own device to prevent private access when they 'borrow' your device
- **Discuss and monitor costs** -financial responsibility.
- **Set boundaries and monitor usage** -Discuss what they can share - teach your child to think before they share
- **Don't let them take their device to bed with them**
- **Restrict broadband access in your house to certain times** - change settings on your broadband router - For BT broadband this can be accessed from your computer by typing <http://192.168.1.1> or <http://192.168.0.1> into your browser which will show you a list of all devices currently accessing the broadband router. Click on 'Settings' and set up an ultra secure password after which you can change settings.

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

Let them teach you

- **Get them to tell you about the sites they're using.** Ask them questions:
 - 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?

Useful Websites/Resources

- **Digital parenting and managing appropriate media:**
 - http://www.vodafone.com/content/index/parents/get_started.html a terrific resource for parents that helps you to learn about your child's expanding digital world; also take a look at Vodafone's Digital Parenting magazine on the site
 - <http://commonsensemedia.org>
- **Internet Safety:**
 - www.thinkuknow.co.uk/parents
 - <http://www.direct.gov.uk/en/Parents/Yourchildshealthandsafety/Internetsafety/index.htm>
 - <http://www.iwf.org.uk/> for reporting illegal content
- **Facebook**
 - <http://www.facebook.com/safety/>
- **YouTube Safety - not perfect but better than nothing**
 - <http://support.google.com/youtube/bin/answer.py?hl=en&answer=174084>
- **Parental Control Software:**
 - <http://www.which.co.uk/baby-and-child/child-safety-at-home/guides/parental-control-software/>
 - www.k9webprotection.com/ for a high level of protection on PCs/Macs also can be downloaded as an app to replace the unrestricted Safari browser (which you can turn off) on iPod Touch / iPhone / iPad and on android devices - also blocks YouTube completely, unless you're present to temporarily override with a password
- **Useful safe websites for links across the curriculum, including games and general resources:**
 - <http://www.bbc.co.uk/schools/parents/>

- <http://www.topmarks.co.uk/>
- <http://www.woodlands-junior.kent.sch.uk/Games/>
- <http://www.bgfl.org/bgfl/15.cfm?s=15&p=251,index>
- <http://www.bbc.co.uk/schools/>
- <http://durham.schooljotter.com/coxhoe/Curriculum+Links>