Further Information and Help

Most websites have a link to follow to report inappropriate behaviour and materials, if not, these can be found on Net Aware.

If you think your child or any other is at immediate risk because of what they have seen or shared, please contact the police or the NSPCC for advice on 0808 800 5000.

CEOP Helps children keep safe from online grooming and exploitation . If someone has acted inappropriately to a young person or child you can report it to CEOP.
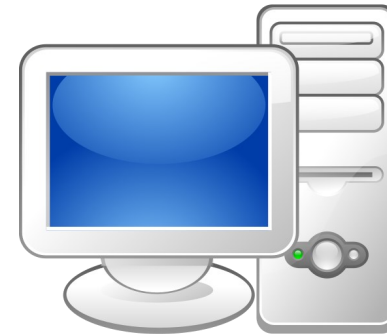
www.nationalonlinesafety.com

www.childnet.com

www.nspcc.org.uk or call 0808 800 500

www.ceop.police.uk/safety-centre

https://www.internetmatters.org/parental-controls/

Collin Primary
Keeping our Children Safe Online

Respect, Responsibility, Honesty and Fairness

Kids Zone—Common Topics

Cyberbullying

Cyberbullying is bullying behaviour that takes place online or using technology. It can happen in many different ways, but for an action to be considered cyberbullying it needs to have been done deliberately to target or upset the victim. A one-off argument between two friends is not cyberbullying, but repeated name-calling, exclusion or other unkind messages could be. Bullying in any form, online or offline, is never okay.

Personal Information

Personal information is all of those details about your life which should be kept private. They are details which could give away information about who you are or which could put you at risk if shared with a stranger. You must **never** give out another persons information even to friends.

Usernames and passwords

- Don't include any personal information in your username. For example your name, age or school. Instead go for a nickname or another fun choice which doesn't include clues about who you are.
- Don't go for an easy password. Things like 12345, Password123 or a password made out of your personal information are easier to guess and mean your account won't be as secure!
- Treat your password like your toothbrush. It's just for you to know and use, and definitely don't share it with friends –   even if you trust them.

Other Players

Playing games with your online friends can be great fun, but sometimes they can do and say things which aren't so nice. Here are our top tips for playing online games with other players:

⇒ If you're playing with people you don't know offline, remember not to share any personal information or details about yourself. (e.g. where you go to school, where you live or your passwords)

⇒ If anyone says or does anything which is worrying or upsetting you, speak to an adult you trust for help and support.

⇒ Make sure you know how to report and block other players, so if they break the rules or are participating in griefing or bullying you know how to stop them.

Some Top Tips for Parents

- **Discuss how using technology makes us feel** - As a family discuss how using technology and going online can make you feel. Discuss how you know you have been online for too long, considering physical, emotional and device-level factors, e.g. headaches, feeling grumpy, device battery is now low.

- **Give technology a purpose** - It is important that we use technology for a purpose rather than unconscientiously engaging with it which may lead to extended use. A good example of this would be using a tablet to find a recipe online and then putting it down to cook instead of looking for a recipe and ending up scrolling through endless pages online.

- **Establish boundaries** - Why not try using our family agreement (available from the office) to create a set of rules or boundaries to help keep your whole family safe online. At this age children can contribute their own ideas for safe use of technology and may respond more positively to rules which have been created in partnership with them.

- **Use parental controls -** Make use of the controls available to ensure that the internet is a safer space for your child to explore. You can set up parental controls on devices, on your home internet connection and even on a mobile phone network. Visit Internet Matters for more detailed information per service, app and device. Remember that parental controls should form part of a wider approach to keep children safe online and not be a used as a replacement for discussion and involvement.

- **Be supportive** - It's important that children know who they can turn to for support and that they feel listened to and supported if anything ever does worry or upset them online. Make sure children know who all the trusted adults are that they can ask for help, whether it's at home or at school.

- **Stay informed** - It's important that you know what to do or where to go to find out if ever your child does need help with something that is worrying or upsetting them online.

More information can be found on the web addresses on the back of this leaflet.