

## What can I do as a parent ?

Good communication between a parent and child is critical.

- Check the privacy policy of your child's internet, mobile, social networking and games providers so that you understand what kind of information they collect and what they use it for.
- Encourage your child to only share their personal information with people or companies they know.
- Suggest that they use a nickname (not their real name) on website, chat rooms and other online forums.
- Help them to set up strong passwords .  
(a combination of letters, numbers and symbols)
- Make sure they use a PIN lock on their mobile.
- Discuss the fact that not everyone on the internet is who they say they are.
- Advise your child to get permission from friends and family before taking photos or videos of them and to check that they're happy for the images to be published - not everyone wants to be famous.
- Make sure you have up to date anti - virus and anti - spyware on your child's computer and make the most of built in tools like pop up blockers and spam filters.
- Teach them the risks and dangers of sharing passwords, phone numbers, addresses and other personal information.
- Consider where you place your computer, keep an eye on what your child is looking at.
- Be sure you have computer security software with parental controls.
- Ask about your child's online friend's, encourage them to have their 'real' friends as their friends on social networking sites.
- If your child has an online profile ask if you or a close relative can be an online friend (to help and support them).



Sure Start Children's Centres

Hucknall

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website [www.surestart.notts.nhs.uk](http://www.surestart.notts.nhs.uk)

## Guide To E - Safety



### Does your child use?

- **A Mobile Phone**
- **The Internet**
- **Social Networking**
- **Facebook**
- **You Tube**
- **MSN**

**If the answer is YES then read this guide to find out how to protect your child in the virtual world.**

The internet is a big part of our lives these days. Whether it is on a computer, laptop, I. Pad, a games console or mobile phone. Children are increasingly accessing the internet whenever they can and wherever they are.

As you would protect your child in the real world, you will want to make sure that they are safe whatever they are doing.

### Useful Websites

#### **[www.ceop.police.uk](http://www.ceop.police.uk)**

The Child Exploitation and Online protection(CEOP) Centre's website houses a range of information on how to stay safe online. It includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online.

#### **[www.childnet.com](http://www.childnet.com)**

The Childnet International website gives internet safety advice and links for young people, parents, teachers and other organisations.

#### **[www.parentscentre.gov.uk/usingthecomputersandtheinternet](http://www.parentscentre.gov.uk/usingthecomputersandtheinternet)**

#### **[www.thinkyounow.co.uk](http://www.thinkyounow.co.uk)**

### **What do I need to know about it ?**

On the whole children have a very positive experience surfing the web or chatting with their online friends; however, as a parent or guardian there are some potential risks you should be aware of

- Cyberbullying
- Downloading and copyright
- Excessive use of technology
- Identity theft
- Inappropriate and harmful content
- Illegal content
- Grooming

### **Encourage kids to report inappropriate behaviour**

If your child is experiencing problems or is being cyberbullied encourage them to come to you for help.

If they are uncomfortable speaking with you, tell them to speak with a trusted adult - an aunt, uncle, teacher or older sibling - to lend an ear.

Be sure your child knows how to report abuse or inappropriate behaviour to social networking sites.

With Facebook for example they can report abuse by clicking the report link. Other social network sites also have reporting mechanisms.

### **What to talk to your child about ?**

- Make sure your child knows how to change their privacy settings.
- Don't allow anyone to bully you online, encourage your child to speak to an adult or teacher
- Not to spend too much time online, using a mobile phone, gaming console etc.