



Keeping Children Safe Online



Dear Parents/Carers,

The information contained in the following guide is designed to help you when discussing and reinforcing positive messages about your child's life 'online.'

As adults, it is our responsibility to support our young people in an ever expanding and diverse digital age.

As young people continue to spend more and more time working and socialising in a digital world, it is more important than ever that we equip them with the knowledge and skills needed to enable them to remain safe and confident whilst online.

SMART rules

In school we use the SMART rules for staying safe. These rules are regularly promoted, shared and discussed with the children.



IS FOR SAFE

Never give out personal information to strangers on the internet. Personal information includes things like your home address and your birthday.



IS FOR MEET

Never ever meet up with a stranger you have met online unless a parent or guardian has said it is ok and is present. Never, never, never, never, never.



IS FOR ACCEPTING

Don't open emails from people you don't know, they could contain viruses. If you get a strange email from a friend and you think they might have a virus make sure you let them know!



IS FOR RELIABLE

Don't believe everything you read online, check your facts! Did you read it on a reliable website like the BBC? Are other websites saying the same thing? Does it tell you where they got the information from?



IS FOR TELL

If you have an online safety problem, make sure you tell someone. Tell a parent, guardian, or teacher as soon you can.

Interacting Online

Follow these 3 easy steps when *Interacting online*



1: Connect Correct.

Make sure you connect correct by only connecting with people you know well in your human life! Close friends and family members would be great. This way you can make sure only trusted people in your life can see your posts and chat to you. If you wouldn't feel comfortable sharing your personal phone number with them, you shouldn't connect with them online!

2: Be Positive.

Treat people how you want to be treated!

Whether you're sending a text message, posting / commenting on social media or chatting in a group chat, always remember to be nice, friendly and positive.

This will not only show you're a nice person, but will also encourage others to treat you the same!



3: Think before you post or send.

Always remember, that once you've posted or sent something in your digital life, it can be very hard or even impossible to take back or delete. Just think if you would be happy for that pic, video, comment or text to be seen by everyone.

Plus would you want it out there online for the rest of your life? If you're not sure.....don't post or send!

Online Strangers

- . Just like in our real lives, in our digital lives we also need to be aware of certain dangers.
- . One of these is online strangers.
- . It can be very easy for people to pretend to be someone else online.
- . They could trick you into doing things you may not want to, gain personal information about you or even suggest to meet up in person.
- . To help avoid this from happening, please follow the simple steps on the next page to always stay safe.

Follow these 3 easy steps if you get contacted by any

Online Strangers



1: Zip it.

Whilst online, remember to keep all your personal information to yourself. If someone you don't know tries to ask you anything about yourself, please remember to 'Zip It'. **Don't share anything with them.** This could be your age, what school you go to or where you live.

2: Block it.

The next step is to 'Block It'. This could be blocking or muting them within the game or social site you are using, or quite simply putting your device down and walking away. **They cannot continue to ask you things if you're not there, plus this will prevent you from being tempted into answering something that you know you shouldn't.**



3: Flag it.

If a stranger does try to contact you or ask you questions, **a trusted adult needs to know.** This is because it could be someone pretending to be someone else or trying to trick you. 'Flag it' up by speaking to the adults you live with or possibly one of your school teachers. If someone responsible knows, they can help you to prevent this from happening again.

Cyber Bullying

Follow these 3 easy steps if you're effected by *Cyber-bullying*



1: *Keep the evidence.*

If you receive anything that upsets, hurts or worries you online, it's vital that you keep the evidence. Keep all unwanted messages and also take screens shots. These messages will help you moving forward and allow you to get help. Without the evidence, it's going to be hard to get the correct help that you need.

2: *Show someone.*

Show a trusted adult. This could be a parent or carer, a school teacher or any other adult in your life you're happy to talk to (football coach, youth-club worker etc).

If you keep it to yourself, not only could the cyber-bullying continue, but it's likely to get worse.

Remember, no one has the right to bully you, so if it's happening, you're going to need help.

More options on the next page.



3: *Never 'ever' respond.*

Bullies always want a reaction. If you give them one by responding, this will give them the 'Power' to continue.

As soon as you respond, you're confirming that you have their message, they now know you'll get at others and you're encouraging it to continue.

Don't help them, easily take the 'Power' back by not reacting or responding.

Online vs Offline

Getting the Balance Right

Just like all things in our life, we always need to get the balance right. Whether it's eating fast food or working too hard, if we get the balance wrong, it's going to have a negative impact on our overall health and mindset. It's exactly the same with your online and offline life balance.

Follow these 3 easy tips to get the right balance between your
Online Vs Offline life

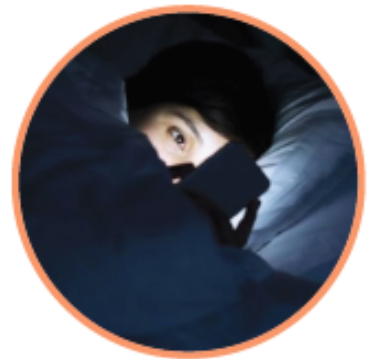


1: Manage your time

Try to get the right online and offline balance by giving yourself screen-time chunks. Whether it's after school or over the weekend, decide suitable screen time chunks with your family and all stick to it. This will allow you all to still be motivated to enjoy your offline life.

2: No digital sleepovers

When it's time to get some Zzzzz's, don't invite your phone for a sleepover. Screens just before bed will prevent you getting good quality sleep and being switched on and focused the next day. You always going to be tempted to either check your notifications or watch just one more YouTube vid. Plus, if your friends all do the same, no ones going to expect a late reply on that group-chat.



3: Get an offline hobby

As much as you enjoy spending time in your online life, there's plenty of fun to be had offline as well. Find some offline things to keep you either active or entertained. This will not only work wonders for your physical and mental health, but also stop you getting bored when your offline. Get active, creative or learn a new skill and maintain a good online Vs offline balance.

Think U Know

Thinkuknow is a website full of really useful information, tips, videos and activities that you can access to help you and your children to stay safe. It also offers support and guidance when things 'go wrong'.

There are downloadable online safety packs that give guidance on topics such as viewing videos online, cyber security, social media, sharing images, live streaming and online gaming.

Find it here:

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



Welcome to Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

Are you...

4-7?

8-10?

**Parent/
Carer?**

11-13?

14+?

**Children's
workforce?**

Further Online Safety Resources



www.internetmatters.org



www.parentzone.org.uk



www.saferinternet.org.uk



www.commonsensemedia.org

Advice



www.youngminds.org.uk



www.themix.org.uk

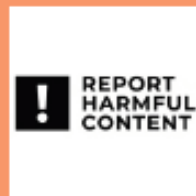


www.nspcc.org.uk

Support



www.ceop.police.uk



www.reportharmfulcontent.com

Reporting