St. Joseph's Catholic Primary School

Keeping Your Child Safe Online

In today's developing society, children use lots of different technologies such as mobile phones, games consoles and the internet on a daily basis and experience a wide range of opportunities. This level of technology and the ways in we can communicate are beneficial to all but can occasionally place children, young people and adults in danger if they are not managed appropriately

E-safety covers these issues and aims to give children the skills that they need in order to use the internet and other technologies safely and how to act if they discover or receive inappropriate communication. E-safety covers internet technologies but also electronic communications via mobile phones, games consoles and wireless technology. It allows children to understand the benefits, risks and responsibilities of using information technology.

- E-safety concerns safeguarding children and young people in the digital world.
- E-safety emphasises learning to understand and use new technologies in a positive way.
- E-safety is less about restriction and more about education about the risks as well as the benefits so we can feel confident online.

How can you help to keep your children safe online?

The digital world is fast overtaking the real one and it is important that staff at St Joseph's Catholic Primary and Parents work together to ensure our children are safe both in the real World and online. We very much hope these tips are useful!

- Know what your children are doing online and who they are talking to. 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 pictures 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 & 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 a 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 friends online. They should never meet up with any 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 them feel uncomfortable.
- Teach young people how to block someone online and how to report them if they feel uncomfortable.

Key Stage 1

If you are 5, 6 or 7, we bet you probably like to use the computer for fun. It is important that you are safe whilst you are on the computer. It is important that you make sure you are safe when using your computer.
You can find more information at http://www.thinkuknow.co.uk/5_7/

How can I stay safe on the computer?
Chatting
There are lots of ways you can be careful when you talk to people on the internet. Here are some of the things you should do:
- Always ask your mum, dad or whoever is looking after you if you can talk to people on the internet. They can help you do it safely.
- When you use chat rooms or instant messengers you should use a nickname instead of your real name.
- Never tell anyone who you don't know in the real world your address, your name or which school you go to.

- Ask your mum, dad or teacher to help you if you are just starting to chat to new people on the computer. They can make sure you fill out any forms properly and safely.
- Some people on the internet may not be who they say they are. It's not a good idea to meet anyone that you only know from talking to on the computer.

Games
- Always ask your mum or dad before you play games on the internet. They can help you choose the best games and you can help them learn to play them!
- It's always best to use a nick name when you play games on the computer.
- Some people who you talk to when you play games could be lying, so don't tell anyone where you live or which school you go to.

Email
If you have email you need to be careful when using it, because sometimes you can get mail from people you don't know.
- Always ask your mum, dad or whoever looks after you before you open any emails.
- Always delete emails from people you don't know. They might be nasty or have a virus which can stop your computer working.
- Don't send any pictures to strangers. They may not be who they say they are, and you don't want a stranger to have a picture of you or your family and friends.
- Never tell anyone who you don't know in the real world your address, your phone number or which school you go to.
- One of the most important things to remember is to treat people how you would like to be treated. Be kind and nice when you write anything on the computer so you don't upset anyone.

Being Nice
- The internet is just like the real world – nice people use the internet, but some nasty people do too.
- It's important that you are nice and kind when you use the computer to talk to people. Even if you can't see someone, things you write might still upset them.
- If anyone is nasty to you or makes you unhappy – you must tell a grown up so that they can help you and make the person stop.

Key Stage 2
If you're between 8 and 11, you probably know a lot about using the internet. Even though you've been using the internet for a while you still make sure you keep yourself safe. You can find more information at http://www.thinkuknow.co.uk/8_10/

Safety Tips For KS2

Do you think you know how you can stay safe when you are using the internet? Staying in control is about knowing that some people use the internet to be nasty to others. In this section, we have lots of information for you about the internet and mobile phones, so you can make the right choices and be safe.

