



The internet is a powerful tool which can provide your child with endless information and enjoyment, but do you know what your children are doing online and who they are talking to?

Today, as part of your child's Life Skills lesson, we have discussed keeping safe on the internet.

The following is taken from a Fact Sheet for Parents from the 'Thinkuknow' website which has been set up by the Police to ensure that children use the internet safely. For you information here are some suggestions regarding cyber safety.

'Ask them to teach you to use any applications you have never used. Keeping the computer in a family room means that you can share your child's online experience – and that they are less likely to act inappropriately (i.e. via webcam).

Help your children to understand that they should never give out personal details to online friends – personal information includes their messenger ID, email address, mobile number and any picture of themselves, their family or friends. If your child publishes a picture or video online, anyone can change it or share it. Remind them that anyone may be looking at their images and one day a future employer could!

If your child receives spam/junk email and texts, remind them never to believe them, reply to them or use them. It's not a good idea for your child to open files that are from people they don't know. They won't know what they contain – it could be virus, or worse – an inappropriate image or film. Help your child to understand that some people lie online and therefore it's better to keep online mates online. They should never meet up with strangers without an adult they trust.

Always keep communication open for a child to know that it's never too late to tell someone if something makes the feel uncomfortable.

Teaching young people how to block someone online and how to report them if they feel uncomfortable.'

We would like to recommend the following websites which will give you and your children more information. There are sections for specific age groups and games for children to play while learning how to keep safe.

www.ceop.gov.uk

www.thinkuknow.co.uk

www.getnetwise.org

Please take some time to visit one of these sites so that you can be confident that your child is using the internet safely. We do hope that you find this information useful and helpful. As always if you have any worries or queries, please don't hesitate to contact us.