"Just like in the real world, we need to take sensible precautions on the internet to protect our families from harm."

It is vital that adults are aware of the very **real dangers** the internet can bring into our **children's lives**. At Long Buckby Infant School we may feel that our children are too young to be worrying about this but Northamptonshire Police have carried out a large survey and the results are alarming:

- Over a third of five-year olds spend at least one hour online every day.
- 30% of children are accessing material and content online for which they are underage.
- 42% of five year olds have seen something online that has upset them.
- For children aged five to eleven, the most common cause of upsetting experiences online is games accessed through the internet. This is often due to seeing pop-ups, adverts or images in and around the game that are inappropriate, for example explicit images of naked adults and violent content in videos and adverts.

How can we keep our children safe?

- Create a user account for your child on the family computer with appropriate settings and make the most of Parental Controls and tools like Google Safe Search.
- Agree a list of websites they're allowed to visit and the kind of personal information they should not reveal about themselves online (e.g. the name of their school or their home addresses).
- Decide time limits for things like using the internet and playing on games consoles. Time limits can be applied on devices such as tablets and laptops.
- Bear in mind what older siblings might be showing them on the internet, mobiles, games, consoles and other devices, and agree some rules as a whole family.
- Talk to other parents about their views on things like what age to buy kids a mobile phone.
- Familiarise yourself with age ratings on games, online TV, films and apps, so that you can be sure your child is only accessing age-appropriate content.
- Talk to your child about the websites that they use. By understanding and involving yourself in their internet use, you're helping to keep them safe.
- Be positive about the internet and remember that it is a fantastic learning and communication tool.
- Try not to overreact to minor issues. If your child worries that you may take away their internet access, they could become secretive and hide problems from you.
- Keep PCs, laptops and games consoles out of bedrooms wherever possible. Having the laptop in a family room makes it easier for you to monitor your child's internet use, whilst still giving them privacy.