

## Helping your child with e-safety

Children learn through exploration and natural curiosity and it is part of our job as parents and carers to encourage that. However, as our children grow up, we have to take different steps to ensure their safety. Depending on the age that your children are now, they may already be familiar with using certain trusted websites or – if they're older – using social networking sites. By the time they are older still, they will probably already be 'online experts' who know their way around the internet, apps, games, downloading and social networking with ease. *They may know more about these things than you do.* But they almost certainly don't have the life-experience and wisdom to handle all of the situations they encounter. This is why we need to keep our children safe when they're online.

### Children say...

"I don't send a message that I would not say face to face to someone. If I get a message that upsets me, I don't reply, I don't delete it and I show my mum."

A Year 6 pupil

"I like watching how to make loom band bracelets on YouTube with my mum."

A Year 3 pupil

"My mum says you wouldn't go up to a complete stranger and start a conversation? So don't talk to strangers online."

A Year 6 pupil

"I use a cartoon character as my picture and a nickname on instant messaging services."

A Year 4 pupil.

"I wouldn't post a picture of my friends online without asking them first."

A Year 6 pupil

"If somebody asks me to do something or makes me feel uncomfortable I tell a teacher or my parents."

A Year 6 pupil

"I like printing off colouring pages on CBeebies with my brother."

A Year 1 pupil

### Parents and Carers say...

"My son knows that using the computer for anything except schoolwork is a privilege not a right."

Mum of 1

"I ask to see my son's mobile phone periodically. I look to see what apps are installed, take a mental inventory, and if I'm not familiar with the app, I go online and have a look. That way I know at least the types of social media services my child is using."

Dad of 2

"We keep all the equipment that connects to the internet in a family space. So we can see the sites my sons are using and be there for them if they stumble across something they don't want to see."

Dad of 2

"Parental controls and filters help me set appropriate boundaries as my daughter grows and develops."

Mum of 3

"I speak with my daughter regularly about which sites she is using, I ask what she likes about them and who else uses them?"

Mum of 1

### Teachers say...

"Encourage your child to go online and explore! There is a wealth of age-appropriate sites online for your children. Encourage them to use sites which are fun, educational and that will help them to develop online skills."

"They might still be using the computer with you, so use this to highlight the fact that the online world parallels the real world and that there are both safe and unsafe things out there. Discuss the things that are there to protect us, such as Internet security protection, passwords, etc."

"It is good to have Internet rules. These rules should define whether your children can use social networking sites and how they can use them."

"It might not be enough to simply tell your child not to talk to strangers, because your child might not consider someone who they've 'met' online to be a stranger."

"Ensure your kids follow age limits. The recommended age to sign up for social websites is usually 13 and over. You cannot rely on the services themselves to keep your underage child from signing up."