

e-Safety

Your guide to keeping children safe online



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

The internet can be a fantastic place for children where they can talk to friends, learn and have fun.

However, just like in the real world it is important that they are taught how to act safely and responsibly.



Useful Websites:

Help from Cyber Mentors

Cybermentors is a place your children can go to talk to other people their own age if they are being bullied or are troubled by things.

www.beatbullying.org

Worried about viruses, hacking and online security?

Being the victim of online crime can be as distressing as real-world robbery. Learn about the real risks and how to protect your family at GetSafeOnline. You'll find advice on shopping and banking online; social networking and using smartphones and tablets, plus lots more.

www.getsafeonline.org



Childnet International

Advice and useful resources for parents, carers and young people.

www.childnet.com/resources



Press CTRL and click on the image to take you the website.



INEQE have created a bank of videos and resources which cover a range of e-safety concerns for parents.



With your child watch this video and then access the task (to the right). It deals with the importance of creating passwords.



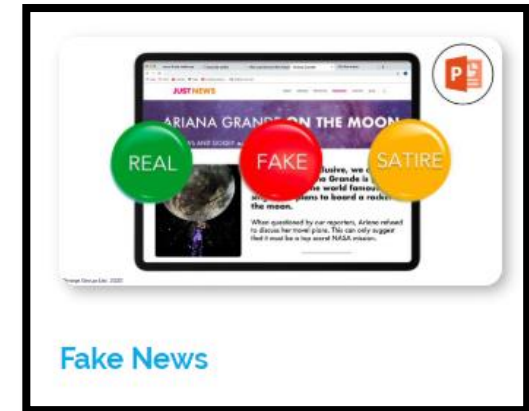
The focus of this resource is the importance of keeping passwords safe and random so other people can't use them or guess them.



The Home Learning Hub is a free library of resources to support parents and carers who are taking the time to help their children be safer online.



This activity teaches children all about the age ratings which are used on games. It uses some screen recordings of games to stimulate discussion around online safety when gaming. Children (and maybe even adults) will learn the PEGI ratings for popular games such as Fortnite, Minecraft and FIFA.



This activity aims to give children the skills and knowledge to identify and challenge Fake News, whether they see it online, in the newspaper or on TV.



Here is a summary of the advice given on the CEOP (Child Exploitation and Online Protection) website for parents.



Top Tips

- **Talk to your child about what they're up to online.**
- **Keep up-to-date with your child's development online.**
- **Set boundaries in the online world just as you would in the real world.**
- **Know what connects to the internet and how e.g. games consoles, mobile phones, music devices.**
- **Keep all equipment that connects to the internet in a family space.**
- **Use parental controls on devices that link to the internet, such as TVs and games consoles.**
- **Watch e-safety films and cartoons with your child and talk about the issues raised.**

Useful Websites for children:

Lee and Kim's Adventure

www.thinkuknow.co.uk/5_7/leeandkim/



Hector's World

www.thinkuknow.co.uk/5_7/hectorsworld/



The Adventures of Cara, Winston & the SMART Crew

www.childnet.com/young-people/primary



Cyber Café

www.thinkuknow.co.uk/8_10/cybercafe/



Jigsaw - this film is quite hard-hitting, though it is recommended by CEOP from age 8.



Online Safety Leaflets and Resources

Internet Matters is a really valuable website to visit for useful guidance and information about a whole range of topics.

<https://www.internetmatters.org/resources/esafety-leaflets-resources/>

These are some of the issues they have information and leaflets about:

- Screen time.
- Online safety for different year ages.
- Digital resilience.
- Cyberbullying.
- Social media.
- Gaming.
- Apps.

You are able to view these leaflets online in a digital format. The links also provide you with some top tips to help resolves any issues you may have.



The website also includes some helpful videos that explain the issues in more detail.