

# E-Safety

## A Guide for Parents and Carers



# Three Main Points

- Children today can be very 'tech savvy'
- Children do not necessarily have experience to judge risk
- The digital world can seem as important to children as the real world



## Some food for thought...

‘In a recent poll, when asked about their children’s on line activity, **85% of parents** of 10-14 year olds claim to know exactly what their children are doing.....

In the same poll, **85% of children** claim that their parents have no idea what they are up to!’

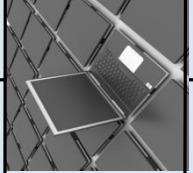


# What is E-Safety



Remember *Childnet International's* 5 SMART RULES when using the internet and mobile phones:

- S** **SAFE**
- M** **MEETING**
- A** **ACCEPTING**
- R** **RELIABLE**
- T** **TELL**



# SMART Rules

## **S is for safe**

Keep personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too.

Keep them safe to keep yourself safe.

## **M is for meet**

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## **A is for accepting**

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

## **R is for reliable**

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

## **T is for tell**

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)



# Cyberbullying

- Can be done by anyone to anyone
- Occurs via text message, email, through social networking, blogging, ...
- Can be stopped



# What can we do to help?

- Talk to your children and encourage them to talk to you about their internet use.
- Create a family agreement to establish boundaries.
- Use filtering software to block unwanted content.
- Encourage your child to ‘think before you post’.
- Familiarise yourself with privacy settings and check these regularly
- If your child thinks they are being bullied online, tell them they must keep the evidence – don’t delete.
- Have a family email address.



# What can we do to help?

**Familiarise yourself with age ratings for popular social media sites:**

- Facebook, Snapchat, Twitter, WhatsApp, TikTok, Instagram and Skype ALL require users to be at least 13 years of age.
- Whilst there is no age restriction for watching videos on YouTube, users need to be 13 or older to have their own YouTube account.

**Familiarise yourself with the age ratings of games your children are playing and films that they are watching**

