

## Help and support



eLIM Parents' Page – weblinks to all the essential sites including info on mobile phones

<http://bit.ly/elimparentpage>



ThinkUKNow – lots of advice for parents including advice on reporting bullying and abuse

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)



Search for the 'Parents Guide to Technology'

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## Help and support



Hector's World – download Hector for free to help protect your children at home  
[http://www.thinkuknow.co.uk/5\\_7/hectorsworld/](http://www.thinkuknow.co.uk/5_7/hectorsworld/)



Search for 'internet safety' for tips and information

[www.direct.gov.uk](http://www.direct.gov.uk)



Facebook safety page  
[www.facebook.com/safety](http://www.facebook.com/safety)



Know the Net – improve your own knowledge on protecting your computer and personal information

[www.somersetelim.org](http://www.somersetelim.org)



## Keeping your child safe online



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## What children do online

**In school**, your children will be using the Internet to find information, collaborate with others and learn about how to stay safe online.

**At home**, your children may be using the Internet for the following activities:

### Social networking

- 24% of children aged 9-10 have a social networking account e.g. Club Penguin, Moshi Monsters, Facebook where they can interact and talk with people they may not know (the age limit for Facebook is 13 years and above)
- Many also use webcams to talk online

### Gaming

- Children frequently play games online that are not age-appropriate
- When using gaming consoles (Xbox, Playstation etc) children can connect to the Internet and access other sites you may not want them to use

### Mobile phones

- 29% of children aged 9-13 can access the Internet on their mobile phones
- An increasing number of children are affected by 'sexting' - sending or receiving sexually explicit images of themselves or others.

Source:EU Kids Online Survey 2011

## Protecting you and your child

### Know the risks:

- **Online friends:** who are your children communicating with? What information are they sharing? What devices are they using to talk to others?
- **Images:** are their webcam chats being recorded? Are photos on their social network private or public? What kind of photos are they sending to others?
- **Abuse and bullying:** do your children know how to report abuse and bullying on a social network? Do they know how to tell you?
- **Inappropriate content:** do your children what to do if they see something they don't like? Do you know about the age restrictions on games?
- **Too much screen time:** do they know when to switch off?
- **Digital footprint:** do your children know what information is about themselves online? Use [www.123people.co.uk](http://www.123people.co.uk) to see where your name and image appears

### Know the settings:

- **Protect your privacy:** know how to delete posts and block people – on all devices
- **Internet filtering:** protect from harmful content. Your Internet Service Provider will have settings available – look on their website
- **Improve your skills:** know what the risks are and how to protect yourself as well as your child . Use [www.knowthenet.org](http://www.knowthenet.org) to test your knowledge. Learn about the games that children are playing online.
- **Protect your computer:** protect from viruses by installing anti-virus software and knowing basic rules e.g. not opening email attachments from people you don't know.

## Top tips for staying safe

Your child will follow a set of rules for using the Internet **in school**. It's a good idea to agree a set of rules for using the Internet **at home**.

Why not use these for starters?

- **have conversations** before using the Internet so you know what your child is doing
- **use websites** you have chosen together and use suitable search engines as well as Google
- **only email people** they know
- ask permission before **opening an email** sent by someone they don't know
- avoid Internet **chat rooms** without an adult knowing
- **use a nickname** when playing games rather than your real name
- **keep your home address**, phone or mobile number private
- **never arrange to meet** someone they have 'met' on the Internet
- **only use a webcam** with people they know – and make sure **you** know who they are
- **tell you immediately** if they see anything they are unhappy with.

