

# To help protect your child on the Internet

## Remember the **GOLD**en rules

### **G**round rules

- Agree how the internet should be used in your home
- Keep information private - think, would I tell this to a stranger?
- Agree rules about meeting online 'friends' in the offline world
- If it's not acceptable offline it shouldn't be acceptable online
- Remember information posted online can be viewed by anyone – employer, university or?

### **O**nline safety

- Use anti-virus and parental monitoring systems – but understand how they work
- Know where to get advice and where to report problems – see below
- Activate security and privacy settings and don't forget games consoles and mobile phones
- Take special care with webcams – think who else might see me?
- Use content filters and Google safe search especially for younger children but remember they are not 100% safe
- Remind children to use strong passwords and keep them safe

### **L**ocation

- For younger children Internet access should be in a family room, rather than a bedroom
- Know that Internet access can be gained by the use of other devices; such as gaming consoles, mobile phones or the neighbour's wireless Internet connection.

### **D**ialogue

- Talk to your child about their Internet use and how to stay safe
- Encourage them to talk to you if they have a problem or feel uncomfortable
- Don't overreact if they do report a problem to you
- Know where to go for help – local police, CEOP, UK Safer Internet Centre etc

### **Keeping Safe is Simple on Social Networking Sites:**

- Always keep your profile private
- Never post anything which could reveal your identity
- Never agree to meet somebody you only know online without telling a trusted adult
- Always tell someone if you feel threatened or someone makes improper suggestions

**For more information or to report an issue relating to bullying please contact your local school.**

### **Useful Websites:**

Child Safe Search Engine - <http://kids.yahoo.com> or <http://www.askkids.com>

CEOP – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) Facebook App - <http://www.facebook.com/clickceop>

CEOP Report Button - <http://ceop.police.uk/>

Childnet – [www.childnet.com](http://www.childnet.com)

Facebook - <http://www.facebook.com/help/?safety=parents>

General advice <http://clickcleverclicksafe.direct.gov.uk/index.html>

UK Safer Internet Centre - <http://www.saferinternet.org.uk/>

Free content filter – <http://www.k9webprotection.com>

Advice on Parental Controls - <http://www.kidsmart.org.uk/parents/parental-controls.aspx>

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