

Internet and your child

The following information will help you gain some useful knowledge and confidence around internet use.

The 2 most important safety messages to share with your child:

NEVER reveal any personal contact details online

NEVER go alone to meet someone you have met online

- Get to know how your child uses the internet, sit with them and get them to show you their favourite sites
- Make them aware that there may be things on the internet which may upset them, tell them they can always talk to you or another trusted adult if they become worried
- Make sure they know that they should never give out or "post" personal details; name, address, school, mobile number, email address or any photos of themselves, family or friends to any online friends that they do not know in the real world.
- Tell your child about spam/junk emails and texts, remind them not to open emails, texts, Bluetooth requests from people they do not know-they don't know what they could contain; a virus or worse an inappropriate picture or film.
- If your child publishes a photo or video online anyone can change or share it-remind them that anyone can look at the images-one day it could be a future employer!
- Remember -some people lie online and therefore it is better to keep online mates as just that, online
- Be careful who you trust, people are not always who they say they are, teach your child how to block someone online and how to report them if they feel uncomfortable. A lot of social network sites have a "Report Abuse" button which enables internet users to have direct, immediate contact with CEOP (Child Exploitation Online Protection), see the links at the end for helpful tips on blocking people and reporting abuse.

Red Flags

- Your child changes or minimizes the computer screen when you walk in the room
- Your child starts spending a lot more time online
- Your child starts getting phone calls or texts from people you don't know
- Your child is secretive about where they are going and who they are meeting
- Your child gets overly upset if internet access is restricted or unavailable for even a short time
- Your child is unusually withdrawn or non-communicative

Parental Controls

Some mobile phone companies offer a filtering service covering internet content- check with your provider

With digital TV you can set controls on your TV to restrict specific channels and programmes (refer to your TV/provider manual for a guide how to do this)

Facebook, MSN, Bebo, MySpace and other social network sites all have privacy settings that can be activated BUT it is up to you to do this-the account does not come with the privacy boxes checked, they are also subject to age restrictions.

The iPod touch/iPhone can be restricted by the following:

Settings -> General -> Restrictions

You can turn it on, enter a 4 digit passcode, and then determine which applications to turn on or off

Sony PlayStation 3 restrictions are enforced by a four-digit password. The default password is 0000 (four zeros).

Settings ->Security Settings.

You'll find options for both DVDs and Blu-Ray movies. Options for games are listed under Parental Control. A number system indicates the level of restriction. The lower the number, the tighter the restrictions.

The PSP's menu system is similar to the PS3's.

Settings ->Security Settings.

You'll see the options for games and Universal Media Disc (UMD) videos.

Select Internet Browser Start Control to change the Web browser settings. Select On to block access to the built-in Web browser

Wii You can set restrictions on games and online features on the Wii. Just click the Wii button at the bottom of the screen. Select Wii Settings and select Parental Controls.

When you connect the Wii to the Internet, you'll get additional options. The Wii features a Web browser and a basic e-mail service. You can disable the Web browser and put limits on e-mail. You may also want to set up a PIN for purchases from the Wii Shop.

After you make your changes, you're prompted to create a password. You also can specify a reminder question for your password.

Microsoft Xbox 360

Start the console without a disc. Select System ->Family Settings->Console Controls.

There are options for games, movies and Xbox Live.

Once you set restrictions, create a pass code. The option is listed under Console Controls as Set Pass Code. The code can be any four key combinations on the controller.

Useful Internet Safety sites:

The links specifically for children are on both the E Safety page and links page of the Learning Zone, the following links are aimed more at parents/carers.

www.ceop.gov.uk Child Exploitation and Online Protection Centre is part of UK police and is dedicated to protecting children from sexual abuse wherever they may be

www.virtualglobaltaskforce.com International alliance of law enforcement agencies that are working together to make the internet safer

www.GetNetWise Shows parents how to keep young people safe on the internet includes useful video tutorials for a wide range of technical actions e.g. filtering pornography, activating security settings

www.connectsafely.org Useful information on mobile phone safety, how to use Facebook privacy settings, cyber bullying, chatroom safety tips, social networking

<http://www.iwf.org.uk/> UK Hotline for reporting illegal content specifically child sex abuse content hosted worldwide and criminally obscene and incitement to racial hatred hosted in the UK

www.barnardos.org.uk A valuable resource with many issues covered including internet safety

www.kideoplayer.com Family safe YouTube

www.parenting.org Split into age groups this site covers topics such as cyber bullying and safety tips