E-Safety for Parents/ Carers and Young People

Bury Safeguarding Children Board

The online world is now an integral part of everyday life, especially for young people. As with the real world, there are risks online and it's important that you teach your child how to manage them.

The internet brings great opportunity to communicate and learn. Unfortunately there are individuals who will use the internet to make inappropriate contact with young people for the purposes of scams, bullying, sexual grooming or abuse. It is our responsibility as parents or carers to ensure that we know what our children are doing on the internet and how to keep them safe.

The answer is not to panic and think it's all too dangerous. Parents and carers can help their children to recognise the danger signs and teach them how to keep themselves safe.

This leaflet, provided by Bury Safeguarding Children Board (BSCB), is to help you to teach your children the basics of staying safe online or when using mobile phones. Visit the BSCB website www.safeguardingburychildren.org for an electronic version of this leaflet which contains all the links.

To learn more, come along to one of our free seminars. The dates and venues are listed on the back page.

Gill Rigg
Independent Chair, BSCB

Be safe on the internet/mobile phones

Bury Safeguarding Children Board e-safety parent awareness evenings

Please telephone the relevant centre to book a free place

Date	Time	Venue	Phone No	Email
Tuesday 6th March	6:00 pm – 7:00 pm	Toodle Hill Children's Centre, Heaton Park Primary School, Cuckoo Lane, Prestwich, Manchester, M45 6TE	0161 253 6100	toodlehillcc@bury.gov.uk
Tuesday 20th March	6:00 pm – 7:00 pm	Butterstile Children's Centre, Butterstile Primary School, School Grove, Prestwich, Manchester, M25 9RJ	0161 253 7900	butterstilecc@bury.gov.uk
Wednesday 21st March	7:00 pm – 8:00 pm	Sedgley Children's Centre, Sedgley Park Primary School, Bishops Road, Prestwich, Manchester, M25 0HT	0161 253 7474	sedgleycc@bury.gov.uk
Thursday 5th April	6:30 pm – 7:30 pm	Besses Children's Centre, Ribble Drive Primary School, Ribble Drive, Whitefield, Manchester, M45 8TD	0161 766 9807	bessescc@bury.gov.uk
Tuesday 17th April	6:30 pm – 7:30 pm	Woodbank with Elton Children's Centre, Woodbank Primary School, Brandlesholme Road, Bury, BL8 1AX	0161 253 7727	woodbankwitheltoncc@bury.gov.uk
Thursday 19th April	6:00 pm – 7:00 pm	Little Oaks Children's Centre, Broad Oak High School, Hazel Avenue, Bury, BL9 7QT	0161 253 6999	littleoakscc@bury.gov.uk
Tuesday 24th April	7:00 pm – 8:00 pm	High Meadow Children's Centre, St John's Primary School, Johnson Street, Radcliffe, Manchester, M26 1AW	0161 253 7679	highmeadowcc@bury.gov.uk
Tuesday 1st May	6:00 pm – 7:00 pm	Daisyfield Children's Centre, St Stephen's Primary School, Colville Drive, Bury, BL8 2DX	0161 253 6656	daisyfieldcc@bury.gov.uk
Tuesday 19th June	6:30 pm – 7:30 pm	Redvales Children's Centre, Dorset Drive, Bury, BL9 9DN	0161 253 6186	redvalescc@bury.gov.uk
Tuesday 26th June	7:00 pm – 8:00 pm	Ramsbottom Children's Centre, Ramsbottom Library, Carr Street, Ramsbottom, Bury, BL0 9AE	0161 253 7343	ramsbottomcc@bury.gov.uk

If you are a parent or carer

Help your child to understand that they should never give out personal details to online friends. This includes their messenger ID, email address, mobile phone number and any pictures of themselves, their family or friends. If your child publishes a picture or video online, anyone can change it or share it. Remind them that anyone may be looking at their picture. Any personal information put on sites like Facebook must be protected by privacy settings.

If your child receives spam/junk email and texts, remind them never to believe them, reply to them or use them. It's not a good idea for your child to open files that are from people they do not know. They could contain a virus, or worse an inappropriate image or film. Help your child to understand that some people lie online. Remember that a child or young person could chat with someone for months and still never know who they really are. They should never meet up with any strangers without an adult they can trust coming too.

Teach your child how to block someone online and how to report them if they feel uncomfortable. Most social networking sites have tools for blocking, flagging or reporting, and you should also use the 'report abuse' button from the Child Exploitation and Online Protection Centre (CEOP) to make sure people trying to make inappropriate contact with your child get caught.

Talk with your child about their internet use. Be part of their online life; involve the whole family and show an interest. Ask your child to show you what sites they use and how they work. By learning with your child they will be more likely to come to you if they have any problems. Encourage your child to tell you if they feel uncomfortable, upset or threatened online.

Try and keep all equipment that connects to the internet in a family space. Use the computer and games consoles in a family room. Monitor the sites your child is using and be there for them if they stumble across something they don't want to see. Be vigilant if your child has a webcam, check who they are 'chatting' to and warn them about the dangers of uploading images of themselves. Remember that most mobile phones are mini computers. Does your child need to take the phone to bed with them?

Learn about internet safety with your child. The CEOP **Thinkuknow site** has films, games and advice for children from age five to sixteen.

The links below are all services to help parents and children be informed and safe on the internet. Some children can be bullied and others can be bullies. Cyberbullying is when someone uses social networking, online games or mobile phones to bully others . Support for children can be found through this link www.Cybermentors.org.uk

Above all teach your children to Be S.M.A.R.T

www.thinkuknow.co.uk

http://ceop.police.uk/

www.kidsmart.org.uk

If you are a young person

The internet is a great thing. Ypu are able to chat with friends on Facebook, play online games like Moshi Monsters, use game consoles online like Xbox, Wii or DS to connect with others. Mobile phones let you text, talk and share photos.

However you need to keep yourself safe when using these things to talk to people. Anyone can put anything on the internet and pretend to be someone else. On social networking sites there are people always people who pretend to be someone that they are not and they are dangerous. They may try to contact you by pretending to be your age or saying that they know one of your friends. They may try to trick you into sending photos or telling them things about yourself that are private.

If you are talking on the internet to someone who you have never actually met in person don't give out your full name, school, address or mobile phone number.

Be S.M.A.R.T

- **S**AFE - Keep safe by being careful not to give out personal info including full name and e-mail address to people you don't really know

- **M**EETING - Meeting up with someone who you have only met on line can be dangerous. Only do so with your parents/carers permission and even then only when they can be present

- **A**CCEPTING - Accepting e-mails, IM messages or opening files from people you don't know can be dangerous – they may contain viruses or nasty messages

- **R**ELIABLE - Someone on line may be lying about who they are and information they provide on the internet may not be true. Check information and advice on other websites or in books or ask someone who may know

- **T**ELL - Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried or you or someone you know is being cyberbullied.

If you are affected by bullying or feeling low, check out WithuinMind website.

www.**childnet**-int.org/

http://www.parentsprotect.co.uk/

WithuinMind