

Control time spent on the computer. Many child protection softwares can monitor the amount of time spent on a computer and what sites are being accessed but this should only be a back-up. As parents we must keep control over where and how much time our young



The following web links provide a wealth of information for you and are provided by industry experts.

[CBBC Stay Safe](#): a website full of games, videos and other interactive content from the BBC.

[Childnet International](#): a non-profit organisation working with others to “help make the Internet a great and safe place for children”.

[Digitally Confident – Parents](#): The Northern Grid’s website to help keep you up to date with on-line / digital life.

[UK Safer Internet Centre](#): Here you can find out the latest advice on how to use the internet and new technologies safely and responsibly. Also find a range of practical resources, news and events focussing on the safe and responsible use of the internet and new technologies.

[Know IT All for Parents](#): Childnet’s multi-award-winning suite of education resources designed to help educate parents about safe and positive use of the internet.

[McAfee Family Safety Blog](#): Feeling overwhelmed by all the threats that could affect your family? Our bloggers provide you with the latest security tips and online trends to save you time, and keep your family safe.

[McAfee Cyber Education Website](#)

[Thinkuknow: The Child Exploitation and Online Protection \(CEOP\) Centre’s online safety site, where you will find advice and tips for children, adults and professionals of all ages.](#)

[Browser Safety Tools](#): CEOP provide children with instant access to CEOP browser tools, so children can learn how to protect themselves online.

[Kidsmart](#): is a great site for children to learn about the safe use of variety of online services and devices. There are also pages for parents.

[Kidscape](#): a charity set up to deal specifically with bullying and child sexual abuse.

[Bullying UK](#): a website aimed at providing guidance and support in regards to bullying.



Family life in a technological world. An E-Safety guide for Parents



Climbing trees is what childhood memories are made of. It also has hugely beneficial qualities. In pre-school children it builds on gross motor skills. It develops an ability to assess risk. It builds strength, co-ordination, stamina, and balance. As well as a love and respect of nature.

When we, as parents, introduce our children to the joys of climbing trees we do so by standing by them, supporting them, joining in, modelling how to do it. We advise them on where to put their feet, how to check a branch for its strength before putting too much weight on it. Gradually, we let them climb beyond our reach and so, as they get older, we feel confident that they have the wherewithal to be able to climb a tree independently and without parent supervision. It’s a long term strategy of support that carries through to their teens and beyond - and starts with that gentle hand of support in those pre-school years.

In today’s world children are more likely to be in front of a screen than up a tree. Immersed in a digital world and surrounded by internet technologies. But children need their parents to support them as they explore and use these internet technologies, in the same way as they need their parents to support them as they learn to explore the wonders and joys of tree climbing.

The purpose of this Leaflet is to give advice and links to help parents make sure their children are able to use internet technologies safely.

So what are the key issues around internet technologies?

Risk of damage to data or hardware/software

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Oddly enough, there are some people who like to spend their day trying to find and access other people's computers and without proper safeguards any computer is wide open. The intruder will gain access to all the data stored on your computer and can delete, copy or edit any file you have. Once access is gained, the intruder can run various applications on your computer and even attack other computers making it look like you were the attacker. Adults and children are as equally likely to be victims to attack without the proper understanding and without the proper precautions. Even then, it is still a possibility!



- **A virus** is a simple program designed to cause harm to someone else's computer. A virus spreads by duplicating and attaching itself to other files. The extent of the damage depends on the virus. There are tens of thousands of viruses. Some virus damage is insignificant but inconvenient. Some virus damage is disastrous, putting the computer system out of action by erasing files or corrupting data.
- **Email Scams** are generally delivered in the form of a spam email (but remember, not all spam emails contain scams). Scams are designed to trick you into disclosing information that will lead to defrauding you or stealing your identity.
- **Phishing emails** is a scam where criminals typically send emails to thousands of people. These emails pretend to come from banks, credit card companies, online shops and auction sites as well as other trusted organisations. They usually try to trick you into going to the site, for example to update your password to avoid your account being suspended. The embedded link in the email itself goes to a website that looks exactly like the real thing but is actually a fake designed to trick victims into entering personal information.

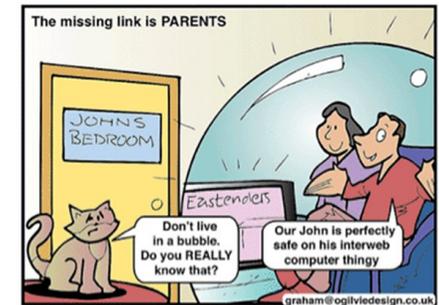
What can you do? As a general rule, help keep your children and your computers and other devices safe by installing internet security software and making sure it's kept updated. Tell your children not to turn off the virus scanner or firewall, even if they think it might speed up a game. It just isn't worth it! And, alongside the e-safety education that we give at school, regular conversations around the importance of password protection and care when giving information over the internet.

2

Risk of Personal/social/emotional and intellectual damage

Remember that **Facebook, Beebo, Instagram, MySpace** and similar sites have a minimum age requirement of 13 years of age for those signing up for an account. They are there to help keep your children safe. With this in mind primary school children should not have an account or be using these sites.

Cyber bullying is rife and most children will experience it or know someone who has been a victim of cyber bullying at some point before they leave their teens. Cyber bullies can steal identities, spread rumours or gossip, threaten or blackmail or send abusive comments. There are plenty of websites and organisations that can help you to protect your child from cyber bullies, many of which are mentioned overleaf.



Online reputation: (This is a term for all the information available about you on the Internet, whether through conducting a search or by viewing your profile on a social network.) Children need to be aware of the harm they can cause to themselves through posting photos or video of themselves online or via a text.

The *lack of parental control* and an *intense use of the computer* and video games are associated with poor school exam results as well as a higher index of young people who have suffered from alcohol intoxication or consume cannabis or other toxic substances. Whilst this may be for older teens it is important to remember that a long term strategy is needed for parents with regards to use and misuse of technologies. (Just as there is for tree climbing.)

What can you do? *How we communicate with our children:* Start the process of discussing online safety with your children at an early age, when they start to do anything that involves the Internet. They might still be using the computer with you, rather than independently and this offers an opportunity to highlight the fact that the online world parallels the real world and that there are both safe and unsafe things out there. It also enables you to discuss the things that are there to protect us, e.g. Internet security protection, passwords, etc. Make sure that they are always able to talk to you about anything that they may accidentally come across whilst on the internet.

As they get older and begin to do things independently, widen the circle. For example, if you let them start an account with Club Penguin or Moshi Monsters, help them create a sensible password and explain why they should use different passwords for each account and the possible consequences of not doing so.