



I will be careful what I share

Children and young people are pretty clued up on how to stay safe in the real world. They find it difficult to link what they do to stay safe in the real world with what they do in the online world. Where they would be careful not to give out information to strangers in the street, they would think nothing about giving it to someone they don't know in an online chat.

Simple stuff like saying that you are going somewhere or wearing a school uniform in your profile pictures can give lots of information away that may allow someone to locate you. People who have said they are on holiday on Facebook have been known to have their houses broken into.

Encourage young people to understand that a friend is someone who you know because you have met them in person and got to know properly. An online friend is simply someone you agree to connect with online and they should really be treated the same was as someone you've just bumped into in the street. Giving away a lot of information about yourself in your profile can make it easy for people to make friends with you as they can pretend to like the same things you do. Think carefully when choosing what to share with them. Remember if you wouldn't wear it don't share it!



I will be careful who I meet

It is really important that your child understands that under no circumstances should they ever agree to meet up with someone they have met online. If anyone asks them to meet up they should tell you immediately. If you decide it is OK for them to meet up it is vital that you go along with them.



I will listen to my feelings and act if I feel uncomfortable

The places we often go online with our gadgets are where we feel most relaxed. This gives us a feeling of safety and security. When we feel safe and secure we often share more information about ourselves than we would if we met someone in the street. We should always trust our instincts and if an online conversation starts to makes us feel uncomfortable we should save it, end it and report it.

It is important to encourage your child to tell a trusted adult if they ever feel awkward, embarrassed or worried by anything that they are asked to do by an online friend. Then the trusted adult can help them to take the appropriate form of action depending on the seriousness of the concern. Many websites include a report abuse button. If you can't find one you can access it here thinkyouknow.co.uk



I will make sensible choices wherever I am

They say online you can find proof that anything is true. It is really easy for young people to view videos, play games or access websites that are meant for adults.

Help your child to understand that not every website is meant for them, and that not all information they may see on the web is true. If you search for and show them some hoax websites this may help. Facebook for example has a minimum age of thirteen and for some other sites its higher.



It is really important to help them understand that there are reasons why games have age ratings and never take "All my friends have it!" as an excuse to give in to buying a game that is not appropriate for them. If you aren't sure you could play the game yourself and make

your own choice about whether you want your child to play it. Remember that if you buy a game for your older children, younger brothers and sisters will still see and hear the game and will want to play it too.

At school there are filters in place for making sure that children and young people can't access inappropriate websites.

When your child is using the web elsewhere they need to understand that there are certain types of sites they should not access. They should also never try to get past the filters at school. It is a good guide that if it is blocked at school they shouldn't use it at home.

We want everyone to make informed choices when accessing different websites on the Internet. Thinking about who the site was made for and why can help us to decide whether it is a good source of information. It is important for your child to be responsible about the sites that they visit. If they aren't sure that a website is suitable, the message is to not access it at all. commonsensemedia.org gives excellent advice on this. If you find a site that you think is inappropriate you can report it to the Internet Watch Foundation at iwf.org.uk

Staying Safe

a parent's guide



Be a good communicator
Use good manners at all times and never be rude or mean to anyone in emails, texts and online conversations



Only accept good communication
Only accept good manners from people who email, text or have online conversations with you. If anyone upsets you keep the messages and show them to a trusted adult.



Be careful what you post
Think before you post and agree not to post information photos or videos that could put you at risk or embarrass you or your friends now or in the future



Be careful who you accept as a friend
Only accept people as friends that you really know



Be careful what you share
Always keep your personal information private by not sharing your full name, address, passwords, school name, email address or phone numbers with anyone online



Be careful who you meet
Only ever meet up with someone you talk to online if your parent or carer says its ok and they go with you



Listen to your feelings and act if you feel uncomfortable
Always tell a trusted adult if anything you see or hear online makes you feel sad, scared or confused



Make sensible choices
At school only access sites that help you learn. At home have fun by choosing sites and games that are meant for children your age



We all love our gadgets.

Whatever devices we use - games consoles, mobile phones or computers, being online with them allows us to access useful information whenever we need it, and stay in touch with friends and family. It is natural that our children will want to do that too. You have a big role to play in helping your child to understand how to enjoy using their gadgets safely and responsibly.

