



# Hill House Junior School

e-SAFETY BOOKLET

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**Be smart on the internet**

**Childnet International**  
[www.childnet.com](http://www.childnet.com)

**S SAFE** Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.

**M MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

**A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

**R RELIABLE** Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

**t TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.  
You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**THINK U KNOW**

**www.kidsmart.org.uk**

**KidSMART** Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

**CEOP**

**ChildLine**  
0800 1111





# e-Safety - Top Tips for Parents

# 1

## Talk

Talk with your child/ children about what they are doing online. Find out which websites they visit and how they communicate with their friends online. Are they using instant messaging programs or in conversation via their phone. It is important to know who they are talking to.

**Make sure your children know they can come and talk to you or another trusted adult if they are worried or upset about anything that happens online.**

# 2

## Rules

Together with your child/children, agree a set of responsible rules about using the Internet. Think about what is reasonable for the age of your child/children, and make sure your children are balancing the amount of time they spend online with the amount of time they spend on other activities.

**Ask your school for a copy of the rules they use and base yours on that.**

# 3

## Keep information safe

Make sure your children understand the importance of keeping their personal information safe. Posting personal information on websites or sending messages can lead to strangers getting hold of it. Items of personal information such as full name, address, telephone numbers, photographs and school name should all be kept secret and not posted online.

**Encourage your children to think about who else might be able to see what they post on websites or send in messages.**

# 4

## Keep an Eye Out

Keep the family computer in an area where you can keep an eye on your children as they use it. Remember that children can also access the Internet from other devices such as mobile phones, tablets and games consoles.

**As children get older and you feel it is appropriate for them to have a computer in their bedroom, or a laptop/tablet that they can carry around, consider installing suitable safety software that will alert you if they do something that might put them in danger. There are several commercial software products that will do this for you.**

# 5

## Meetings

The Internet allows young people to make new friends across the country and even across the world, allowing them to learn about new cultures and new places which isn't always a bad thing.

**However, remember anyone can pretend to be anyone and that is why it is so important to only communicate with friends and family. Talk to your child/children about how they should never meet up with anyone in the real world they have met online.**