



# e-safety for Parents

December 2016

Helping you to keep your child safe online

Dear Parents and Carers,

If you are giving gifts that can have **Parental Controls** set up, please do this before giving the gift, easier than trying to get time on the device after it has been given to your child.

The online world is always developing and changing, hopefully this newsletter will give you some things to think about and to follow up online.

Taking selfies is very popular—this comes with concern that your children may be sending **inappropriate selfies**. Focus on encouraging less sharing of photos and explain that it is **illegal** to share certain types of images of themselves.

**Cyber-bullying can be devastating**—help by being actively involved in your child's use of the internet.

**Online grooming**, look out for changes in behaviour:

- wanting to spend more and more time on the internet
- being secretive about who they are talking to online and what sites they visit
- switching screens when you come near the computer
- possessing items – electronic devices or phones – you haven't given them
- using inappropriate language you wouldn't expect them to know
- becoming emotionally volatile

**Sexting**—The term 'sexting' is used to describe the sending and receiving of explicit photos, messages and video clips, by text, email or posting them on social networking sites.

**Online reputation**—the internet has a good memory, it keeps a record of everything we do online. Encouraging your children to keep a positive online reputation is essential.

**Self-harm** can be physical and emotional and something that young people can research online, parental controls are a very sensible approach to keeping your family safe on line.

**Contact with materials of an inappropriate nature**, that can be found on line are a constant worry to parents and carers. Keeping communication channels open and being very clear that online behaviour should reflect behaviour in the offline world is extremely important.

For further details follow this link:

<https://www.internetmatters.org/>

I hope this is helpful.

  
Head Teacher

## Useful links

<http://parentinfo.org/>



Parental Control Links Childnet

<http://www.childnet.com/parents-and-carers/hot-topics/parental-controls>



UK Safer Internet Centre

<http://www.saferinternet.org.uk>



Think U Know

<https://www.thinkuknow.co.uk>



CEOP (Child Exploitation on line Protection Agency)

<http://www.ceop.police.uk>



Internet Matters.org

<https://www.internetmatters.org>

