

Dear Parents/Carers

It is important that we keep our children safe when they are using the internet for learning and enjoyment. We can only be successful in keeping children safe online if we work together to ensure the children understand e-Safety message.

Children can accidentally or deliberately be exposed to unwanted or unpleasant content or comments online and there are steps you can take at home to minimise this risk.

### What can parents/carers do?

- **Talk about using the Internet**

Discuss as a family how the internet will be used in your house. We strongly advise children only using the internet when an adult is sharing the experience, meaning they are close by and seeing exactly what the children are experiencing on the screen.

Talk to your child and ask him/her to show or even teach you how they use the internet, learn which websites or tools they like to use and why. Learning together can often open opportunities to discuss safe behaviour with your child. Remember at School, when the children use the internet the sites have been pre-selected and are loaded through the use of shortcuts.

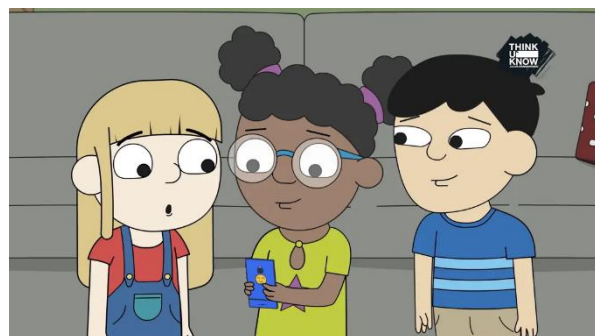
Make sure your child knows to tell an adult they trust if they see something online that makes them feel scared, worried or uncomfortable. It's essential to be realistic - banning the internet or technology will not work and it often makes a child less likely to report a problem. Education around safe use is essential.

There are lots of good resources and videos to be shared as a family available from:  
<https://www.thinkuknow.co.uk/parents/jessie-and-friends>

- **Location**

Locate your computer in a supervised family area. Always supervise the use of webcams and applications which allow voice or video chat. Consider your child's use of other devices that allow internet access such as Mobile Phones, Games Consoles, Kindles, iPod etc.

**We would strongly recommend that you do not allow your child to have internet enabled devices in their bedrooms until they reach an age and maturity to keep themselves safe.**



- **Online Safety**

Install antivirus software, secure your internet connection and use Parental Control functions on your home broadband for computers, mobile phones and games consoles to block unsuitable content. A useful website to show you how to do all of this is <https://www.internetmatters.org/>

Remember that parental control tools are not always 100% effective and sometimes unsuitable content can get past them, so don't rely on them alone to protect your child.

**There has been an increase on online scams and fake news referring to the Coronavirus, so make sure you take advice from reliable sources such as NHS, GOV.UK, Local Authority, BBC etc.**

- **Personal Safety**

Consider what should be kept private online (personal information, photos etc.) and decide rules for making and meeting online friends. Make sure you know what your child is doing online much like you would offline. Only allow them to play online games that are age appropriate. **Check the PEGI rating of the game. Remember the average age of an online gamer is 38 years old, there are far more adults playing these games than children, so we need to be vigilant.**

- **Handheld Devices**

Remember that Children are accessing the internet via their phones, tablets, iPods, Kindles, X boxes, Nintendo's, PlayStation etc. Without parental controls on these devices, children can access whatever they want on the internet. Visit <https://www.internetmatters.org/> to show how to set parental controls on a variety of handheld devices and gaming machines.

Websites for more information:

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – Visit the "Parent/Carer" Section and use the "Click CEOP" button to seek advice and report online abuse

[www.childnet.com](http://www.childnet.com) – Visit the 'Know It All' Section for an interactive guide about online safety

[www.getsafeonline.org](http://www.getsafeonline.org) – Free up-to-date Security advice

[www.parentinfo.org](http://www.parentinfo.org) - Supported by CEOP

[www.bbc.co.uk/onlinesafety](http://www.bbc.co.uk/onlinesafety)

[www.cybermentors.org.uk](http://www.cybermentors.org.uk) – Online support for children

[www.childline.org.uk](http://www.childline.org.uk) – Online support for children

<https://www.internetmatters.org/> - Explains how to set up parental controls on most devices and game consoles.

<https://www.common sense media.org/> - Bit like TripAdvisor for the Internet. Find out about Apps and Games and age restrictions.



We hope you find this information helpful in supporting your children to stay safe online.