e-Safety Handout for Parents

What is e-Safety?

– Using the internet and other devices, including mobile phones and gaming consoles in a safe, responsible way
– Helps children know about the risks and benefits so they can feel confident online
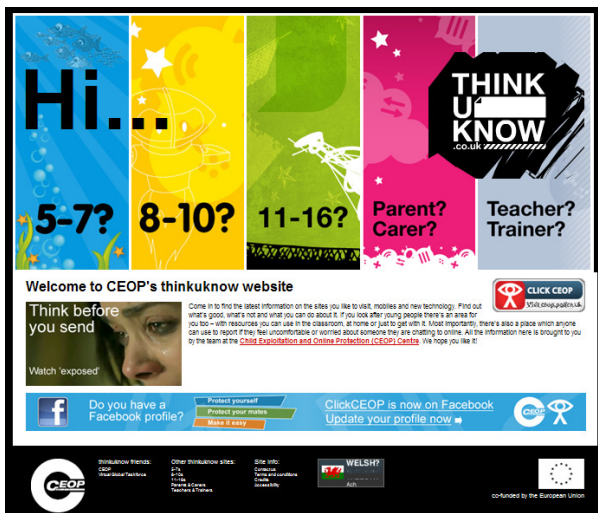
Top Tips for Parents!

Things to watch out for:

Here are some common signs of grooming that you should be aware of. It doesn't mean that your child is being groomed, but signs to look out for if you're worried.

– Excessive use of the computer
– Aggressive behaviour regarding internet usage
– Secretive behaviour
– Change in use of sexual language

Our advice to parents:

– Know what your children are doing online
– Ask them to teach you to use any applications
– Keep the computer in a family room - this means you can keep more control of what they do (i.e. Webcams)
– Help your children to understand that they should never give out personal details to online friends - personal information includes; their messenger id, email address, mobile number and any pictures of themselves
– If your child receives spam / junk email & texts, remind them never to believe them, reply to them or use them. It's not a good idea for your child to open files that are from people they don't know
– If your child publishes a picture or video online, anyone can change it or share it. Remind them that anyone may be looking at their images and one day a future employer could!
– Help your child to understand that some people lie online and therefore it's better to keep online mates online. They should never meet up with any strangers without an adult they trust
– **Always keep communication open for a child to know that it's never too late to tell someone if something makes them feel uncomfortable**
– Teach young people how to block someone online and how to report them if they feel uncomfortable

For more information . . .

www.thinkuknow.co.uk

– Information, advice and guidance for children and adults
  - 🖰 **How to have fun**
  - 🖰 **How to stay in control**
  - 🖰 **How to report**
– Save the site to your favourites and have a look with your children

CEOP Newsletter and Videos

– Sign up to monthly email updates!

– Will provide you with information on new and emerging technologies and tips to keep your family safe whilst online!

– Visit www.youtube.com/ceop to view CEOP's Educational Awareness films

Cyber Bullying

– "Bullying which is carried out through an internet service such as email, chat room, discussion group or instant messaging or text messaging"

– Support for schools, young people and parents can be found at: www.cybermentors.org

Contacts

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