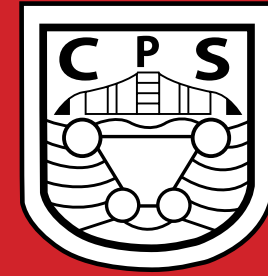


Getting extra support –

- ❖ Most websites have a link to follow to report inappropriate materials, if not, these can be found on Net Aware.
- ❖ If you think your own child or any other is at immediate risk because of what they have shared or seen, contact the police or the NSPCC for advice on 0808 800 5000.
- ❖ CEOP helps keep children safe from online grooming and sexual exploitation. If someone's acted inappropriately to a child or young person, you can report it to CEOP.



- ✓ Call the O2 and NSPCC online safety helpline on 0808 800 5002. For advice and support on setting up parental controls, adjusting privacy settings, understanding social networks and more.
- ✓ Think before you share your child's photographs - they might object as it's embarrassing. Photographs may show their school uniform and name, which makes identification easier.
- ✓ Think about whether it's OK for your child to see what you've been viewing. Clear browser histories and cookies, to avoid your child seeing unsuitable content – some news sites carry stories that may cause upset to children.
- ✓ Childline can also help with taking an illegal image off the internet, by making a report to the Internet Watch Foundation (IWF).



Caerlaverock Primary School

Let's keep our children safe online

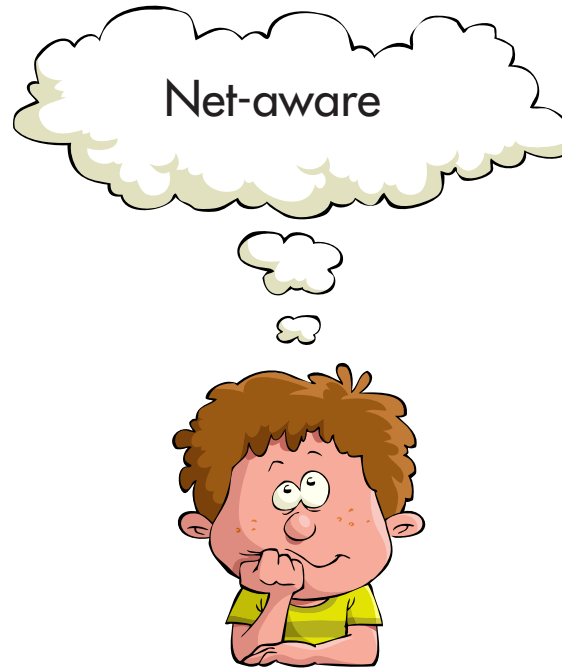


The most effective thing you can do is **talk to your child.**



Things to consider

- ✓ Choose usernames that don't reveal too much personal information
- ✓ Talk about what is personal information
- ✓ Use avatars (images) rather than a photograph
- ✓ Keep reinforcing that not everyone is who they say they are online
- ✓ Online friends are not necessarily real friends that can be trusted
- ✓ Once something is online, it's out of your control
- ✓ Agree some ground rules
- ✓ Which sites/apps can they use?
- ✓ When and where they are allowed/not allowed to access the internet ...in their bedrooms?...during meal times?
- ✓ Regularly review all the rules you have set
- ✓ Talk about privacy settings – who can see personal information? ...photographs?



How can I find out about age limits and new apps/websites?

Net-aware (app and website) is a guide to social networks to keep your child safe in today's digital world – read reviews of the latest sites/apps, find out the age limits ... explore and understand online life as your child knows it.

If you have a question about parental controls or concern about a social network your child uses, expert advisors on a free helpline are there to help - [0808 8005002](tel:08088005002) or visit an O2 Guru (in any O2 shop –you don't have to be an O2 customer).

If things go wrong....



What can you do?

- ✓ Provide reassurance - your child will be upset, and may not fully understand the implications.
- ✓ Calmly, get the details - who was involved? What happened? When did this happen?
- ✓ Encourage your child to tell you if they have seen something concerning online - it may not be their fault.