



Protect yourself

Protect your mates

Make it easy



## ☐ e-safety message for parents and carers

Please visit these sites and tick them off when you have look, they are all designed to help.

Visit this site to see	website	Tick
Report abuse	<a href="http://ceop.police.uk/">http://ceop.police.uk/</a>	
See latest information on the sites you like to visit, mobiles and new technology	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>	
See a non-profit organisation working with others to help make the internet a great and safe place for children	<a href="http://www.childnet.com/">http://www.childnet.com/</a>	
A wide range of resource	<a href="http://www.childnet.com/resources">http://www.childnet.com/resources</a>	
A digital footprint check	<a href="http://www.childnet.com/ufiles/Online%20Reputation%20Checklist.pdf">http://www.childnet.com/ufiles/Online%20Reputation%20Checklist.pdf</a>	
The UK Hotline for reporting criminal online content	<a href="http://www.iwf.org.uk">www.iwf.org.uk</a>	
A Checklist for Facebook, a must for all	<a href="http://www.saferinternet.org.uk/ufiles/Facebook-checklist-Aug2013.pdf">http://www.saferinternet.org.uk/ufiles/Facebook-checklist-Aug2013.pdf</a>	
A help guide for Ask.fm	<a href="http://www.saferinternet.org.uk/ufiles/ASK.FM-fact-sheet.pdf">http://www.saferinternet.org.uk/ufiles/ASK.FM-fact-sheet.pdf</a>	
Top tips for parents	<a href="https://www.parentport.org.uk/top-tips-for-parents/">https://www.parentport.org.uk/top-tips-for-parents/</a>	
The Pan-European Game Information (PEGI) age rating system helping parents make informed decisions on buying computer games	<a href="http://www.pegi.info">www.pegi.info</a>	
Online bullying is a form of bullying but because it happens on the internet it can happen 24/7	<a href="http://www.childline.org.uk/Explore/Bullying/Pages/online-bullying.aspx">http://www.childline.org.uk/Explore/Bullying/Pages/online-bullying.aspx</a>	

Dear Parents and Carers,

Please take time to read this **e-safety message**, it aims to provide food for thought and discussion within your family and amongst your friends. There are many issues that are reported by the media on a daily basis that are a cause for concern. These risks are caused by behaviour of the user of the technology and this is where parents and carers can influence and guide their children. The most important thing for parents and carers to do, is talk to their children and young people about their use of the internet and technology, including mobile phones, ipads, other mobile devices and online gaming. Make sure your children know that they can come to you for help, if anything worries them online. Helping children by discussing how to use the internet safely is vital, focussing on treating other people kindly is essential.

Parents often worry that their knowledge of computers is less than their daughter or son, the knowledge of the technology is not the most important thing, it is respectful behaviour to others and responding to risks without harm.



Tell your Mum or Dad if you see something online that upsets you, or if someone makes you feel unhappy. You can also talk to a trusted adult like a teacher: they can help.



Hide your password. Only ever share it with your parents – never with your friends. Someone else could go online pretending to be you and do something that could get you into trouble.



Interesting websites can be fun. Check with Mum or Dad if a site is okay to use before you visit. Sometimes they can set up a good list of sites just for you.



Be Nice to people you talk to on the internet or phone. Name calling or being mean is not cool. Look out for yourself and for others.



Keep your special personal information safe. Never give your real name, address or phone number to anyone you don't know in the real world. Use a nickname in chat rooms or when you play games on the computer.

