

E- Safety Guide for Parents and Carers



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Child Safety on the Internet

This booklet is about how to help your child surf the internet safely. We are here to inform, help and promote good activity, whilst going about everyday life in the digital age. Although it is something this generation has been born into, their confidence and skills in using technology is typically high, but their knowledge and awareness of the inherent issues, risks and dangers is usually very low.

Helping to empower your child to keep them safe is just as important as teaching them to ride a bike, learning to swim or crossing the road safely. Here is a breakdown of what we will cover in this leaflet.

- What is SMART?
- What risk are out there?
- How to stay safe online
- Who to talk to if you feel your child is being bullied online
- Useful links

What is SMART?

SMART is an acronym for children to help them with online ventures.



What risks are out there?

There is no doubt that new technologies offer tremendous opportunities for children and young people however as with any environment there are also risks.

The kinds of risks range from:

- Cyber bullying
- Grooming
- Identity theft
- Exposure to inappropriate content including self-harm, hate and even adult pornography
- Potential abuse by online predators

Some of these risks can be a continuation of the risks children and young people experience offline. However, they can be increased because many children and young people also fail to realise that the Internet is a public place. You therefore have an important role to play in helping children and young people stay safe online and encouraging safe and responsible use of the technologies.

How to stay safe online

The Internet, mobiles phones, social networking and other interactive services have transformed the way in which we live. Children and young people are amongst the early adopters of the new technologies and move effortlessly between the various interactive services and devices to communicate, interact, create and share content with family and friends. They also often use these technologies as part of the school curriculum.



Some questions and answers for children around staying safe online.

What information shouldn't I put online?

Don't give out any personal information online as people may use it to contact you when you don't want them to.

Unless you have an adult's permission, never give out:

- your real name or your friends' names;
- your home, school or email address;
- your home or mobile phone numbers;
- a photo of yourself;
- your parents' bank or credit card details.

Can I meet people I meet online in person?

Don't arrange to meet anyone you've met online, no matter how well you think you know them, without your parent or carer's permission.

Meeting someone you've only been in touch with online can be dangerous as they may have been lying about who they are.

Even if you get permission, make sure you have an adult with you when you meet for the first time.

What if I'm asked to register on a website?

If a website asks you to register online and you have to fill out an email form, always ask for an adult's opinion.

Do passwords keep you safe?

Only if you keep them completely secret - don't even tell your best friend.

Try not to use names of your family or pets, because people can guess them quite easily.

Use a mix of letters and numbers instead.

Is email safe?

Sending and receiving emails between family and friends is usually safe.

However, don't open emails, downloads or attachments from people you don't know or trust as they could contain a computer virus or unwanted messages. The best thing to do is to delete them.

What is private chat?

This is using part of a chat room where other people can't see what you're saying.

- Never agree to a private chat with someone unless you already know them face-to-face, in real life.
- You can also have private chats on "instant messaging".
- Instant messaging - sometimes shortened to IM - is a computer program that allows you to send messages that other users receive straight away.
- It is best only to do this with people you already know in real life.
- If you get to a chat room through instant messaging, remember to follow the same safety rules you would use if you were chatting anywhere else.

What about social networking sites?

Social networking sites are places where you can keep in touch with friends and let people know what you are doing. Popular ones include Facebook, Twitter and Snap Chat.

You normally have to be at least 13 years old to register on them, and even then you often need parents' permission.

They can be dangerous though therefore you must not post personal information about yourself.

Also, you must keep your password to yourself, otherwise people could write unpleasant things pretending to be you.

Who to talk to if you feel like you are being bullied online?

If you feel like you are being bullied, or are feeling upset about anything you've seen online, talk to your mum, dad or carer straight away. Another person who you can always talk to is your teacher. Always tell someone you trust if you are feeling upset, never keep it inside.

Useful links

<https://ceop.police.uk>

<http://digizen.org/>

<https://www.thinkuknow.co.uk/>

We would appreciate your feedback; please feel free to complete our online survey:

www.surveymonkey.com/r/mickleoveresafety