



Online Safety – Useful Information for Parents & Carers



The online world is a wonderful place for young people to explore, with endless opportunities for learning and creativity. However just like the real world, there are risks and dangers our children should be aware of and protected from. Therefore, we would like to share some top tips about how to protect your child when using technology. As a school, UBPS encourage the use of technology as an important part of our childrens' development, but always want them to spend their time online safely.

What can I do to keep my child safe?



- ✓ Ask about safety features before you buy mobile phones/computers/laptops/gaming devices.

Understand the devices your child uses. 'Parents' Guide to Technology' on www.saferinternet.org.uk will answer some of your questions about what they are, how your child can stay safe using them, questions to ask in the shop when buying one, and more.

- ✓ Install filtering and parental controls ... but remember these are never 100% effective!

Visit www.saferinternet.org.uk for video guides from BT, Sky, TalkTalk and SkyMedia on installing parental controls - Type into a search engine the name of the device and 'parental controls' - When you buy your child a new device, read the manual for safety information.

- ✓ Talk to your child and be involved in their online life. Conversation starters to help you broach the subject are available in the 'What do I need to know?' section of ChildNet's website. www.childnet.com
- ✓ Look at the websites your child talks about, so you have an idea of what they involve.
- ✓ Create a sentence together that your child can use if they want to exit an uncomfortable conversation online.
- ✓ Agree clear rules with your child about:
 - What personal information should not be disclosed (e.g. full name, email address, phone number, home address, school name, photos)
 - Time spent online – when, how long ...
 - Contacting people online – distinguish between online and offline 'friends'.
 - Meeting online 'friends' offline.
- ✓ Watch out for excessive use of the Internet.
- ✓ If necessary, monitor and log conversations your child is having online.
- ✓ Use child friendly search engines to decrease the chances of your child being exposed to inappropriate content on the Internet (e.g. www.swiggle.org.uk or www.kids-search.com).
- ✓ Bookmark websites as 'favourites' to minimise use of search engines.
- ✓ Use the browser history to keep an eye on what websites your child has been looking at.
- ✓ Encourage your child to talk to a trusted adult if something online has worried or upset them.



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Online Bullying Safety Advice

- Talk to your child to ensure they know what to do if they or a friend are victim to online bullying.

Key messages to communicate to your child:

- **Tell a trusted adult** straight away 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**.



THE CYBERSMILE FOUNDATION

Teach the SMART Rules!



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

MEETING: Meeting up with someone you have contacted in cyberspace can be dangerous. Only do so with your adults permission and when they can be present.

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

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

TELL: Tell your adult or teacher if someone or something makes you feel uncomfortable or worried.

Online Gaming Safety Tips

- Be aware of the location of the games console; a family room is best for monitoring and supervision.
- Discuss the risks with your child and ensure they have privacy settings activated and know why.
- Gaming sites often have ways of reporting abusive chat. Ensure that your child knows how to do this, and that they should also report it to you.
- Play the games yourself to test for appropriateness.
- Ask your child what they are playing. Watch them playing and always keep lines of communication open.
- Games consoles often have parental controls – read the manual or contact the manufacturer to find out how to install these.

For information leaflets about:

iPad, iPhone, iPod Touch
Kindle Fire HD and HDX
Nintendo, Xbox, PS3, PSP, PS4

go to:



<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>

These are created by the UK Safer Internet Centre and are designed to help you ensure any gadget your child uses to access the Internet is set up safely.

Don't forget to check the UBP's 'Online Safety' page for regular updates!



https://upper-beeding.eschools.co.uk/web/online_safety/185130