Chatting

- When you're chatting to people online, TRY NOT TO GIVE OUT ANY PERSONAL INFORMATION about yourself. This includes your full name, address or school. It's ok to tell someone what city you live in though as long as you don't include anything else. Even giving a street name can be enough to allow someone to find you. If anyone ever asks you for this information, tell a trusted adult straight away.
- Some people who you meet online may not be who they say they are. It's easy for people to lie when they're chatting over the internet, so DON'T ARRANGE TO MEET UP WITH SOMEONE who you have met online. If anyone asks to meet up with you, tell a trusted adult. It is not a good idea, but if you do decide to meet up then make sure you take a trusted adult with you and meet in a public place.

Instant Messaging

- Some people you meet online may not be who they say they are, so it's a good idea to make sure the people on your contact list are people you really know in the real world.
- If someone adds you to their contact list and you don't know them, make sure you BLOCK THEM. This will stop them from seeing when you are logged on, and they won't be able to contact you. If you add someone and decide afterwards you don't want them on your list you can delete them too.
- If you have your own profile on IM, IT'S NOT A GOOD IDEA TO INCLUDE LOTS OF INFORMATION ABOUT YOURSELF, like your hobbies, favourite band, your address and school.
- It's also NOT A GOOD IDEA TO HAVE A PICTURE OF YOURSELF on your profile - you can use one of the pictures that are on IM already, or a picture of a pet or your favourite pop group. This is because if you have someone on your contact list who you don't know in the real world, they will be able to have access to your profile and see what you look like.

Email

Sometimes you get emails from people you don't know.
- It's important to remember that if you receive an email from someone you don't know, NEVER OPEN IT. Tell an adult you trust if you're not sure what to do.

- Some people also send fake emails to trick you into replying. They get email addresses by using special software or from other websites on the internet. If you reply to one of these emails, the people sending them will know that your email address is real, and they could start sending you junk or nasty emails.
- Make sure you ALWAYS DELETE EMAILS FROM PEOPLE YOU DON'T KNOW.
- NEVER GIVE OUT PERSONAL INFORMATION, like your full name, address or school to people you talk to using email, if you don't know them in the real world. If anyone you talk to online asks for this information, tell a trusted adult.
- Some people use emails to send pictures of themselves to friends and family, but IT'S NOT A GOOD IDEA TO SEND A PICTURE TO SOMEONE YOU HAVE MET ONLINE who you don't know in the real world. They may not be who they say they are, and you don't want a stranger to have a picture of you or your friends/ family.

Social Networking

Social networking sites are all online, so any information you add about yourself can potentially be seen by anyone in the world. Social networking sites such as Facebook, Instagram, Twitter and Snapchat do have minimum ages to be able to sign up (13 years of age). Children between 13 years and 18 years of age need parental permission to sign up.

- NEVER PUT YOUR FULL ADDRESS ON YOUR SITE. It's best to leave the space blank, or if you do want to add some information, make sure that you make your profile private so only your friends can see it.
- It's a good idea to USE A NICKNAME rather than your real name - your friends will know your nickname so will know it's you!
- It's also NOT A GOOD IDEA TO PUT YOUR MOBILE NUMBER on your site - your real friends will already have it!
- USE YOUR PRIVACY SETTINGS! Adjust your account settings (sometimes called "Privacy Settings") so only approved friends can instant message you. This won't ruin your social life – new people can still send you friend requests and message you, they just won't be able to pester you via IM. This means that people you don't want to see your profile can't!
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How To Report Problems

Being online and using the internet is just like being in the real world - you can chat to people, play games and share pictures. But sometimes things happen which can make you upset. People may say nasty things to you which upset you, or you may see something that you don't like. If this happens, you must remember that it's not your fault.

- ALWAYS TELL A TRUSTED ADULT straight away if you are upset or worried about something that has happened online.

- Remember to SAVE ANY MESSAGES / IMAGES / CONVERSATIONS (this could be screenshots) that have upset you so you can show them to who you tell - they will be able to help, and they will be able to give you good advice about what else you can do. Never worry about getting in trouble - you aren't the one who has done anything wrong.
- If anyone sends you nasty messages do not reply by returning a nasty message. This may make the situation worse.