E-safety Meeting 2015

Here is a quick guide to resources available to help you keep yourself and family safe online.

SMART RULES from the ThinkUKnow website:

Safe: Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your full name, email address, phone number and password.

Meeting: 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. Remember online friends are still strangers even if you have been talking to them for a long time.

Accepting: 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!

Reliable: Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

Tell: 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

Setting Parental Controls

We would recommend you have a separate log in for your child on your home computer so that you are able to limit access and implement parental controls for them. Information regarding parental controls, including video demonstrations on how to set them on various devices, can be found at:

www.thinkuknow.co.uk/parents/Primary/Tools/Parental-controls/

If you have a Mac or an iPad or iPhone you can set up an account for your child and set up parental controls.

For a Mac see:

https://support.apple.com/kb/PH14414?viewlocale=en_GB&locale=en_GB

For setting up a family account go to:

https://support.apple.com/en-gb/HT201084

Or setting parental controls on an ipad, iPod or iPhone go to:

https://support.apple.com/en-gb/HT201304

Or visit an Apple Store where they will be happy to help you.

Reporting

If you think your child is being groomed online and are in immediate danger then call 999. Otherwise report it to CEOP

https://www.ceop.police.uk/safety-centre/

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Reporting continued

If your child is receiving unwanted messages via their mobile, pc or tablet get it blocked - report it to your provider.

Seen something illegal online then report it at: https://www.iwf.org.uk/report

Seen at advert you want to report go to: http://www.parentport.org.uk/make-a-complaint/

Safe Search Engines:

Why not try Swiggle which can be found at:

www.swiggle.org.uk and set it as your child's home page on their log in.

Want information about Anti-virus software?

This is a great website which tells you all you need to know about viruses and what kinds of products you can purchase. Different software suits different families needs so to find the best one for you visit:

https://www.getsafeonline.org/protecting-your-computer/viruses-and-spyware/

Where should you start

Below are some top tips from the ThinkuKnow website.

Top Tips

- **Talk to your child about what they're up to online.** Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them, if they know you understand they are more likely to come to you if they have any problems.
- **Watch Thinkuknow films and cartoons with your child.** The **Thinkuknow site** has films, games and advice for children from five all the way to 16.
- **Encourage your child to go online and explore!** There is a wealth of age-appropriate sites online for your children. Encourage them to use sites which are fun, educational and that will help them to develop online skills.
- **Keep up-to-date with your child's development online.** Children grow up fast and they will be growing in confidence and learning new skills daily. It's important that as your child learns more, so do you.
- **Set boundaries in the online world just as you would in the real world.** Think about what they might see, what they share, who they talk to and how long they spend online. It is important to discuss boundaries at a young age to develop the tools and skills children need to enjoy their time online.
- **Keep all equipment that connects to the internet in a family space.** For children of this age, it is important to keep internet use in family areas so you can see the sites your child is using and be there for them if they stumble across something they don't want to see.
- **Know what connects to the internet and how.** Nowadays even the TV connects to the internet. Make sure you're aware of which devices that your child uses connect to the internet, such as their phone or games console. Also, find out how they are accessing the internet – is it your connection, or a neighbour's wifi? This will affect whether the safety setting you set are being applied.
- **Use parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.** Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start and they are not as difficult to install as you might think. Service providers are working hard to make them simple, effective and user friendly. **Find your service provider and learn how to set your controls**

Also:
*Remind them that the boundaries set at home for the online world go everywhere with them. Remember that children can now access the internet from friends homes, mobiles, tablets and consoles. That is why it is important to set a code of conduct that they can apply anytime, anywhere.
*Remember to come up with these rules together and discuss the reasons for them. If children think you are trying to stop them having fun they will break the rules. Also adapt these rules as your child gets older.
*Remind your child that not everything they see and read is true. Talk about how to check information.
*Set up a family account rather than a personal one.

Set up a family agreement using digizen at http://www.digizen.org/digicentral/family-agreement.aspx or use the school's Acceptable Use Policy for your home rules.

Feel you need more information?

Do not fear there is plenty advice out there. Childnet international have a brilliant site which explains all you need to know and how you can support you child. Visit the site at: http://www.childnet.com/parents-and-carers.

Equally good is the ThinkUKnow website where you can find a fantastic video presentation. It is a few years old now but still very valid in all the advice - https://www.thinkuknow.co.uk/parents/parentsguide/

All information was correct at the time of publishing. The school in not responsible for material found on external websites.