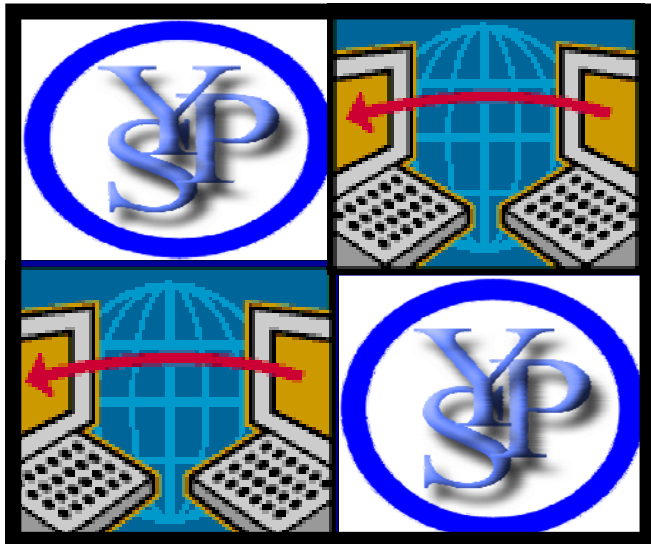


Internet Safety



The internet is a fabulous tool that can enhance the way of life of children and their parents by shopping or paying bills.

Unfortunately with the improvements in technology, there are those who take advantage of it.

Safety tips included on:-

- Online Safety
- Cyber Bullying
- Computer Security
- Precautions
- Phishing
- Computer Fraud
- Useful Websites

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Keeping Your Child Safe Online

The internet is confusing for many of us. Many parents use the internet to pay bills or do some shopping, but some don't think of using it as a social networking experience.

Children however, are using the internet daily for this purpose.



With the improvement in technology, there are those who wish to take advantage of it. Cyber bullying is an increasing problem, as is the threat from sex offenders who use the internet to contact and influence children in the safety of your home.

It is not time to panic, these incidents are still unusual but it certainly doesn't hurt to gain a better understanding and follow a few safety tips.

Cyber Bullying

Cyber Bullying is the use of technology, particularly mobile phones or the internet to victimise and upset someone else.

Your child could experience this in many forms. It could be nasty texts or emails or it could be that someone they know puts photos of them or spreads gossip about them on social networking sites.

If your child experiences cyber bullying they should:-

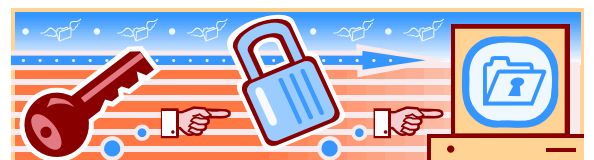
- **Not reply** to any horrible messages or texts
- **Save messages** to show to you or a teacher
- **Block anyone** from their social networking site or contact lists who upsets them or makes them feel uncomfortable.



Computer Security

It can seem complicated but there are a number of steps you can take to make your computer more secure for your child and the whole family.

- Contact your **internet provider** and adjust your internet settings to prevent adult content.
- When using **Google**, clicking on "preferences" to the right of the search box, you can turn on a stricter filtering system.
- Installing **anti-virus software** improves the general security of your computer. This should also include anti-spyware software.
- Most new computers now have **firewall technology** which are like computerised security guards, make sure this is enabled.



Precautions

- Your child should **only interact with friends they know in real life**. They should understand that people online could be anyone. They should understand it is easy to lie online, anyone could do it.
- It is a good idea to **move the computer into a well used family room** so that anyone who talks to your child, knows you are watching.
- Encourage your child to **limit their details to a minimum**. Public profiles allow access to everyone, no matter who they are.
- Your children **shouldn't use a webcam** as they can be recorded & edited.
- **Pictures can be copied by anyone**, once a picture is put online it is no longer theirs.
- Children should **never meet up with anyone they meet online**.
- **Report any inappropriate behaviour**.



Phishing

It is common through using communication sites such as Hotmail and Yahoo, we are open to junk mail.

Included in the junk mail are phishing emails, that can be replicas / fake websites of bank account websites or shopping websites.

They ask you to re-insert your details but instead of being the real site, they take all your details to use to re-direct your money into their accounts.

Viruses

Viruses are created by programmers for the purpose of destroying either data or computers. Viruses are picked up from pop-ups or during website surfing and which is a common pastime for children.

To limit a virus affecting your data, your child should only go on reliable websites, install antivirus on your computer & keep it updated.



Computer Fraud

Computer fraud is the use of a technological device to access information for blackmail purposes, to edit data for personal gain.

To limit computer fraud happening to you and your children:-

- Limit who uses your pc
- Never disclose passwords to anyone
- Use a mixture of numbers and letters in various cases for your password
- Cover your keypad when inserting your credit card pin number
- Ensure there are no devices attached to the ATM machine
- Any bank documents you wish to dispose of — shred.

**Secure Sites =
Padlock Located
on bottom right.**



Useful Websites

Parents are able to research internet safety on a wide variety of websites that give both parent and child great advice on how to stay safe online. You might want to try a few of these below.

www.thinkuknow.co.uk

This site gives great advice for parents and children alike and contains an online cybercafé to teach children how to stay safe and have fun.



www.bullying.co.uk

Advice for those suffering from bullying.



www.youngminds.org.uk



www.kidsmart.org.uk



www.ceop.gov.uk

Child exploitation and Online Protection Centre.



www.childline.org.uk

The number is free and won't show up the phone bill. Children can talk online or by phone/text about any problems they may have.

