



Holy Trinity Catholic Media Arts College

Staying Safe Online - A Guide for Parents and Carers

There are some great resources online for young people to help them discover, create and connect with others worldwide. The internet is useful, fun and educational. Used safely, it is a valuable tool. However, it is easy to fall prey to people who chose to use the internet and digital world in a harmful way. This leaflet is designed to give parents and carers some useful tips for promoting e-safety and helping to keep their young people safe.

Some tips to stay safe online:

- Keep the computer in a room where the whole family can use it.
- Discuss and set reasonable rules and guidelines for computer use with your children and keep them near the computer as a reminder.
- Inform your children that they should NEVER give out personal details (name, address, passwords or email address) or photographs unless you and your child know and trust the person concerned.
- Never let your children meet someone they have met over the internet without your permission and only then when you or a responsible adult can be present.
- Use parental controls. There are basic restrictions available in internet explorer or you can purchase more powerful third party software.
- Let your children know they can talk to you if they feel uncomfortable or worried about something they have seen or read on the internet. Reassure them that it's not their fault.
- Learn as much as you can about the internet and the services it provides. Try to use and understand the sites your children use and get to know their online friends as you would their other friends.
- If you children receive emails, attachments or downloaded files from people or organisations they or you don't know or trust, get them to delete them straight away. They may contain viruses or nasty messages.

Useful Links

Click Child Exploitation and Online Protection Centre (CEOP)

CEOP stands for the Child Exploitation and Online Protection Centre. We are the UK's national police centre for protecting children. Add our new Click CEOP app. It is free and easy to use. Once added it will provide you with immediate access to the very latest on internet safety, showing you how to tackle viruses, spot grooming, block hackers. You can also share it with your mates so that they can stay safe too. Visit <http://apps.facebook.com/clickceop>

chatdanger.com

This website had been produced by Childnet International, a non-profit organisation which is working with others to help make the internet a great place for children.

ChildLine

ChildLine is the free, 24-hour helpline for children and young people in the UK. Children and young people can call our helpline on 0800 1111 about any problem, at any time - day or night. Children who are deaf or find using a regular phone difficult can try our textphone service on 0800 400 222. ChildLine's counsellors are there to help you find ways to sort things out.

Childnet International

Childnet International, a non-profit organisation working with others to "help make the Internet a great and safe place for children".

Cybermentors - a beatbullying project

The Cybermentors website uses a social networking model to allow young people at different levels to mentor each other. If you register on the Cybermentors website, you are given *registered user* status, which means you can talk to a highly-trained young Cybermentor and get help straightaway.

The Child Exploitation and Online Protection Centre (CEOP)

CEOP was set up to provide children with information about safe use of the internet, providing services ranging from advice about spam to guidance on releasing their personal details to strangers. It also provides contact details for children to report online incidents that make them feel vulnerable or uncomfortable.

Get Safe Online

Get Safe Online will help you protect yourself against internet threats. The site is sponsored by government and leading businesses working together to provide a free, public service.

Information Rights for Young People

A new website launched by the Information Commissioner's Office (ICO) aims to help young people understand their information rights. The first section contains tips and advice on safe social. Among the ICO's 'top tips' are that you should remember that a 'blog is for life' - if you don't think you'll want it to exist somewhere in 10 years time, don't post it; and privacy is precious – choose sites that give you plenty of control over who can find your profile and how much information they can see.

Internet Watch Foundation

The Internet Watch Foundation works in partnership with ISPs, Telcos, Mobile Operators, Software Providers, Police and Government, to minimise the availability of illegal Internet content.

NSPCC Child Protection Helpline

The NSPCC (National Society for the Prevention of Cruelty to Children) is the UK's leading charity specialising in child protection and the prevention of cruelty to children. We have been directly involved in protecting children and campaigning on their behalf since 1884.