

Danger signs you should look out for

If your child is:

- Using technology excessively.
- Staying online through the night.
- Being secretive about what they are doing.
- Behaving very differently in what they wear, their attitudes or friends.
- Receiving gifts or money from unknown sources.
- These signs may all be perfectly innocent of course, but remember to always talk to your child. Be supportive.

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?

Suggested websites to support families

ThinkuKnow: www.thinkuknow.co.uk

Connect Safely: www.connectsafely.org BBC

WebWise: www.bbc.co.uk/webwise

Get Safe Online: www.getsafeonline.org

Internetmatters: www.internetmatters.org

Childnet: www.childnet.com

Age rating of games:

www.commonsemmedia.org/game-reviews

Click Clever, Click Safe

Help your child enjoy using the internet and gaming safely.

As parents, we want you to have the confidence to help your children understand the importance of being safe online or whilst playing games online or through a console.

Zip it!

Make sure your child knows to always keep private information safe. Do not give out information like: full name; photos; home, school or email address; mobile number or details of places they play.

Block it!

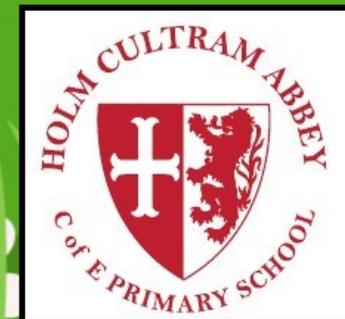
Get your child to block people who send offensive messages and tell them not to open unknown links or attachments.

To avoid your child coming across inappropriate content online, most search engines have a 'safe search' option that will exclude such things.

Flag it!

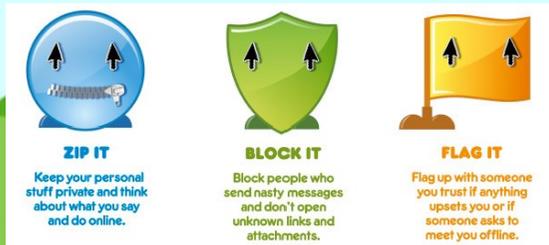
Encourage your child to feel confident in speaking to you or a trusted adult if they are worried or unhappy about anything they see online.

Your child should also do this if a 'friend' they have met online has asked to meet them.



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 expert 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.



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.

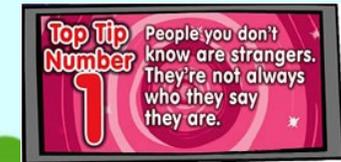
These benefits can include:

- Supports homework and revision.
- Improves students' achievement.
- Makes learning more fun and creative.
- Provides access to a wider range of learning materials.
- Offers students choice in what they learn, when they learn and how they learn.
- Connects learning at school with learning at home.
- Using technology at home and at school develops skills for life.

Grooming

Grooming is when someone builds an emotional connection to gain trust for the purposes of sexual abuse, sexual exploitation 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 about loving, caring, respectful relationships and sex. Get advice from an organisation such as NSPCC or

Thinkuknow



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 your child's school for help. Contact the website owner or phone company if necessary. Get advice from an organisation such as

Bullying UK or Childline.

