

Top tips for safe e-Parenting

Be involved in your child's online life

Talk to them about what they're doing, if they know you understand they are more likely to approach you if they need support.

Watch Thinkuknow films to learn more

Your child may have seen these at school, but they can also be a good tool for you to find out more about what young people do online and some of the potential risks.

Keep up-to-date with developments

Be inquisitive and interested in the new gadgets and sites that your child is using. It's important that as your child learns more, so do you.

Set boundaries in the online world just as you would in the real world

Think about what they might see, what they share, who they talk to and how long they spend online.

Know what connects to the internet and how

Nowadays even the TV connects to the internet so your child will use all sorts of devices and gadgets. Make sure you're aware of which ones can connect to the internet, such as their phone and games console. Also, find out how they are accessing the internet—is it your connection or a neighbour's Wi-Fi? This will affect whether your safety settings are being applied.

Find out more about e-Safety at
www.thinkuknow.co.uk



William Read Primary School has two

Child Protection Officers who are:

Mrs. Garrick, Deputy Headteacher

and

Mrs. Saville, SENCo

Please go and see them
if you are worried about e-Safety.



You can also contact the
Child Exploitation and Online Protection
agency (CEOP) at

www.ceop.police.uk



William Read Primary School

e-Safety for Parents and Carers

Helping your child to stay safe on line

The internet has become part of our everyday lives and is now easier to access than ever before, but using the internet can also have risks.

Children and young people are more at risk of exposure to inappropriate or criminal behaviour if they are unaware of the dangers.

These dangers can include:

- Viewing unsuitable content e.g. hate material, adult content and / or sites that endorse unhealthy behaviour
- Giving out personal information
- Arranging to meet an online 'friend'
- Becoming involved in, or the victim of, bullying, identity theft and / or making and sending indecent or illegal images
- Spending too much time online which can affect concentration, education, sleep and health
- Copying information from the internet which is unsuitable.

Top tips for safe e-Parenting

Consider 'parental controls' on devices that link to the internet

Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops.

Emphasise that not everyone is who they say they are

Make sure your child knows never to meet up with someone they only know online. People might not always be who they say they are.

Know what to do if something goes wrong

Just as in the offline world, you want to help your child when they need it. Therefore, it is important to know when and how to report any problem.

Let them teach you!

The people who know best what your children are up to online, are your children! Get them to tell you about the sites they're using. Ask them questions such as:

- Why do they like the site?
- What can they do on it?
- What's so fun about it?
- Who uses it at school?
- Who can you talk to?
- Who are their friends on it?

This is a good way to develop a trusting relationship with your child about what they are up to online.

Reach an agreement

A good way to set boundaries with your child about what they can and can't do online is to create an agreement with them. Here are some examples:

- Limits on the amount of time your child spends online, or playing computer games
- Having regular screen breaks—at least five minutes every 45-60 minutes
- Not sharing any pictures they wouldn't be happy to share with you
- Not giving out personal details, such as mobile phone number and address, to people they don't know and trust
- Coming to you if they are concerned. Or, if not, knowing where they can go for independent help and support.

Advice for Carers

Through your local council or fostering agency, you may feel equipped to deal with vulnerabilities your child faces as a 'looked after child' in the real world, but how confident are you with the online world?

It is important to learn the technologies they use, the positive aspects of being online, but also what can go wrong. As well as this there are specific risks looked after children may face online:

- Contact from birth parents or relatives
- Risk taking behaviour
- Bullying
- Security and safety