



For further advice please visit

<https://www.thinkuknow.co.uk/parents/>

<http://www.kidsmart.org.uk/>

<http://www.bbc.co.uk/cbbc/curations/stay-safe>

<http://www.saferinternet.org.uk/>

For information on

☑ Socialising

☑ Talking to people

☑ Searching

☑ Sharing

☑ Using a Mobile Phone

Please pick up one of our leaflets

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Parents Guide



**What is my child
doing online !**

Online Risks

Online Risks

As with the real world, there are risks online and it's important that you teach your child how to navigate them.

Cyberbullying

Cyberbullying is when someone uses the internet or technology to bully someone else.

Because we use the internet and technology everywhere, this type of bullying can affect young people not just at school, but at home as well. It can sometimes be hard to identify who the bully is because they can block their number, email, or post things on websites anonymously. The nature of this bullying means it can have a large audience, many of whom may not even realise they are being bullied. This kind of bullying can be evidenced. With bullying before this technology, it could be one person's word against another's, but with cyber-bullying you can save texts or print out emails / IM's / Webpages. This can be used as proof to catch the bully.

If your child has been cyber bullied, make sure that they:

- ☑ Do not respond to the bully.
- ☑ Block contact with the bully.
- ☑ Save relevant communication, such as texts, emails or webpages.

Report the incident either to the website or service provider, your child's school or, if it is persistent harassment, to the police.

Grooming

You've probably heard of the term 'grooming' before. In essence, this is a process used by people with a sexual interest in children to attempt to engage them in sexual acts either over the internet or in person.

Sadly, these people do attempt to make contact with children over the internet. This may be in social networking sites, chat rooms or games. They could be pretending to be someone else, or showing an interest in them.

It is important that children understand that people like this exist and that they should never do anything online or offline that they are uncomfortable with.

Grooming is a process of manipulating a child to gain control over them; as a parent or carer you should be approachable so that if your child is concerned about something, they know they can talk to you.

If you are concerned about someone's behaviour towards your child, you can report this directly to CEOP.

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Inappropriate websites

The internet is open for anyone to post material on it; therefore sometimes your child may see things that they wish they hadn't, or are inappropriate for their age.

Parental controls can help reduce the risk of your child seeing age inappropriate sites. However, no parental filters are 100% effective and inappropriate material can always slip through the net.

You should encourage your child to tell you if they have seen anything that makes them feel uncomfortable or upset so that you can help them.

If you think the content might be illegal, like sexual images of children and young people, you can report it directly to an organisation called the Internet Watch Foundation: www.iwf.org.uk. It's their job to make sure that things like this are taken off the inter-net.

Losing control over pictures and videos

Pictures and videos can be copied, shared and spread at great speed. What may have started as being posted for a few friends can very quickly end up in the hands of someone else include:

- ☑ **Bullying** – young people can be bullied by others about the content of pictures.
- ☑ **Distress** – knowing that other people they do not know are looking at personal pictures can be very upsetting.
- ☑ **Blackmail** – if the images end up in the hands of someone with bad intentions, they may be used to attempt to manipulate the child.
- ☑ **Reputation** – once something is online it is very difficult to remove. Images can become part of a young person's 'digital footprint' and potentially affect them in the long-term, such as if someone searches their name as part of a job interview.

Online reputation

Young people are growing up online and may be posting information which in the past would have been written in their secret diary. These thoughts, opinions and activities provide a window to their lives at a time where jobs and responsibility might be far from their minds.

The internet provides permanent records of these high and lows which, if not controlled carefully, may be accessible to future employers, universities or friends.

Young people should think about what they share, where they share it and who they share it with – what seems funny now, may not do in the future.

Visit www.getsafeonline.org for further information