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## Parents and Carers Guide to E-safety

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**Digital technologies have become integral to the lives of children and young people, both within schools and outside school. These technologies provide powerful tools, which open up new opportunities for everyone. They can stimulate discussion, promote creativity and stimulate awareness of context to promote effective learning. Young people should have an entitlement to safe internet access at all times.**

For many parents and carers to monitor their child this is a challenging task that can be hard to supervise.

When using the internet your child could be searching for information, chatting, texting or downloading. Their IT skills might be better than yours but they still need advice and protection.

Children in school use the computers confidently and are supervised in lessons at all times and systems and policies are in place to keep them safe while they are using their computers and surfing the internet.

Children are taught how to be safe on the internet, if they are unsure about something or have seen something that has made them uncomfortable, they must tell their teacher.

These same simple rules can apply to them at home, keeping them safe in their own home and you have peace of mind.

### First Rules

- Is your computer or other hardware in a room where you all can use, share and see what your child is viewing or is it in their bed room?
- Have you put your restriction settings on your hardware from your broadband provider?
- Set ground rules on all computer hardware usage.
- Talk to your child, ask what they are viewing, are they doing homework or chatting to friends or playing online games?
- Who are their friends?
- Friends from school, do you know them? Do you ever hear names been mentioned?
- Does your child look happy?
- Has your child suddenly stopped using the internet? Why?
- Is your child withdrawn and doesn't share conversations with you.
- Not eating properly, a little snappy, want to be left alone?

All these are signs that your child is asking for help.

### How to manage the use of your computer and other hardware equipment

- Set appropriate parental controls on your computer, laptop, iPad, mobile phone, and games console. These filters will prevent your child from viewing inappropriate and illegal content.
- See what sites your child visits daily?
- Does your child have an email address, face book or other social media account?
- Does your child share any of this information with you or other members of the family?
- Does your child know how to set their privacy setting to private?

These are very important settings for your child's safety online and you could be part of this by setting the settings together and letting your child know that they can talk to you about anything that they are not happy with.

e.g./ your child could put something on Facebook innocently, that information could be copied and pasted anywhere without their permission, if it got in the wrong hands someone may wish to use it against them. This is online bullying and could then escalate and change your child's profile when online.

### Parents, Carers and Child Trust

The more you talk to your child about how good the internet is and gain the trust from your child that you are there at all times. Your child must also be aware of the dangers of using the internet, sites that can be misleading, asking for information about themselves, speaking to strangers who are not who they say they are, letting them into their daily life.

Where to get help from If I am concerned about my child.

Consult with the school if I have any concerns about my child's use of technology

**CEOP** - This site has advice for parents on how to keep your child safe and a contact button for help and advice should there be any E safety issues that you need help with.

[www.ceop.gov.uk](http://www.ceop.gov.uk)

**Think U know** - contains internet safety advice for those aged from 5 to 16, along with parents and teachers, this site is produced by CEOP (the Child Exploitation and Online Protection Centre).

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Know It all** - lots of useful advice for keeping yourselves and your children safe on the Internet

**Kidsmart** - An award-winning internet safety programme for children.

<http://www.kidsmart.org.uk/>

**Vodafone Parents** - Vodafone have lots of fantastic practical advice for parents. You can also read their 'Digital Parenting' magazine <http://asp-gb.secure-zone.net/v2/index.jsp?id=1134/2660/5747>

**Parental controls for BT, Sky, Talk Talk, Virgin Media**

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>

Google Family Safety Centre

[http://www.google.co.uk/safetycenter/?utm\\_source=aw&utm\\_medium=ha&utm\\_campaign=gscuk#](http://www.google.co.uk/safetycenter/?utm_source=aw&utm_medium=ha&utm_campaign=gscuk#)

Get Net wise <http://kids.getnetwise.org/>

<http://www.childnet.com/resources/kia/>

<http://www.childnet.com/parents-and-carers/hot-topics>

<http://www.saferinternet.org.uk/>

Facebook guidance <http://www.connectsafely.org/pdfs/fbparents.pdf>

**SMART - Safe Meeting Accepting Reliable Tell**

Make sure your child knows the SMART rules.

<http://old.kidsmart.org.uk/yp/smart/default.aspx>

How to setup safe Google preferences

<http://www.kidsandmedia.co.uk/article/518>