stop it now! Internet Safety...Useful Information for Parents and Carers

Where can I find information about Internet Safety?

Parents Protect!

Parents Protect! summarises the key risks that children and young people can face online including grooming, cyber bullying, gaming and sexting. Find top tips about how to keep your children safe online.
www.parentsprotect.co.uk

UK Safer Internet Centre

The UK Safer Internet Centre provides detailed steps you can take to increase your child's safety online
www.saferinternet.org.uk

Google Family Safety Center

Google Family Safety Centre provides parents and teachers with practical tools to help them choose what content their children see online. Look out for the video tips on how to set up safe searching on Google and YouTube.
www.google.co.uk/familysafety
N.B. Each of the search engines e.g. Yahoo, Virgin, Bing! will have their own internet safety pages. You can search for these on their home pages.

A parent's guide to Kik messenger can be found on https://kikinteractive.zendesk.com

Think U Know provides the latest information on the sites young people like to visit. It is separated into sections relevant for children aged 5-7, 8-10 & 11-16 years old. There is also a 'parent/carer' and 'teacher/trainer' section. Find out what's good, what's not and what you can do about it. www.thinkuknow.co.uk
N.B. On this site there is a 'Webcam with Confidence' Factsheet to help you sit down with your child and educate them around how to use webcams safely.

Vodafone's magazine **'Digital Parenting'** gives information and advice about the technology your child might be using.
www.vodafone.com/content/parents.html. On the website you can also access 'How to' guides, including a 'How to...set up YouTube Safety Mode'.
N.B. Each mobile network e.g. O2, Orange, 3, etc. have their own internet safety pages. You can search for these using a search engine.

Parents' Guides to Snapchat, Instagram and Facebook can be found on
www.connectsafely.org/

Internet Safety videos

Jenny's Story depicts the risks involved in giving out too much personal information online. www.youtube.com

Jigsaw: for 8-10 year olds enables understanding of the importance of children being protective of their personal information online, as they are offline. www.youtube.com

Let's Fight It Together is about the consequences of cyber bullying. www.childnet.com/resources

Exposed refers to 'sexting' – what it is and why it's a bad idea. www.parentsprotect.co.uk/sexting.htm

Teach the SMART rules

S **SAFE** – Staying safe online involves being careful and thinking about whether it is safe to give out personal information.

m **MEETING** – Meeting up with someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission and when they can be present.

a **ACCEPTING** – Accepting e-mails or opening files from people you don't know can be dangerous – they may contain viruses or nasty messages.

r **RELIABLE** – Anyone can put anything on the Internet - remember people can lie and not be who they say they are in chat rooms.

t **TELL** – Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried.

Cyberbullying safety advice

☐ **Talk to your child** to ensure they know what to do if they or a friend are victim to cyberbullying.

Key messages to communicate to your child:

☐ **Tell a trusted adult** straightaway if something worrying happens online
☐ **Don't reply** to any nasty messages
☐ **Save messages** so you can show them to the trusted adult you tell
☐ **Don't send anything to anyone** if you don't feel comfortable or it doesn't feel right
☐ **Turn off the computer!**
☐ If you don't feel able to talk to a trusted adult, **contact ChildLine** or **Cybersmile**

ChildLine 0800 1111

How do I report illegal content or inappropriate contact?

You can report **criminal online content** securely and anonymously to the Internet Watch Foundation (IWF)
www.iwf.org.uk

You can also report criminal content to your Internet Service Provider.

If you have suspicions about a particular **person's behaviour online**, you can report them to the Child Exploitation and Online Protection Centre (CEOP)
www.ceop.police.uk

Kidscape provide advice including leaflets/resources about cyberbullying.
www.kidscape.org.uk

The **Cybersmile Foundation** run a cyberbullying Helpline for parents, teachers and children:
0800 783 1113

They can also be contacted at
help@cybersmile.org
and on Twitter, Facebook and Tumblr
Visit their website for information and advice about cyberbullying.
www.cybersmile.org

Websites to help you keep safe online!

- www.thinkuknow.co.uk — Thinkuknow — THINK U KNOW — Have fun and stay in control...
- www.childline.org.uk — ChildLine — Play, Explore and Talk — ChildLine 0800 1111
- www.swiggle.org.uk — Swiggle — swiggle.org.uk A fun, safe, child-friendly Key Stage 2 website
- CBBC — cbbc Stay safe with quizzes and facts — www.bbc.co.uk/cbbc/topics/stay-safe
- KidSMART — Learn to be a **smart** surfer! — www.kidsmart.org.uk
- Cybersmile — Call their Helpline or send them an email if you or somebody else is being cyberbullied — THE CYBERSMILE FOUNDATION THE CYBERBULLYING CHARITY — 0800 783 1113   help@cybersmile.org — www.cybersmile.org