

*Help your child to recognise the danger of people who:*

- Email nasty messages & pics (don't respond, but keep evidence)
- Try different ways to obtain their address or telephone number
- Ask them to send pictures or use a webcam in a way that makes them uncomfortable
- Wants them to keep chat sessions, texts, emails or other information secret
- Tells them that they will get into trouble if they tell somebody else about what's been going on
- Using a webcam in a location like a bedroom also increases the speed at which grooming process begins

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**More information:**

***Child Exploitation & Online Protection Centre***

<http://www.ceop.police.uk>

***Think U Know website***

<http://www.thinkuknow.co.uk>

***Think U Know video clips***

[www.youtube.com/user/ceop](http://www.youtube.com/user/ceop)

***Sutton Local Safeguarding Children Board***

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

***BBC Online Safety***

<http://www.bbc.co.uk/onlinesafety>

***Kidsmart***

<http://www.kidsmart.org.uk>

***Childline***

<http://www.childline.org.uk>

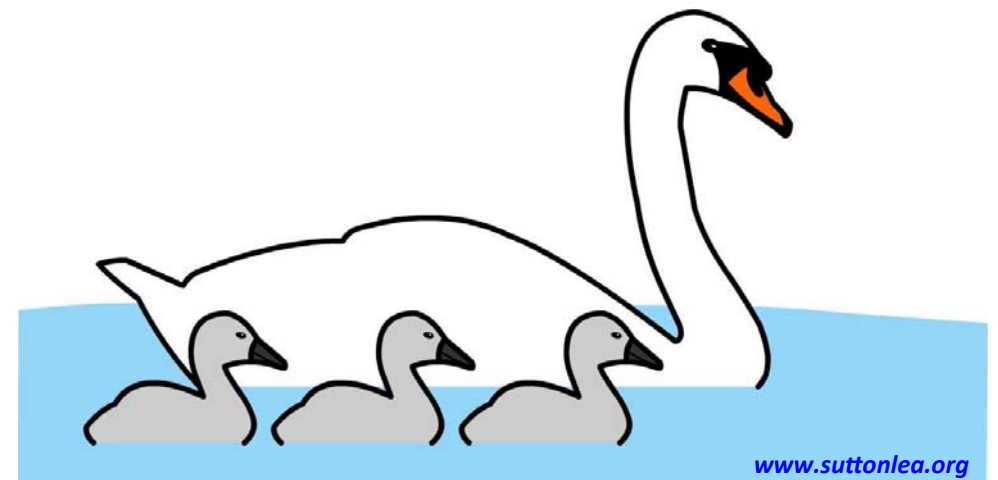
***Internet Watch Foundation***

<http://www.iwf.org.uk>



# eSafety for parents of primary pupils

*A little guide to help you and your child explore  
the Internet safely and with confidence.*



## Start by talking it over:

The use of information and communication technologies in schools brings great benefits. Recognising the eSafety issues and planning accordingly will help to ensure appropriate, effective and safe use of the Internet for your child. There are a wide variety of websites with information to help guide you listed on the back page.

One of the simplest things you can do is to place your computer in a family area. Keep computers and games consoles with Internet access out of the bedroom. Remember if your child is posting pics or using the webcam in their school uniform, it's a real giveaway of their location. Ask your children to show you what they are doing and who they are talking to when they are online. It needn't be heavy handed, but if you get into the habit your children will know that you are taking an interest and feel more confident in letting you know if something feels wrong.

If your child is using social networking sites or chat systems, encourage them to use an anonymous nickname. Remind them not to post anything that will identify them, their location, school or other personal details. Ask them if they have made their online profile private, so that only their friends can see it. Encourage them to use their school email account at home because it's carefully monitored.

A good place to start a discussion is with the **Smart Rules**:

**SAFE** Keep safe by being careful not to give out your personal information to people online.

**MEETING** Meeting someone you have only been in touch with online can be dangerous. Take a trusted adult & meet in a public place.

**ACCEPTING** Accepting emails or opening files, pictures or texts from people you don't know can lead to problems like viruses.

**RELIABLE** Remember that people online may not be who they say they are, so online friends are really strangers.

**TELL** Tell your parent or carer if someone or something makes you feel uncomfortable.

## Search safely:

Google is a great search engine but it may not be suitable for young children. Try [www.askkids.com](http://www.askkids.com) or [www.kids.yahoo.com](http://www.kids.yahoo.com). Image searches can be very risky: try the kid-friendly [www.picsearch.com](http://www.picsearch.com).



One of the best online resources for parents is the ThinkUKnow website. Sign up for the parents newsletter, have a look around and then try out some of the resources with your children. If you feel uncomfortable about something that happens online you can report it here too. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) Also, try typing CEOP into YouTube to see their videos.

Another good place to visit is [www.kidsmart.org.uk](http://www.kidsmart.org.uk). You'll find plenty of well presented information on online games, some quizzes to help build your knowledge and information on how you leave a digital footprint on the Internet wherever you go.

## Keep your home computer safe too:

Whilst we are all working towards keeping children safe it's important not to overlook your own computer. If your PC or laptop becomes infected with malware you may find it displaying pop-ups of an adult nature, slowing down, crashing or giving away your bank details. There are plenty of paid-for security packages available and many of them allow for three licenses which allow you to cover all of your computers at home. Make sure Windows is set to update automatically so that it picks up security patches right away.

If you want to keep costs down, try installing the free Microsoft Security Essentials from [www.microsoft.com/security\\_essentials](http://www.microsoft.com/security_essentials). This promises to keep your computer free from viruses, malware and other threats. With Family Safety 2011 for Windows 7 you can limit searches, monitor, block or allow websites, and decide who your children can communicate with: <http://download.live.com/familysafety>. Also try the AOL Safety Toolbar at <http://safetytoolbar.aol.com>. For younger children, install the Hector's World safety button from the age 5-7 Goodies section of [www.thinkuknow.com](http://www.thinkuknow.com). Hector swims quietly in the corner of the screen and if your child finds something that upsets them Hector will cover the screen when he's clicked until you can step in to work out what's happened.