Online Safety – Information for Parents and Carers

Supporting Parents and Carers Online Leaflet

Childnet International have produced a leaflet for parents and carers explaining the key risks facing young people online, along with a checklist for parents and carers to complete to improve online safety inside and outside of the home. The leaflet is available in a range of different languages and can be accessed via the following link:

http://www.childnet.com/resources/supporting-young-people-online

Other Relevant Websites

There are a number of other websites providing a wealth of information and advice relating to online safety. These include a number of checklists which provide step-by-step guides on how to improve privacy across a range of social media platforms, including Twitter, Facebook, Snapchat and Instagram. A summary of these websites can be found by accessing the following link:

http://www.childnet.com/ufiles/parents-factsheet-11-16.pdf

Internet Matters

The Internet Matters website provides parents and carers with advice and guidance in relation to a range of risks facing children and young people online, including online bullying, sexting, grooming and many more. The website also provides a simple tool which can help you to implement parental controls and filters. Advice is e-mailed to you directly and tailored to your own circumstances, based on your internet service provider, mobile phone operator, the devices you own and the websites and online platforms that you and your children use. The tool can be accessed by visiting www.internetmatters.org and following the instructions below:
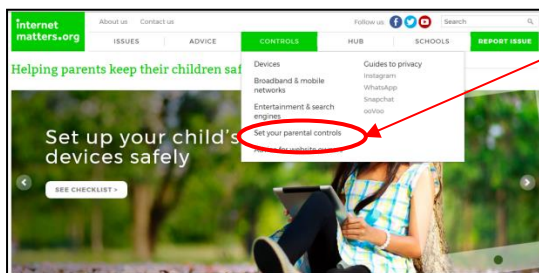
Step 1

Step 2

Responding to Online Bullying

If your child informs you that they have been bullied online, it is important to respond calmly and constructively. Consider using the prompt below to help you respond appropriately and source the most appropriate support for your children. Remember, it is important that your child feels involved when considering how best to respond to incidents of online bullying.

Online Bullying - P.L.E.A.S.E Think

- **Praise** your child for telling you and reassure them
- **Listen** carefully to what they have to say
- **Empower** your child to feel in control of the situation
  - Block the bully
  - Save the evidence
- **Agree** on a plan of action (consider school)
- **Support** and Signpost
- **Evaluate** your response

HELP!

O2/NSPCC Online Safety Hotline

The NSPCC have teamed up with O2 to provide an Online Safety Hotline for parents and carers. If you have any questions regarding online safety, including questions relating to setting up filters and parental controls or advice in relation to how to deal with an online safety incident, you can contact the hotline via the number below.

O2 and NSPCC online safety helpline
0808 800 5002

O2 ☺ NSPCC
Let's keep kids safe online

Selection of Slides from the JD Safeguarding Online Safety Briefing for Parents and Carers

Social Media - Advice for Children

- Understand & protect 'personal information'
- Use strict privacy settings (e.g. **'Friends Only'**)
  - See Checklists at www.saferinternet.org.uk
- Use strong passwords and protect them
- Only connect with your friends in the real world

Social Media - Advice for Children

- Learn how to use the report button (Condition)
- Challenge content uploaded by others
- Communicate with parents/carers
- Create a positive digital footprint

Sexting: Supporting Young People

Online Grooming: Advice

- Talk to your child about grooming
- Encourage them to think about their "friends"
- Be there for your child, and be understanding
- Learn how to report any inappropriate contact
- Look out for changes in behaviour
- Turn web-cams off, and away, after use (RAT Virus)

Sexting - How to Protect My Child

- Talk to your child – Be Share Aware
- Understand the complexity of the behaviour
- 'Granny' Assessment
- Help your child to control their privacy online
- Be approachable, supportive, and help your child to report content and get it removed

www.iwf.org.uk

Where to Report

- www.iwf.org
- www.ceop.police.uk
- www.gov.uk/report-terrorism
- Lucy Faithful Foundation
  - www.lucyfaithful.org
  - 0808 1000 900
  - help@stopitnow.com
- Police – 101 or 999