INTERNET SAFETY

Information for Parents/Carers and Young People

In this pack you will find information on:

Risks that can arise from being online

Reporting concerns

Managing Risk

Where to find help

A *SMART* message for young people for staying safe online

INTERNET SAFETY

Information for Parents/Carers and Young People

Many children and young people use the internet and social media platforms in increasingly diverse and creative ways to help them research, communicate, game and access a variety of apps and websites.

While accessing these can come with some risk, not all risks will become an issue.

However, with the schools closed many children and young people will be spending increasing amounts of time online and it will be important to be aware of the risks.

Being aware of the risks is important as it can help us to prevent them from becoming bigger issues

Risks that can arise from being online

Cyberbullying

Access to inappropriate content

Negative Online Reputation

Online Grooming

Radicalisation

Risks

Self-harm

Privacy and Identity Theft

Increasing Amounts of Screen Time

Minimising Risk

Setting boundaries and parental controls:

- Set parental controls on your internet server to prevent downloading or access to inappropriate material/information

- Set parental controls on smartphones/devices through your mobile network

- Talk with your child about setting limits on how long they spend

Protecting privacy:

Disabling the location services to ensure that your child does not unintentionally share their location

It may be helpful to password protect your Wi-Fi network and TV settings.

Setting up accounts for your children so they are only seeing age-appropriate content can also help to safeguard them.

Talk about staying safe online:

Talk to children to help ensure that they are better equipped to deal with any challenges that they may encounter:

Internet Matters has a variety of age appropriate guides ranging from 5-14+ years to help you talk to your child about internet safety

You can check social networking profiles and privacy settings. However, discussing online activity and establishing these boundaries with your child first will be important to maintain positive relationships and open communication.

Creating a positive dialogue about online safety can help ensure that your child knows you can support them to address the situation and develop their own learning.

A SMART Message

This is Bill. Bill, like a lot of us, is spending more time online because of COVID-19. This means it's more important than ever to be **SMART.**

Bill is SMART when he goes online. Be like Bill. Be **SMART.**

S M A R T

Stay Safe

Remember not to give out personal information online.

Remember that pictures you share can have clues to where you live and what school you go to.

Don't Meet up

Make sure you know who you are talking to

Don't speak or meet online or in person with anyone that you don't know.

Remember to speak to a trusted adult if you feel uncomfortable

Accepting Files

Only open messages, pictures or texts from people you trust

Reliable

Remember not everything you see/hear online is true

Check information before you believe it. Is the person or website telling the truth?

Think before you post

Think about what could happen to you or others before you post or send anything.

Think whether the images/videos you share are safe and appropriate.

Block and report people who are trolling.

Where to Find Help

Internet Matters is useful for:

- Resources and information leaflets that can help to address questions related to online risks and how to limit them.
- Age appropriate guides to help discuss online safety with your children.
- Tips on how to balance screen time.
- Tips for how to set controls on devices.

BBC CBeebies is useful for:

- Younger children.
- Links to safe places for children to play and learn online.
- Links for useful parent information.
- Information for adults to consider when using the internet and how this might impact our children's privacy.

NSPCC is useful for:

- Detailed information relating to various risks.
- Talking to children about internet safety.
- Being internet aware.
- Managing gaming consoles and apps.
- Advice on how to support your child if they have seen something upsetting online.
- Information on where to report concerns.

Reporting Concerns

It is important to report any concerns you may have. This can be done by contacting the following:

Contact the Police via 101, or 999 if it is an emergency.

Website Links:

- *https://www.gov.uk/report-terrorism*

- *https://www.south-wales.police.uk/en/contact-us/do-it-online/*

Other useful resources can be accessed through the following websites:

- *www.cyberaware.gov.uk/*

- *www.getsafeonline.org*

- *www.saferinternet.org.uk/*

- *www.childnet.com*

- *www.cwmtafmorgannwgsafeguardingboard.co.uk*