

Controls are not a single solution to staying safe online; talking to your children and encouraging responsible behaviour is critical. However, controls are a vital first step to helping to protect your child online, and here seven simple things you can do to use them effectively:

- 1 Set up home broadband parental controls and make use of controls on your home broadband.
- 2 Set controls on your search engine; encourage your child to always use child-friendly search engines, and activate and lock the safe search settings on the browsers and platforms they use.
- 3 Make sure every device is protected. Controls should be installed on every device your child uses, such as their mobile phone, tablet and games consoles (both home and handheld).
- 4 Use privacy settings. Activate the safety measures offered by different sites; social networking sites like Facebook have privacy settings that will help prevent your child seeing unsuitable advertising or sharing too much with other people.
- 5 Block pop-ups. If you're worried about your children accessing inappropriate content though accidentally clicking on adverts in pop-ups, follow the advice from BBC Webwise on how to stop these.
- 6 Find good sites and agree on them as a family. By talking to your child about their interests you can help them find suitable sites to visit and apps to use. Review these sites as they get older.
- 7 Manage their use and access. Children may be very worried that your response to a problem will be to take away their internet access. Whilst this may be an appropriate response in some cases, the threat may be a barrier for a child who needs help. Be aware of this when talking to them about their internet use, and reassure them that they can talk to you or a trusted adult whenever they need to.

### More information:

GST School Child Protection and Safeguarding Policy

Child Exploitation & Online Protection Centre  
<http://www.ceop.police.uk>

Think U Know website  
<http://www.thinkuknow.co.uk>

Think U Know video clips  
[www.youtube.com/user/ceop](http://www.youtube.com/user/ceop)

BBC Online Safety  
<http://www.bbc.co.uk/online/safety>

Kidsmart  
<http://www.kidsmart.org.uk>

Childline  
<http://www.childline.org.uk>

Internet Watch Foundation  
<http://www.iwf.org.uk>

**Be Kind, Be Respectful, Be Persistent and Give 100%**



## A Guide to Online Safety for Parents and Carers

At The Weald (CE) Primary School we  
make tomorrow possible.

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**Guildford**   
THE CHURCH OF ENGLAND

## Social Networking... start by talking it over:

If your child is using social networking sites or chat systems:

- Encourage them to use an anonymous nickname.
- Remind them not to post anything that will identify them, their location, school or other personal details.
- Ask them if they have made their online profile private, so that only their friends can see it.
- Encourage them to use their school email account at home because it's carefully monitored.

It is not easy talking to a young person about their social networking online or offline. Young people often think of these sites as their private domain, in much the same way as they would a personal diary and address book.

However because of the public nature of this environment and because young people have been hurt by inappropriate behaviour in these spaces, it is important that they understand the risks and are able to safeguard themselves with the help and support of others.

A good place to start a discussion on Social Networking is with the Smart Rules:

**SAFE** Keep safe by being careful not to give out your personal information to people online.

**MEETING** Meeting someone you have only been in touch with online can be dangerous. Take a trusted adult & meet in a public place.

**ACCEPTING** Accepting emails or opening files, pictures or texts from people you don't know can lead to problems like viruses.

**RELIABLE** Remember that people online may not be who they say they are, so online friends are really

**TELL** Tell your parent or carer if someone or something makes you feel uncomfortable.

## Remember the 5 Ps of using social networking sites

**1. POSITIVE:** Stay positive about social networking sites – try to strike a balance between educating children and young people to behave safely and trusting them to get on with it.

**2. PRIVACY:** Make sure that children know how to protect themselves on social networking sites through the tools provided. It's important to discuss the value of privacy with children. Encourage your child to keep their passwords private and work with them to check the privacy settings on their account which limit how much of their information can be seen by others.

**3. PHOTOS:** It's natural that children will want to include a photo on their site or profile, but help them think about the implications of posting photos and what is suitable. It is important to think about the type of picture and the kind of attention it might attract.

**4. POSTINGS:** The ability to interact with this media and comment on other people's sites is part of what makes these sites so attractive. However, make sure you help your child to think before they post. Set some ground rules about what is and isn't OK to say in a blog or profile. This relates to what the child says about others as much as about themselves.

**5. POLICE:** It's really important that you encourage your child to tell you about inappropriate or illegal activity they may come across. If you suspect your child is being groomed by someone with a sexual interest in children, it's vital that you help them keep a copy of the offending images or messages and report them to the police via the Child Exploitation and Online Protection Centre website [www.ceop.gov.uk/reportabuse](http://www.ceop.gov.uk/reportabuse).

## Keep your home computer safe too:

Whilst we are all working towards keeping children safe it's important not to overlook your own computer.

If you want to keep costs down, try installing the free Microsoft Security Essentials from [www.microsoft.com/security/essentials](http://www.microsoft.com/security/essentials). This promises to keep your computer free from viruses, malware and other threats. With Family Safety 2011 for Windows 7 you can limit searches, monitor, block or allow websites, and decide who your children can communicate with: <http://download.live.com/familysafety>. Also try the AOL Safety Toolbar at <http://safetytoolbar.aol.com>. For younger children, install the Hector's World safety button from the age 5-7 Goodies section of [www.thinkuknow.com](http://www.thinkuknow.com). Hector swims quietly in the corner of the screen and if your child finds something that upsets them Hector will cover the screen when he's clicked until you can step in to work out what's happened.

### Help your child to recognise the danger of people who:

- Email nasty messages & pics (don't respond, but keep evidence)
- Try different ways to obtain their address or telephone number
- Ask them to send pictures or use a webcam in a way that makes them uncomfortable
- Wants them to keep chat sessions, texts, emails or other information secret
- Tells them that they will get into trouble if they tell somebody else about what's been going on
- Using a webcam in a location like a bedroom also increases the speed at which grooming process begins.