

# Top tips for teenagers

**1 Protect your online reputation:** use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.

**2 Know where to find help:** understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.

**3 Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.

**4 Respect the law:** use reliable services and know how to legally access the music, film and TV you want.

**5 Acknowledge your sources:** use trustworthy content and remember to give credit when using others' work/ideas.



Where can I find information about Internet Safety?

[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)  
[www.google.co.uk/familysafety](http://www.google.co.uk/familysafety)  
[www.childnet.com](http://www.childnet.com)

How do I report illegal content or inappropriate contact?

You can report criminal online content securely and anonymously to the Internet Watch Foundation (IWF)

[www.iwf.org.uk](http://www.iwf.org.uk)

You can also report criminal content to your Internet Service Provider

If you have suspicions about a particular person's behaviour online, you can report them to the Child Exploitation and Online Protection Centre (CEOP)

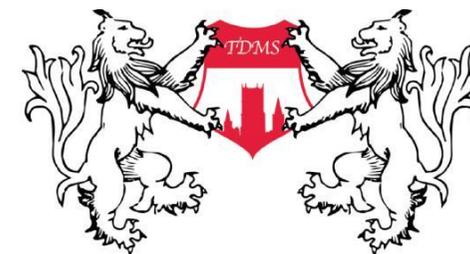
[www.ceop.police.uk](http://www.ceop.police.uk)



The Littletons School



## E-Safety Guidance for Parents and Carers



Honeybourne Primary Academy





## E-Safety help and guidance

Our children have been born into a digital world that is constantly changing and difficult to keep up with. Whilst the possibilities opened up by technology and the internet are hugely exciting, they also come with an element of risk.

This guide aims to give an outline of how these risks can be managed to allow safe use of the internet to continue.

### E-Safety at school

Your child will be aware of age appropriate risks through their e-safety sessions. These sessions may take the form of assemblies, presentations, discussions, visits from outside speakers and lessons specifically teaching e-safety.

## What can I do to keep my child safe?

*A few tips on how you can help protect your child.*



Ask about safety features before you buy mobile phones/ computers/ laptops/ gaming devices



Understand more about the devices your child uses: 'Parents' Guide to Technology' on [www.saferinternet.org.uk](http://www.saferinternet.org.uk)



Install filtering and parental controls on computers and devices



Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk) or video guides from BT, Sky, TalkTalk on installing parental controls



Talk to your child and be involved in their online life.



Agree clear rules with your child about: what information should not be disclosed; how long they should spend online; who is a friend online; meeting online 'friends' off-line.



Be aware of age limits on social media websites



## Teach the SMART rules



### 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.



### Meeting:

Meeting someone you have only been in touch with online can be dangerous. Only do so with 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.



### Accepting:

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



### Reliable:

Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your real world friends and family



### Tell:

Tell a 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.