

## Where to get help

For advice and support on setting up parental controls, adjusting privacy settings, understanding social networks and more – call the O2 and NSPCC online safety helpline.

**0808 800 5002**



**OR**

You can anonymously and confidentially report

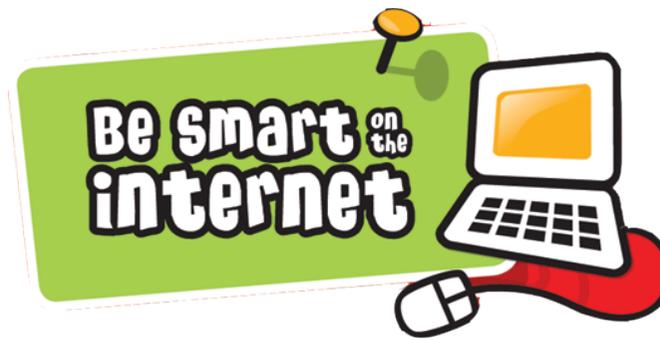
Child sexual abuse content

Criminally obscene adult content and

Non-pornographic child sexual abuse

images at:

**[www.iwf.org.uk](http://www.iwf.org.uk)**



**SAFE**—keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.



**MEETING**—meeting someone you have only been in touch with online can be dangerous. Only do so with your parents or carers permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.



**ACCEPTING**—accepting emails, messages or opening files, pictures or texts from people you don't know or trust can lead to problems—they contain viruses or nasty messages!



**RELIABLE**—someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.



**TELL**—tell your parent or carer or a trusted adult if someone makes you feel uncomfortable or worried, or if someone you know is being bullied online .



**ELMWOOD INFANT  
SCHOOL AND NURSERY**

# Safer Internet



## Information and Help

Article 17: Governments must help protect children from materials that could harm them

## How do children use the internet?

Research for projects

Playing games

Listening to music

Finding pictures for interest, projects etc.

Emailing family or friends (keeping in touch)

Looking at school websites

## Why is it important to stay safe online?

Most of us are 'connected' via our laptops, mobile phones, tablets or personal computer. The potential for the internet to be a valuable and a fun resource for entertainment, making friends, keeping in touch and learning is huge. But if you use the internet, you could be at risk of illegal activity or abuse - be it bullying, fraud or something more serious. Unlike seeing someone face to face, on the net, people aren't always what they first seem.

In the same way you learn about safety when you leave the house, it is important to learn how to stay safe online.



**THINK  
BEFORE  
YOU POST!**

[www.saferinternetday.org](http://www.saferinternetday.org)

## Where do I start?

Understand your child's internet use; use it together. Be positive and embrace the technologies that children can enjoy and look for family games/activities.

Active engagement and conversations with your child is key.

Explore the games and services that your child is using or wants to use and look out for any safety features that maybe available.

## Should I set rules?

In the same way you set rules for most areas of your child's life, establish your expectations regarding online activities. Remember what's right and wrong offline is also right and wrong online.

Creating a family agreement ([www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)) is a useful step.

## How can I supervise my child?

Placing your computer/laptop in a busy part of the house e.g. the living room or kitchen can be helpful. This can make it easier for you to be involved in their technology use.

For further information on portable devices such as tablets, game consoles and smartphones visit [www.saferinternet.org.uk/parent-tech](http://www.saferinternet.org.uk/parent-tech)

## How much time is too much time?

Ensure there is a balance so that technology does not negatively impact on other important areas of your child's life.

Agree time limits, use time limit tools or removing portable devices at night time.

## What advice can I give my child?

Education is the best tool a child can have; discuss with your child the importance of telling an adult immediately if someone or something upsets them online.

Make sure your child knows that they can come and talk to you (without necessarily getting into trouble) if they see anything that worries them on the internet.

Other immediate strategies to deal with unwanted content or contact include: switching the screen off, close the laptop, exit the website or turn the iPad or phone over and put it down.

Bookmarking sites or creating a 'favourites' list is a simple way to help your child find the content they want without having to search the internet for it.

## Things that can wrong



### Inappropriate contact:

from people who may wish to abuse, exploit or bully.

### Inappropriate content:

being able to access or being sexually explicit, racist, violent, extremist or other harmful material either through choice or error.

### Commercialism:

being the targets of aggressive advertising and marketing messages.

### Gaining access to your personal information:

stored on your computer or other devices and passing it on to others.