To help you to support your child, we have created the 'Cyber Safe' agreement as a way to help you talk to them about issues they could face and how to avoid them. We hope that you and the rest of the family will set a positive example and demonstrate how you stay safe by following the agreement too.

It is important to understand that this is not just a school agreement. It is something that we should all aim to follow when using online services and mobile technology wherever we are. That way we can all work together to ensure that Sunderland is not only one of the most connected cities in the UK, but also the safest place to be online.

The Cyber Safe Agreement

Each of the statements in the agreement is based around advice given by organisations that help young people to be safe online. We have taken the best of that advice and turned into a set of statements for our young people to follow.

Before you both sign it, we would like you to read this guide so you can help your child understand what each part means. The school will be doing some work with your child too to help them to understand why cyber safety is important wherever you are.



We wouldn't accept bad communication face to face and we shouldn't accept it on our gadgets. If you receive a message that upsets you and you know who sent it, the first thing to do is to ask yourself "What else might this mean?"

It is so easy to misunderstand and be hurt by a message when the person who sent it really didn't mean for that to happen. If your child receives a message that really upsets them and you don't know who sent it, keep the message as evidence. It may be the first of many messages they get and if someone singles them out to receive this type of message this is described as Cyber Bullying.

If you feel that they are being Cyber Bullied it is important to keep evidence and contact someone who is able to help. Websites like cybermentors.org can offer advice. If the bullying is happening by phone, contact your phone company. All UK mobile operators have nuisance call centres and procedures in place to deal with such incidents. They may help you to change your number or work with the police to take action against the bully. Explain to your child that they are less likely to be targeted by cyber bullies if they don't share their email address, profiles and phone numbers with people they don't know.



If we want to, we can share every aspect of our lives online. When we send messages or post stuff online it is important to remember that putting stuff there is putting it in a public place. Its a bit like writing it on a piece of paper and sticking it on a notice board in The Bridges. It can be seen by anyone. If you use services like Facebook, MSN or Blackberry messenger to put down or make fun of people you can very quickly become a Cyber Bully without even meaning to. Something as simple as passing on an embarrassing photo of a friend can be classed as Cyber Bullying. If Cyber Bullying is happening and you laugh at it or share it, you are part of it.

Encourage your child to always be a good communicator by only ever saying positive things about others. Only say things on your gadgets that you would say to the person face to face. Cyber bullying can be stopped by not passing on anything that could upset someone. Only share contact details with people you know and trust.



Sites like Facebook have now become an important part of many peoples lives. While most young people know how to

keep safe in the real world, they don't always apply the same ideas when they are online. Some see collecting online friends as a competition and try to get as many as they can. This can lead to young people losing control of who they are sharing information with and can end up with people on their list who may exploit their trust.

Check any device that your child could use to connect to the Internet. Make sure the privacy settings are set to 'friends only' and encourage them to make sure their online friends are people who they know in real life. They should not share telephone numbers, email and other contact details in their profiles. Chat to your child regularly about who they have on their friends list.



Facebook and YouTube allow us to share where we are, what we're thinking and pictures and videos of what we are up to. If your family and friends are spread around the country they are a great way of keeping in touch and sharing your lives with each other. It is easy to forget that anyone can see, download and change any image or video that we post online.

By the time you change your mind and delete something from a site, many thousands of people could have downloaded it and any one of them could do what they like with it and post it back without your permission.

So that we can avoid problems, we do have to think carefully before we post information, photos or videos online. Ask yourself "Will I *ever* regret people seeing this?" If there is any chance that you will - then don't put it up there. If you really do want to share pictures with your friends and family, find and use the privacy settings on the site to make sure that only they can see and download them. The same is true of photos and videos we take of other people. Ask yourself "Why am I putting this online?" If you are posting something to make fun of someone then really you shouldn't. If you aren't sure if they will see the funny side, ask them first.

We have to be very careful what we say online too. It's very easy to forget how public the web is, and that putting something online that criticises someone or shares private information about them, could be against the law. Especially if the comments are about their race, gender or sexual orientation. If you are about to share a comment ask yourself would I wear a t-shirt with this printed on it? If you wouldn't wear it don't share it.