

Internet Safety



Click Clever. Click Safe.

Internet safety guidelines for children to follow and learn.

The internet is amazing when used safely and correctly.



Here are some simple rules that will help you make sure it stays amazing so that it plays a healthy part of your life.

Social Networks

Do you use any of these and did you know the age restrictions?



Age Restrictions for Social Media Platforms

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Tik Tok



13

LinkedIn



14

WhatsApp



16



18

Youtube
Keek
Foursquare
WeChat
Kik
Flickr
Tinder

(13 with parents' permission)

Social Networks for Under 13s

Have you heard of any of these social networks?
They have been designed with extra safety for under 13s.

Kudos

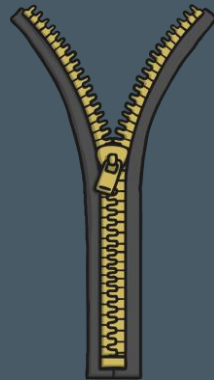
Playkids Talk

Chatfoss

CBBC App

Zip It

Really think twice about everything that you say online.
Don't give away your real name, address or even
which school you go to or which clubs you are in.



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Block It

- If something looks odd, it probably is!
- Block and delete emails from anyone you don't know.
- Do not open any attachments from people you don't know as it could be a nasty virus!
- If anyone sends you a nasty email or message, don't get into a discussion, just block them and then tell an adult.
- This applies to all devices that use the Internet, e.g. Games consoles (Xbox or PlayStation) and tablets (iPad).



Flag It

Flag up anything that is not right.

This means tell someone you trust – they might be able to help get something done about it.

These things might include:

- Cyberbullying
- Someone asking to meet you in real life
- Anything that upsets or worries you
- Anything you think might be illegal



Cyber Bullying

Cyberbullying is no different to bullying in real life. You don't need to put up with it!

- If someone says something that upsets you, tell someone you trust about it, such as a teacher or parent and block the bully.
- Remember that typing something nasty in a message to someone is just as upsetting as saying it to their face. Think before you send!
- Keep evidence to show your trusted adult. You might even need to do a screenshot.

Meeting People Offline

- Never meet anyone from the Internet without an adult with you as this is very dangerous!
- Remember, people may not be who they say they are... anyone can upload a photo of someone else and call themselves by a different name with a made-up profile of their age and interests.
- Talk to a trusted adult about it if anyone has asked you to meet them in real life.



Parent Chat

15 years of statistics – increase childhood mental illness

1 in 5 children have mental health problems. Equivalent of 80 pupils in our school

43% increase in ADHD

37% increase in adolescent depression

200% increase in the suicide rate in children aged 10 - 14

Parent Chat

- Emotionally available parents/carers
- Clearly defined limits
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general but especially outdoors.
- Creative play, social interaction, unstructured opportunities and boredom spaces

Bishopmill Facts

Asking permission for the internet – 39%

Access to own device – 68%

Access in bedroom – 57%

Daily time on the internet

0-1 hr 25%

1-3 hrs 20%

3-5 hrs 19%

5+ hrs 10%

