



'E Safety' Advice for Parents & Carers



Family Agreement

A joint agreement about being online

As a family it is important to have a common understanding of what is and what isn't appropriate behaviour online. We have provided a list of positive statements to help you make your family values known. It is important that emphasis is not simply placed on the child to make good or bad decisions – all family members should sign up to these values.

We suggest that as a family you read, agree and sign below.

We the undersigned promise to follow these rules.

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Family Agreement

We agree to follow these rules, with the help of family and friends, when we use the internet, mobile phones, games consoles and other devices like the iPod Touch or iPad:

	We will keep all personal information private - including, home address, school name and address, email, home and mobile phone numbers and passwords.
	We will never arrange to meet someone in the real world that we have only met online (without my parent/carer's knowledge and permission).
	We will tell someone if we feel uncomfortable about anything we have seen or heard online or on a mobile phone or gaming device, or if someone online is making us feel awkward or pressurising us (regardless of what I might have said to this person already).
	We will only visit sites that we know are relevant to us. If we come across a website that is for adults then we will let a parent/carer know.
	We will respect other people online by only sending or posting friendly messages.
	We will only download files online from reliable and legal sources and if unsure we will check first with a parent/carer.
	We will only buy or order something online when we have asked our parent/carer. This includes apps, in-app purchases and online games. We will keep credit card information safe and ensure the website we order or buy from has secure transactions highlighted by a lock, key or web address that begins https.
	We will get permission from our friends and family before sending or posting photos of them online or via a mobile phone.
	We will only use the internet and other technologies such as gaming devices for the agreed amount of time.
	We know that some information online is not for kids. To stay safe we will put together a list of sites we really like and enjoy and will only visit sites on this list.
	We understand that downloading music, games and films for free can be illegal. I will only use legal sites to download and will ask an adult if we are unsure.
	We will ask a parent/carer before registering or signing up for things online, including competitions.
	We will delete any unwanted email or spam without opening it first.
	We will tell an adult if we receive frightening or bullying text messages or emails or any message with unacceptable content.
	We will only open files from people that we know.
	We will only link with contacts, e.g. friend people on Facebook, that we know in the real world.



Positive and Negative Aspects of the Internet:

Positive:

- Great for research
- Cheap or free communication and collaboration
- Easy to create and publish content and get it noticed
- Great for children to develop future job skills as fun hobbies
- Introduces children to the world of commerce and business
- Encourages creativity and individualism
- Children feel they have 'ownership' of the internet

Negative:

- Cyber bullying
- Online privacy and personal information
- Reputation management and 'digital footprint'
- Sexting, grooming, pornography and inappropriate material
- Illegal downloads and copyright infringement
- Spam, phishing, viruses and malware
- Children lying about their age to get onto social networking platforms with a 13+ age limit

The positives need to outweigh the negatives in e-safety education: The best outcome regarding e-safety incidents, cyber bullying and online harassment with school-aged children is always to persuade the pupils to see the consequences of their actions and remove the material of their own accord.



Watch Thinkuknow films and cartoons with your child.

The **Thinkuknow** [<https://www.thinkuknow.co.uk/parents/>] site has films, games and advice for children from 5 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 iphone 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 settings 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 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 use friendly. **Find your service provider and learn how to set your controls.**



USING THE INTERNET SAFELY AT HOME

Whilst many Internet Service Providers offer filtering systems and tools to help you safeguard your child at home, it remains surprisingly easy for children to access inappropriate material including unsuitable text, pictures and movies. Parents are advised to set the security levels within Internet Explorer or other browsers with this in mind. Locating the computer in a family area where possible, not a bedroom will enable you to supervise your son or daughter as they use the Internet. Also consider mobile phones and games consoles and other devices that can access the Internet. However, don't deny them the opportunity to learn from and enjoy the wide access on the Internet. Instead discuss with them some simple rules for keeping safe online and making sure they understand their importance.



Discuss and agree rules together with your child and sign them. It is also a good idea to regularly check the internet sites your child is visiting e.g. by clicking on History and Favourites. Please reassure your child that you want to keep them safe rather than take Internet access away from them. Create a dialogue and a relationship of mutual respect as far as the Internet is concerned.

SIMPLE RULES FOR KEEPING YOUR CHILD SAFE

To keep your child safe they should:

- ask permission before using the Internet and discuss what websites they are using
- only use websites you have chosen together or a child friendly search engine
- only email people they know
- ask permission before opening an email sent by someone they don't know
- not use their real name when using games or websites on the internet (create a nickname)
- never give out any personal information about themselves, friends or family online including home address, phone or mobile number
- never arrange to meet someone they have 'met' on the internet without talking to an adult first; always take an adult and meet in a public place
- never tell someone they don't know where they go to school or post any pictures of themselves in school uniform
- only use a webcam with people they know
- tell you immediately if they see anything they are unhappy with

USEFUL WEBSITES

CEOP : www.ceop.gov.uk

THINK U KNOW : www.thinkuknow.co.uk

CHILDNET : www.childnet-int.org

CHILD FRIENDLY WEBSITES

ASK JEEVES FOR KIDS : www.askkids.com

YAHOO! KIDS : www.kids.yahoo.com

KIDSLICK : www.kidsclick.org

NATIONAL EDUCATION NETWORK :

www.nen.gov.uk/tandl