

# Making Sure Children and Young People are Safe Online

## (Guidance for Parents and Carers)



### Parents and carers need to Get Involved!!

- What devices/apps are they using, do they allow online interaction?
- Be aware of what young people are doing online.
- Be 'friends' with your children on Facebook and other social networking sites.
- Talk to them and ask what they are doing.
- Use the parental controls on the operating system.
- Speak to your internet service provider about how you can filter internet access

### What we should teach children and young people:

- Set privacy settings and guard your information: Address; phone numbers; school; city or town; parent's workplace; passwords.
- Guard your information: Technology can share information without knowledge; for example, turn off synchronisation on Android devices, turn off location services and switch on when required.
- Limit time online: Log off and play; take time for family and proper face-to-face time with friends.
- Friend or foe? Never schedule offline meetings with 'online only' friends; tell parents if anyone tries to meet you offline; not everyone is who they say they are.
- Communicate: Talk about it if someone has upset you; stay away from 'adult only' sections of the internet; tell your parents about anything that makes you uncomfortable; do not believe everything you see - just because it is on the internet doesn't mean it is true.
- Safety with webcams: Never do random chat (sites like Chatroulette); only chat with family and friends; never do anything on the webcam you wouldn't want up on the screen; think before uploading video responses.
- Time and place: Carefully consider whether to use geolocation (showing people exactly where you are) on social networks or games. Ask parents' permission before using it; do not use the internet for personal purposes at school or any place you visit regularly; check your privacy settings.
- Be 'scam smart': Don't open strange emails; beware of 'free' downloads that could hide viruses or spyware.
- Don't be a 'pirate' (eg access music, videos or films illegally); don't use peer-to-peer file sharing as it leaves you open to viruses, spyware and identity theft.
- Teamwork: Help your parents to protect you; help each other; communicate; cooperate; know when to log off.

### On online bullying specifically, what should we teach children?

- Don't respond.
- Don't retaliate.
- Talk to a trusted adult.
- Save the evidence.
- Block the bully.
- Be polite.
- Don't be a bully.
- Be a friend not a bystander.

## What should adults do?

- Listen and take the child seriously.
- Make sure the child is safe and feels safe.
- Don't overreact and don't take action in haste that you might later regret
- Encourage the child not to retaliate.
- Gather the facts and save the evidence.
- Get the child to help solve the problem.
- Teach self-esteem and resilience.
- Talk to the child's school if there are links with the bullying.
- Encourage the child to reach out to friends.
- If you have serious concerns, speak to the school or even the police

For more information and guidance on online safety, please go to the school's website.

If you have any concerns regarding online safety, please contact the school.