

Internet Safety

There is a wealth of information and guidance on the internet regarding online safety. To get up to date advice about staying safe online these websites are excellent.

www.thinkuknow.co.uk/

Visit this website to find the latest information on sites your children like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it. There is also a place which anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online. All the information here is brought to you by the team at the Child Exploitation and Online Protection (CEOP) Centre.

www.thinkuknow.co.uk/parents/parentsguide/

This video is a light hearted and realistic look at what it takes to be a better online parent. It covers topics such as, talking to your child about the technologies they use and the things they might see, such as pornography. With interviews from leading experts as well as key industry players from Facebook, Club Penguin and Moshi Monsters, this online guide aims to equip you with the tools to have those tricky conversations with your children and keep your family safe online.

www.thinkuknow.co.uk/parents/Primary/ and <https://www.thinkuknow.co.uk/parents/Secondary/>

This site aims to make online parenting simple with practical tips and simple guidance for us all in a world where the internet has changed all of our lives, particularly our children's.

For parents and carers this opens up a whole new world of things to be aware of. For many of us, this can all be a bit too much. You might be struggling to keep up with the things your child is doing online, you might wonder whether what they are doing is safe, and you might also be thinking how can I be as good a parent online as I am offline?

Here are two more useful websites that will help inform adults about how to keep children safe when using mobile phones, and the internet:

<http://www.whoishostingthis.com/resources/e-safety/> http://www.bbc.co.uk/bitesize/ks3/ict/history_impact_ict/esafety/activity/

Take a look at these top ten tips for parents from (ISC)2 Foundation which aims to make the cyber world a safer place for everyone. www.isc2cares.org/uploadedFiles/wwwisc2caresorg/Content/top-ten-tips.pdf

Bedfordshire Police

Bedfordshire Police support schools to educate students and parents about keeping safe online. Richard Denton, the Children and Young People Development Officer for Bedfordshire Police said: "The Internet is a fantastic tool and the majority of the time it is a beneficial, fun and educational resource. We are just asking everyone to apply common sense and a few simple safety measures. Think about who you are talking to, the information you share and how you can maintain your privacy."

Follow Bedfordshire Police top 10 Internet safety tips:

1. Look at installing security products that will allow you to block certain websites, implement time limits and monitor activity.
2. Explain to children that they should never give out personal details to online friends they do not know offline.
3. Explain to your children what information is personal: i.e. email address, mobile number, school name, sports club. Small pieces of information can easily be pieced together to form a comprehensive insight into their lives and daily activities.
4. Make your children aware that they need to think carefully about the information and pictures they post on their profiles. Inform them that once published online, anyone can change or share these images of them.
5. It can be easy to forget that the internet is not a private space, and as a result young people sometimes engage in risky behaviour online. Advise your children not to post any pictures, videos or information on their profiles, or in chat rooms, that they would not want a parent or carer to see.
6. If your child receives spam or junk email and texts, remind them never to believe their contents, reply, or use them.
7. Never open files that are from people they don't know. They won't know what they contain—it could be a virus, or worse – an inappropriate image or film.
8. Help your child to understand that some people lie online and that therefore it's better to keep online mates online. They should never meet up with any strangers.
9. Always keep communication open for a child to know that it's never too late to tell someone if something makes them feel uncomfortable.
10. If you have information relating to online crime or are concerned about any content or activity on your child's internet and social networking sites then please contact Bedfordshire Police in confidence on the non emergency number 101 or text information to 07786 200011.

Alternatively contact independent charity Crimestoppers, anonymously, on 0800 555 111, or online at www.crimestoppers-uk.org