



RISE
A CofE Academy Trust



ONLINE SAFETY ADVICE FOR PARENTS

KEEP YOUR KIDS
SAFE Online



Key Internet Safety Issues:

- Cyberbullying
- Online grooming
- Online reputation
- Privacy and identity theft
- Sexting
- Inappropriate content
- Online Pornography
- Radicalisation
- Self harm
- Lack of awareness

IT'S YOUR RESPONSIBILITY

During the school closure, it is even more important to monitor what your child is doing on their electronic devices.

They may be doing work set by their teacher or having some downtime but are they SAFE? How do you know? Do you know how to keep them safe? This 3-page guide may help.

Remember to monitor what your child is accessing on the internet and NEVER allow them to use the internet unless you or another adult is in the same room.

Encourage them to use child-friendly search engines like

swiggle.org.uk or kids-search.com.

Internet Matters is a free online resource for every parent in the UK. There's excellent advice to help protect your children online with information, advice and support on all the big e-safety issues including: CYBERBULLYING, SELF-HARM, SCREEN TIME, RADICALISATION, SCREEN TIME AND SEXTING.

The e-safety leaflets are excellent. <https://www.internetmatters.org/>

The NSPCC has a range of useful information on their website, covering topics such as online games, livestreaming and video apps, internet connected devices, parental controls and social networks – please see

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Remind them about Zip it-Block



CLICK CLEVER
CLICK SAFE

[CEOP](#) - for advice on making a report about online abuse

The Child Exploitation and On-line Protection command **CEOP** helps keep children and young people safe from sexual abuse and grooming online. Make sure your child knows that they can report any crime relating to this directly to the police by clicking on the image that looks like this:



For more information relating to keeping your child safe online and supporting them if something has happened to them online, you can visit the **Thinkuknow website** for parents and carers:

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

Another useful site for [UK Safer Internet Centre](#) - to report and remove harmful online content.

Visit <https://www.net-aware.org.uk/networks/> for concise information about a range of common apps used by children (e.g. Houseparty, Minecraft). There are also some useful guides for social network sites (e.g. Instagram, Tik Tok, WhatsApp) by the National Online Safety organisation <https://nationalonlinesafety.com/>

Safety check

A common tactic of sexual predators is to trick young children into getting changed or undressed on camera by playing a 'game' or issuing a 'challenge', for example, to see how fast they can get changed into different clothes or into a swimming costume. This might happen over video chat or livestreaming app and children often don't even know this has happened. Videos are often taken and then circulated. **REMAIN VIGILANT OF ALL E-ACTIVITY.** Your child may not realise they are at risk from harm.

SET LIMITS

Who's in charge?

Your child will try to convince you that they NEED to use their electronic devices but you must remember that YOU are the parent and are responsible for their needs. It may be easier to avoid a tantrum by allowing freedom of use, but it's worth the headache to ensure their safety.

- ⇒ *Set a daily time limit.*
- ⇒ *Have agreed websites / APPs that they can use.*
- ⇒ *Only allow them to use internet enabled devices in the same room as a responsible adult.*
- ⇒ *Ensure all internet enabled devices have the highest privacy settings .*
- ⇒ *DO NOT allow them to use Facebook, Twitter, Instagram and Snapchat until they are at least 13 and always keep a check on their posts/activity.*
- ⇒ *Turn off the wifi if you need to...even for teenagers!!*
- ⇒ *Have FUN using the internet but have fun TOGETHER.*