

Online safety - Cyber bullying, Grooming and Inappropriate websites.

Cyberbullying - What can you do?

- *Offer reassurance and support. Don't be afraid to ask questions*
- *Tell your child that if they are being bullied to always keep the evidence*
- *Block the bullies*
- *Learn how to report and where to go for further support*

Peer to peer support network for young people who are being bullied

- www.cybermentors.org.uk



Grooming - What is it? Do you know what online friends your child has?

Report suspected online grooming – this could sexual chat, a child being asked to do something that makes them feel uncomfortable or someone insisting on meeting up .

www.ceop.police.uk



- *Talk to your child about online grooming*
- *Talk to them about their online friends*
- *Let your child know that you are always there for support and you understand how easy it is for things to get out of control online*
- *Learn how to report any inappropriate contact made to your child online*

24 hour confidential helpline for children and young people .



Online safety - Cyber bullying, Grooming and Inappropriate websites.

Inappropriate websites - what does inappropriate mean?

The Internet is open to anyone to post and create content so sometimes your child may see things they wish they hadn't, or access sites that are inappropriate for their age. Inappropriate can mean different things to different people, from swear words to pornographic images or videos, and what is inappropriate for your child will also change as they grow and develop.

Not age appropriate:

- Violence
- Racial Hate
- Pro eating disorders
- Gambling
- Pornographic

What can you do?

Set controls on:

- Computers
- Laptops
- Tablets
- Mobile devices
- Games Consoles
- ALL internet enabled devices

Set on all devices
that link to the
internet

Remember... they are not 100% accurate and not a substitute for open communication!

Online safety - Cyber bullying, Grooming and Inappropriate websites.

You can also help by doing the following:

- Block sites that are not age appropriate
- limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity

Is my child too young to have a Facebook account?

Facebook's Terms and Conditions say the age is 13 years old.

- If you allow your child to use sites such as Facebook, you are not breaking the law, just the site's terms and conditions.

There is no right or wrong answer here. However it is wrong to allow an underage user on the site and to let them run freely. The content and security settings are adult in their nature and young children need to be moderated particularly closely.

- Help set up their profile
- Add your email as the main contact (if possible)
- Set the privacy settings to "friends" only and ensure they are children you know
- Show them a CEOP safety resource which outlines the risks

(www.youtube.co.uk/ceop/jigsaw)

- 'Like' the Click CEOP page
- Check in and keep updated

Online safety - Cyber bullying, Grooming and Inappropriate websites.

Are there materials that will help me talk to my child about online safety?

View age appropriate animations and films at - www.thinkuknow.co.uk/parents

www.youtube.com/ceop

5-7



Lee and Kim's Adventure: Animal Magic

- Animation – Be nice to people, like you would in the playground

Jigsaw



8-10

- 10 minute film about Safe Social Networking

www.thinkuknow.co.uk/parents

www.facebook.com/ceop

www.twitter.com/ceop