e-Safety Handout for Parents

What is e-Safety?

– Using the internet and other devices, including mobile phones and gaming consoles in a safe, responsible way
– Helps children know about the risks and benefits so they can feel confident online

Top Tips for Parents!

Things to watch out for:

Here are some common signs of grooming that you should be aware of. It doesn't mean that your child is being groomed, but signs to look out for if you're worried.

– Excessive use of the computer
– Aggressive behaviour regarding internet usage
– Secretive behaviour
– Change in use of sexual language

Our advice to parents:

– Know what your children are doing online
– Ask them to teach you to use any applications
– Keep the computer in a family room - this means you can keep more control of what they do (i.e. Webcams)
– Help your children to understand that they should never give out personal details to online friends - personal information includes; their messenger id, email address, mobile number and any pictures of themselves
– If your child receives spam / junk email & texts, remind them never to believe them, reply to them or use them. It's not a good idea for your child to open files that are from people they don't know
– If you publish a picture or video online, anyone can change it or share it. Remind your children, partners and friends that anyone may be looking at their images and one day a future employer could!
– Help your child to understand that some people lie online and therefore it's better to keep online mates online. They should never meet up with any strangers without an adult they trust
– **Always keep communication open for a child to know that it's never too late to tell someone if something makes them feel uncomfortable**
– Teach young people how to block someone online and how to report them if they feel uncomfortable

For more information . . . www.thinkuknow.co.uk

– Information, advice and guidance for children and adults
    - **How to have fun**
    - **How to stay in control**
    - **How to report**
– Save the site to your favourites and have a look with your children

CEOP Newsletter and Videos

– Sign up to monthly email updates!
– Will provide you with information on new and emerging technologies and tips to keep your family safe whilst online!

Cyber Bullying

– "Bullying which is carried out through an internet service such as email, chat room, discussion group or instant messaging or text messaging"

Starting the conversation . . .

Cyberbullying often takes place in environments where there is little or no adult supervision. Adults have an important role to play in explaining a child or young person's rights and responsibilities when using new technologies.

- o **Online relationships are no different from relationships off-line** - anonymity of being online or sending messages can take away the human element. Remember, people online are still real people and you should treat them with the same level of respect and consideration as you would if they were in the same room.
- o **Be mindful of the fact that you are communicating differently** - without being able to read gestures, facial expressions and tone of voice, it is easy to misinterpret what may be seen on the screen
- o **Be respectful of other people's privacy** - do not send messages, gossip, facts or photos of other people without asking them first. You may think it's funny to do this and post it for the world to see, but they may not feel the same way.
- o **If you wouldn't say it, don't send it** - people can act in a way that they wouldn't usually act when they're online, thinking that the mask of anonymity provides them with the opportunity to be someone they aren't in 'real' life. Ask yourself - would I say this if the person was sitting in front of me? If the answer is no, don't send it.
- o **There's a history so it can be traced** - everything you send and post online or through text message can be stored somewhere. There's no such thing as anonymity – any message you send could be saved or sent on by the recipient. Even if you give a fake e-mail account and information, you will have a unique IP address from your service provider. You can be traced through your IP address or SIM card
- o **Be polite** - don't use offensive language or act in a confrontational or abusive manner – it could come back to haunt you. Everything you post online can be seen by someone and you never know who's reading it or who may copy it and send it on

Tips to share with your children:

- o **Report** any cyberbullying on the beatbullying website, whether it's targeted at you or not.
- o **Remember**, it's not your fault if you're being cyberbullied.
- o **Never** respond or retaliate, as this can just make things worse. It might be difficult, but try to ignore the bullies.
- o **Block** any users that send you nasty messages.
- o **Save** and print out any bullying messages, posts, pictures or videos you receive or see.
- o **Make a note** of the dates and times of bullying messages, along with any details you have about the sender's ID and the URL.
- o **Don't pass on** cyberbullying videos or messages – that makes you as bad as the cyberbully.
- o If you're being bullied repeatedly, think about changing your **user ID**, nickname or profile.
- o **Don't ignore it.** If you see cyberbullying going on, report it and offer your support – tell them about BeatBullying.org

Contacts

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