

St. John's Primary School

Internet Safety - Information for Parents

Risks

The Internet brings us many positives, but also carries risks for our children. For example:

- Cyber-bullying
- Social media pressures
- Excessive screen time
- Online grooming
- Viewing inappropriate, frightening or worrying content.

Surveys show that:

- 1/3 of children aged 8-17 have seen something "worrying or nasty" online.
- Many children do not report harmful content they have seen online.
- Children are more likely to experience bullying online than face to face.
- 64% of 8-11 year olds use social media, with 60% having a social media profile.

How can you help keep your child safe?

- Make time to ask your child about their online world.
- Encourage them to talk to you immediately if they see something online that worries or scares them.
- Find out more about the platforms or games your child uses – it can be hard to keep up to date, but there are lots of sources of help and information to support parents. (See below)
- Investigate parental controls.
- Look out for any signs of excessive Internet use, or your child becoming increasingly secretive.
- Talk to your child about being "SMART" online. (See below.)
- If your child is using any live streaming platforms, encourage them to do so in a public room of your house – not their bedroom.

There are lots of places to find really useful help and advice:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/> Advice on talking to your child about Internet safety and how to help children manage their mental well-being when online. Support with setting up parental controls and what to do if you are worried about something online. Online safety guides for parents eg. online gaming, social media and internet connected devices.

<https://www.internetmatters.org/> Information on online issues including online grooming, screen time, inappropriate content and cyber-bullying. You can find advice for children of different age groups, and advice on setting controls. There is a huge amount of very useful information on this site.

If you need urgent help, text Shout to 85258 for text support 24/7. Find out more from <https://giveusashout.org/>

If your young person wants to chat online to a trained counsellor, you can access this through Kooth <https://www.kooth.com/>

<http://thinkuknow.co.uk> and <https://www.childnet.com/help-and-advice/parents-and-carers> both have lots of advice and information to help you keep your child safe.

<http://ceop.gov.uk> – Report online abuse here.

Further links can be found on <https://123safe.oxon.in/online-safety-for-parents/> This site is provided by 123ICT, who supply our ICT technical support and delivered our Internet Safety Information Evening for Parents.

BE SMART ONLINE



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SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

THINK
UK
KNOW

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



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RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



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TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

