

Common Sense Media (www.commonsensemedia.org)

Common Sense Media improves the lives of kids and families by providing independent reviews, age ratings, & other information about all types of media. So if you're not sure if a game is suitable for your child then have a look at *Common Sense Media*.

Some other useful websites for parents:

ThinkuKnow: www.thinkuknow.co.uk

ChildLine: ww.childline.org.uk

Get Safe Online: www.getsafeonline.org



If you have Concerns

Talk to the school.



Report any serious abuse using the national **CLICK CEOP** link.

This takes you to a site managed by the Child Protection and Online Protection Centre (CEOP) www.ceop.police.uk



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Young People and E-Safety



Advice for parents and carers

Young people have been born into a digital age. They use technology as part of their everyday lives. They can seem to be experts online, but young people do not have the life experience of adults and need your support. You can help by talking and listening to your child about what they do online and providing unconditional support.



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Develop digital skills

Swimming pools can be dangerous places, so we teach children to swim. Crossing the road can be dangerous, so we teach children road-safety skills. We do not stop children swimming or crossing roads! In the same way, we must teach children to be safe in the online world, so they can have fun, communicate, create and learn. We must also be aware of the danger signs so we can deal with any situation.



Benefits of online access at home

Many studies have shown that there are benefits to having access to technology and the internet at home. These can include:

- Supports homework and revision.
- Improves students achievement.
- Makes learning fun and creative.

Using technology at home and at school develops skills for life.



Develop trust

It can be surprisingly easy for young people to access inappropriate material, mostly accidentally. Try to develop trust. It is most important that your child feels able to tell you if they find anything inappropriate, do something 'wrong', or they get inappropriate or unwanted attention from someone. If something happens, don't over-react. Children experiment and make mistakes. Stay calm.

Listen to your child

Encourage debate and questioning, particularly on local or world events and help them see different points of view. Help them understand that what they see or read may not be the whole picture.



Cyberbullying

Unfortunately, people can use technology to bully others. So be aware if your child's mood changes. If they are being bullied, support them. Follow it up. Keep the evidence. Contact the school for help. Contact the website owner or phone the company if necessary. Get advice from an organisation such as Bullying UK or Childline.



Grooming

Grooming is when someone builds on emotional connection to gain trust for the purposes of sexual abuse or extremist exploitation. Groomers may be other young people who are just a few years older. Young people may do things because they are simply exploring their understanding of the world or because they feel under pressure, bullied or think everyone does it. Talk to your child. Get advice from organisation's such as NSPCC or Thinkuknow.



Danger signs you should look out for:

If your child is:

- ⚠ Using technology excessively.
- ⚠ Staying online until late at night.
- ⚠ Being secretive about what they are doing

These signs may all be perfectly innocent of course, but remember to always talk to your child. Be supportive.

Danger signs your child should know about:

Beware if someone:

- ⚠ Tries to find out your address or phone number or where you hang out. Wants to keep their chat with you secret.
- ⚠ Share information, pictures or videos with you and tell you not to tell anyone else about it.
- ⚠ Sends you pictures or videos which make you feel uncomfortable and you are worried about showing them to anyone else.
- ⚠ Pays you lots of compliments and offers you gifts.
- ⚠ Tells you that you will get into trouble if you tell an adult.



Tips for parents

- Take age-appropriate precautions.
 - ◊ Use technology in a shared family room.
 - ◊ Check the age rating of the games your child plays. There is help from organisations such as Common Sense Media.
- Put in sensible technical solutions.
- Using the internet safely at home develops family boundaries.
- Talk to your child.

Conversation starters

What site are you using?

Why do you like the site?

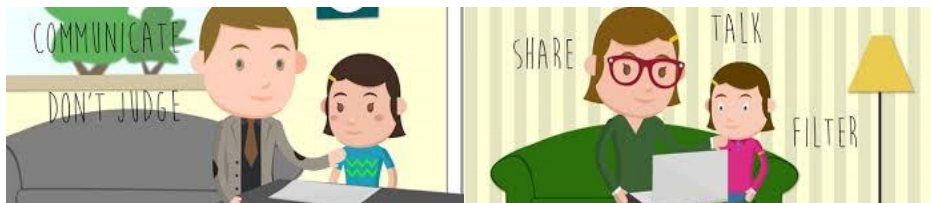
What can you do on it?

What's so fun about it?

Who uses it at school?

Who can you talk to when on the site?

Who are your friends on it?

An infographic titled 'Be smart on the internet' with a red background. At the top right is the Childnet International logo and website. The main title is in a green speech bubble. Below it are icons of a laptop, a smartphone, and a mouse. The infographic lists five tips in colored boxes, each with a letter in a circle and an icon:

- S SAFE** (lock icon): Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
- M MEETING** (people icon): Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- A ACCEPTING** (folder icon): Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R RELIABLE** (question mark icon): Information you find on the internet may not be true, or someone online may be lying about who they are.
- T TELL** (speech bubble icon): Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk.

At the bottom, it says 'www.kidsmart.org.uk' and 'KidSMART' with a laptop icon. A small cartoon character is in the bottom right corner.