

What you can do

- Limit use of technology to set hours and in areas shared by the family
- Use technology designed to safeguard children, these can be parental controls provided by your internet service provider or built into most mobile operating systems such as IOS or Android
- Download child friendly applications and search engines
- Follow the age restrictions set for computer games
- Educate yourself about potential dangers. The following section lists a number of useful places to get information.
- Talk to your children about sites they visit, their favorite internet personalities, who they talk to online, etc. Help them understand potential dangers and the bigger picture of the internet.
- Browse the internet together, show excitement about the sites they're interested in to get a better understanding of how they use the internet.
- Show support, develop trust and be open with them so they feel comfortable about coming to you with any concerns if they need to.

Useful websites for parents

The schools website has a lot of useful information including links to useful websites.

Please visit

richardavenue.co.uk/safeguarding

Other useful websites:

thinkuknow.co.uk

childline.org.uk

bbc.co.uk/webwise

internetmatters.org

bullying.co.uk

saferinternet.org.uk

Or you can contact the school directly for

more information:

T: 0191 553 6053

E: rap@schoools.sunderland.gov.uk



Young People
And
E-Safety



Advice for Parents and Carers

What is Internet Safety?

As the world becomes an increasingly digital one, certain issues arise regarding the safety of our children that we may not have considered in the past.

Parents and carers should be mindful how children spend their time when online.

Being online can mean many things, this includes

- Social networking (Facebook, Snapchat etc)
- Online gaming (Nintendo, Xbox, Playstation etc)
- Browsing the internet from a number of devices.

It's important to recognise that using the internet has many benefits which include:

- Supports both learning and creativity
- Improves children's achievement
- Supports communication with people of different cultures

Managing how children access these materials in a safe manner is what's important.

Online Threats

Threats that children face online and should be protected from include:

- **Cyberbullying:** bullying that takes place using electronic devices. The bullying usually occurs as text messages, online chat messages or using social networks.
- **Online Grooming:** using the internet to force, or trick a child into doing something sexual.
- **Identity theft:** using the internet to get private details from children such as name and address in order to misuse.
- **Sexting:** sharing sexual, naked or half naked images or videos of themselves or others.
- **Inappropriate Content:** It's possible that children may come across

things online which are inappropriate for their age such as pornography or extreme violence.

Danger Signs

* Recognise danger signs if your child is:

- Using technology excessively
- Staying online through the night
- Being secretive about what they do
- Behaving differently in what they wear, their attitudes or friends
- Receiving gifts or money from unknown sources.

* information about danger signs from London Grid for Learning, Young People and E-Safety leaflet.